

Multigrain Bread

(adapted from the label of Bob's Red Mill Wheat Bran)

1 cup water
1 cup plain yogurt
1/4 cup canola oil
1/2 cup oatmeal, uncooked
1/3 cup wheat germ
1/3 cup wheat bran
5 to 5 1/2 cups unbleached white flour (see note above)
1/4 cup packed brown sugar
2 packages fast-rising yeast
2 tsp salt
1 egg

Heat water, yogurt, and vegetable oil to boiling. Transfer to large bowl. Stir in oatmeal, wheat germ, and wheat bran. Set aside for 30 minutes.

Meanwhile, in a large bowl, combine 1 cup flour, sugar, yeast, and salt. Stir in cooled bran mixture, 1 egg, and enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Cover and let rest 10 minutes.

On a lightly floured surface, divide dough in half. Roll each half into a rectangle, 7" by 12". Roll up tightly from short end. Pinch seams and ends to seal. Place seam side down in two greased loaf pans. Cover and let rise in a warm, draft-free place until doubled, about 30-45 minutes.

With sharp knife, make three short diagonal slashes, 1/4" deep, on each loaf. Bake at 375 for 25-30 minutes or until done. Remove from pans; cool on wire racks.

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