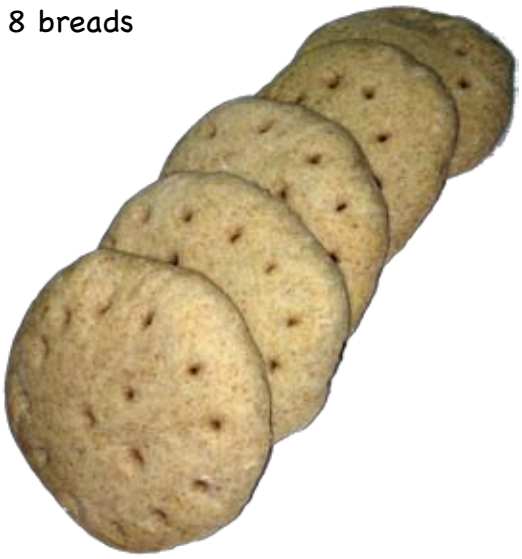
MULTIGRAIN POLARBRØD

half recipe - makes 8 breads



½ C	122 g	Milk, scalded (180˚F)
2 TBS	28 g	Butter (¼ stick)
1 TBS	20 g	Honey or Maple Syrup
½ C	118 g	Warm Water (110˚F)
5/8 C	75 g	Whole Wheat Flour
3/8 C	45 g	Rye Flour
3/8 C	39 g	Oat Flour
1 1/8 tsp	4 g	Instant Yeast
1 tsp	4 g	Salt (DC kosher)
1¼ C	150 g	Bread Flour
1 TBS	10 g	Semolina for dusting

- Scald milk to 180˚F.
- Add butter to hot milk; stir to melt.
- Mix in honey, water, whole wheat, rye, and oats; stir briskly until smooth.
- With batter temperature under 110˚F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix salt into batter; then mix in 1 C bread flour.
- Mix in more bread flour until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Preheat oven to 500˚F while dough rises.
- Place an inverted sheet pan (or baking stone) in the oven to preheat.
- Ready 2 sheet pan size pieces of parchment; optionally dust with semolina.
- Fold dough on itself a few times; knead briefly; roll into a rope.
- Cut rope into 8 equal size (~ 75 g) pieces.
- Shape pieces into smooth balls; then roll into circles ~ ½ inch thick.
- Place 4 pieces on each sheet of prepared parchment.
- Use a chopstick to “dock” (prick) a dozen or more holes in each piece.
- Cover the dough with plastic wrap and rest for ~ 15 minutes.
- Transfer parchment with rested dough to the oven; bake 3 ~ 4 minutes.
- Breads will be slightly puffed up and light brown on top when done.
- Cover breads with a clean towel while they cool to help them stay moist.
- Enjoy breads warm or cool completely before storing in the freezer.

Recipe Tip

Use a food processor to convert rolled oats into flour for this recipe:
1 C rolled oats makes ¾ C oat flour

© 2018 by D. K. Dickey - All Rights Reserved