

## Wild Rice Bread

Two Loaves	Ingredient	One Loaf
6 cups, 840 g	All-purpose flour, 87%	3 cups, 420 g
1 cup, 130 g	Whole wheat flour, 13%	½ cup, 65 g
1 ½ Tbsp, 14 g	Yeast, 1.5%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
2 cups	Wild rice or rice mix, prepared	1 cup
3 ¼ cups, 770 g	Water, 79%	1 ½ cups plus 2 Tbsp, 385 g

Cook the wild rice (or other rice mixture) according to package directions and allow to cool a bit while mixing up the other ingredients.

In a large bowl stir together the flours, yeast and salt. Stir in the prepared rice and water until well mixed then stir vigorously another 15-30 seconds with a large spoon. Cover and allow to rise at room temperature for about 2 hours then refrigerate, OR refrigerate immediately and wait at least 12 hours to use.

Spray two (if making two loaves) 8 ½ x 4 ½ inch loaf pans with nonstick spray then sprinkle each pan heavily with whole wheat flour. Scrape the dough out of the bowl onto a floured surface then divide in half. Shape each half into a loaf and place in the prepared loaf pans. Sprinkle the loaf tops with more flour then cover lightly with plastic and allow to rise at room temperature for about an hour.

Meanwhile, preheat the oven to 450 degrees. When ready to bake, remove the plastic covering and place the loaves in the oven. Turn the oven down to 400 degrees and bake for about 45 minutes. Remove loaves to a wire rack to cool.