



HEARTY WHOLE GRAIN BREAD

(Grovrbrød) Recipe by Nevada Berg

A rustic, nourishing Scandinavian-style bread made with a blend of whole grains and seeds. Hearty Whole Grain Bread (Grovrbrød) has a dense yet tender crumb, a mildly nutty flavor, and a satisfying chew—perfect for open-faced sandwiches, soups, or simply warm with butter.



PREP TIME
3 HRS



BAKE TIME
40 MIN



SERVINGS
1 LOAF

Instructions

In a stand mixer fitted with a dough hook attachment, combine the whole wheat flour, bread flour, whole rye flour, wheat bran, yeast, and salt. Add the warm water and knead on medium-low for about 10 minutes, or until the dough is smooth. Transfer the dough to a lightly oiled bowl, cover with a tea towel, and let rise in a warm spot for about 3 hours.

After the 3 hours, on a lightly floured surface, gently form the dough into a round shape and let it rest for 10 minutes.

Butter a 9x5-inch (23 x 13 cm) loaf pan or lightly flour a Dutch oven. You can also use a sheet of parchment paper to lay in your Dutch oven if you prefer not to use the flour. Form the rested dough into the shape you will be using to bake it and place it in its prepared pan. Cover with a tea towel and let rise in a warm spot for about 45 minutes, or until doubled in size.

Preheat the oven to 400 degrees F (200 degrees C).

Using a pastry brush, brush the top of the dough with water and sprinkle the seeds on top, pressing them gently into the dough to stick. Bake for about 40 minutes, or until golden brown on top. Cool in its container for 10 minutes, then transfer to a wire rack and let cool completely. Store in an airtight bag at room temperature for up to 2 days.

Ingredients

- 2 cups (240 g) whole wheat flour
- 2 cups (240 g) bread flour
- 1/3 cup (40 g) whole rye flour
- 1 cup (50 g) wheat bran
 - **Note:** *If you don't have wheat bran, you can substitute 1 cup of oats, blitzed quickly in the food processor.*
- 1 teaspoon (3.5 g) instant yeast
- 1 teaspoon salt
- 2 cups (480 ml) warm water
- 3 tablespoons mixed seeds
 - Such as: *Sunflower, Pumpkin, Flax, and Sesame.*