

Minnesota's Best Whole Wheat Sandwich Bread

by Jacob Stoltz

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Recipe for two 1½ lb. loaves

Bake time: 50 min.

Ingredients:

3 cups lukewarm water
1½ Tbsp. dry yeast
1 Tbsp. + 1 tsp. kosher salt
¼ cup unsalted butter, melted & cooled slightly
¼ cup honey
½ cup whole grain rye flour
1 cup whole wheat flour
5 cups bread flour
More flour for sprinkling
Oil or cooking spray

Equipment Needed:

Stand mixer with dough hook
2 loaf pans, 4½ x 8½"
Cooling rack

Directions:

In bowl of mixer, stir together water, butter, honey, salt, and yeast. Add flours, and mix on medium-low until a sticky dough is formed, pausing to scrape down sides if needed. Cover bowl loosely with oiled plastic wrap, and let rise in a warm place at least 2 hours, or until risen dough has collapsed, and up to 5 hours. Then refrigerate bowl of dough for easier handling. May be left loosely covered in refrigerator for one day.

When ready to bake, oil 2 loaf pans, and set aside. Flour work surface. Sprinkle top of dough with flour, and use hands to separate dough from sides and bottom of bowl, adding more flour as needed to prevent sticking. Turn out dough onto work surface, sprinkle with flour as needed, and divide into two equal pieces. No kneading is required.

With floured hands, take one half of dough and cloak—quickly tucking edges around to bottom, forming a ball. Set into loaf pan. Gently press dough a few times to fill out bottom of pan, sprinkling lightly with flour if needed. Repeat with other half of dough.

Let rest on counter for 1 to 1½ hours (or about 30 min. if dough was unrefrigerated), optionally covered with a clean kitchen towel. You may not see much rise at this stage. During this time, preheat oven to 400° F, with rack in middle position.

When oven has reached 400°, bake for 50 minutes, until crust is browned. Remove loaves from pans onto cooling rack and allow to cool before slicing.

MN ingredients used:

Baker's Field Flours, Minneapolis, MN

Raw honey from Homestead Apiaries, Dennison, MN

Hope Creamery butter, Hope, MN