

Honey Whole Wheat and Oat Sandwich Bread

Servings: 2 loaves

Prep time: 15-30 min

Cook time: 40 minutes

Rise time: 2 hours

Total time: 3-3 ¼ hours

Light and hearty sandwich bread made with 100% whole grain whole wheat flour, oats and honey

Ingredients:

- 2 ½ cup 1% or 2% milk
- 1 cup plus 1TBS water
- ½ cup butter (113g)
- ½ cup honey
- 6 ½ to 7 cups whole wheat flour (830g-910g)
- 2 cups old fashioned rolled oats, plus extra for rolling on top, if using double thick rolled oats you will need to process them using a steel blade in a food processor, so they are finer to absorb the liquid.
- 2 packets active dry yeast (4 ½ tsp) or (3.37 tsp instant yeast)
- 2 tsp salt
- 1 egg + 1 tsp water or honey or water for wash on top of bread prior to rolling it in oats to coat top

Instructions:

1. In a small saucepan over low heat warm the water, milk, butter and honey until the butter is melted and mixture is smooth. **Cool this mixture for several minutes until temperature is 110 degrees. If more than 110 degrees, the heat will kill the yeast.**
2. In the bowl of a stand mixer fitted with a dough hook, or in a large bowl if you plan to mix by hand, combine 4 cups (520g) of the whole wheat flour, oats, yeast and salt.
3. Add the milk mixture and mix until combined. The mixture will be quite loose, I do this by hand with a wooden spoon. Then I put the bowl on the mixer with the dough hook and add the remaining whole wheat, 2 ½ -3 cups (310g-390g) **2 tablespoons at a time** until the dough is still sticky but clears the side of the bowl. You may not need the whole 7 cups of flour (910g) so add slowly. DO not go faster than speed 2 with dough hook.
4. Continue to mix or knead by hand until smooth and elastic, it still may be a bit sticky, (7-8 minutes with a mixer on speed 2, scraping the sides down a few times), (15 minutes by hand)

5. Place dough in a greased bowl, cover with plastic wrap or towel and let rise in a warm place until doubled, about 1 hour.
6. Gently punch down the dough and place on lightly floured surface. Shape into a rectangle and cut the dough in half. You will have dough for 2 loaves. Knead each half a few times and flatten each loaf into a rectangle approximately 9 inches wide. Starting with the short end, roll up the dough, keeping the seam side down.
7. Place old fashioned oatmeal (about 90-100g) in jelly roll pan and spread out
8. With a pastry brush, brush top of dough with the egg wash or honey or water and roll top of bread in the oatmeal that is in the jelly roll pan to cover the top. Place bread seam side down in a 8.5 X 4.5 inch greased loaf pan. Cover with plastic wrap or towel and let rise until doubled again, about 1 hour.
9. Preheat oven to 375 degrees. Bake loaves of bread for 20 min, cover with foil to prevent over browning, and bake another 20 min. Check temperature of bread with a bread thermometer, at 190 degrees it is done.
10. Cool for 10 minutes in pan, then remove breads from loaf pan and place on cooling rack to cool. Do not place breads in a plastic bag until completely cooled.

Recipe inspired by Smitten Kitchen and White on Rice Couple