



ED'S WHOLE WHEAT SANDWICH BREAD



Ingredients

Yeast Mixture

9 g | 1 tbsp dry traditional yeast
30 g | 20 ml | 1 ½ tbsp honey, melted
120 g | 125 ml | ½ cup warm filtered water

Fermentolyse

320 g | 2 cups whole wheat flour
30 g | ¼ cup vital wheat gluten
15 g | 2 ½ tsp fine salt
540 g | 540 ml | 2 ¼ cups warm filtered water
60 g | 60 ml | ¼ cup orange juice (from fruit or carton)
27 g | 30 ml | 2 tbsp olive oil (plus extra oil for fermenting)
40 g | 30 ml | 2 tbsp blackstrap molasses

Final Dough Mix

640 g | 4 cups unbleached bread flour



Instructions

Yield
2 loaves

Prep Time
1 hour

Fermenting
6 hours

Bake Time
30-40 mins

Total Time
8 hours

1. Bloom the yeast: In a heat-proof bowl combine the honey and ½ cup warm water, then stir in the yeast. Cover with plastic wrap, and wrap in a tea towel. Let it bloom for 20 minutes until bubbly.
2. While the yeast mixture blooms, measure out your other ingredients. If using a fresh fruit, cut the orange and extract the juice. Also measure out the molasses, oil, flour, wheat gluten, salt, etc.
3. Mix the “fermentolyse”: To a large mixing bowl add the whole wheat flour, vital wheat gluten, and salt. Mix until evenly combined, then add the fully bloomed yeast mixture, molasses, orange juice, olive oil, and the remaining warm water. Stir the mixture until smooth and evenly mixed.
4. Cover the bowl with plastic wrap, then wrap it in a tea towel. Let the mixture rise until doubled in size in a warm room (about 1 hour on average).
5. Form the final dough: Gradually add the bread flour one cup at a time while kneading the dough. Knead for 10-15 minutes. Dust your fingers with bread flour if the dough is too sticky to handle.
6. Shape the dough into a ball, then coat the dough ball and inner sides of the bowl with a little oil.
7. Cover the bowl with plastic wrap, then wrap it in a tea towel. Place in a warm room. Let the dough rise until it has doubled in size (about 2-4 hours on average).
8. Grease the loaf pans - or simply line the pans with baking parchment if preferred.
9. Cut the dough in half. Transfer the dough into the prepared loaf pans.
10. Cover the loaves with plastic wrap, cover with a tea towel, then place in a warm room. Let the dough rise again until it reaches the top edges of the pans (about 30 minutes to 1 hour).
11. Position the oven rack in the centre of the oven. Preheat the oven to 350°F / 180°C / Gas Mark 4.
12. Bake the loaves for 30-40 minutes, until the internal temperature of the bread is 210°F / 98°C.
13. Once baked, remove the bread from the oven. Let it cool for at least 1 hour before slicing.
14. Allow the bread to cool completely before storing. Store the bread in a sealed bag or container. It keeps well on the counter about 4 days, in the fridge up to 10 days, or in the freezer for 2 months.