



TASTES BETTER FROM SCRATCH

Multigrain Bread

EARLY RELEASE

DIRECTIONS:

1. Dough: To a large mixing bowl or stand mixer add 2 cups bread flour, ½ cup of the whole wheat flour, cereal grains, salt, and yeast.

In a separate bowl, mix water and honey. Add to dry ingredients, along with milk and melted butter (or oil). Mix well to combine.

Add extra flour as needed until it forms a very soft dough that isn't overly sticky (you may not use all the flour!). Add extra seeds of choice, if using.

Knead for a few minutes, until the dough is very smooth and elastic.

2. First rise: Place dough in a greased bowl and cover with plastic wrap. Allow to rise for 1 hour.

3. Second rise: Punch down dough and shape into a log. Place in a 8 1/2 x 4 1/2 x 2 1/2 loaf pan, cover with a light kitchen towel and allow to rise again for 1 hour or until about 1-inch above the pan.

Optional: Gently brush a beaten egg white on top and sprinkle with 2-3 Tablespoons (total) seeds/oats on top.

4. Bake at 350F for about 35-40 minutes, or until internal temp of 190F. (Tent lightly with aluminum foil if it's getting too browned on top). Remove to a wire rack to cool before slicing.

Notes:

Cereal Grains: Any multi-grain grain hot cereal mix will work, like a 6 grain, 7 grain, or 8 grain mix like Bob Red's Mill Brands. Or use King Arthur Harvest Grains Blend.

Make Ahead Instructions: After kneading the dough (before the first rise) refrigerate dough in an airtight container for up to one day. Remove from fridge and allow to come to room temperature. Punch down dough and continue with shaping into loaf, and second rise.

To Freeze Bread Dough: Make the dough through shaping the dough into loaves. Add the dough to a freezer-safe or aluminum disposable bread pan. Cover tightly with two layers of non-stick aluminum foil and freeze for up to 3 months. Allow loaves to thaw completely, with a dry kitchen towel over them, and continue with the second rise, at room temperature (about 5 hours). Bake as instructed in recipe. To Freeze Baked Bread: place cooled, baked bread in a freezer-safe resealable bag and freeze for up to 3 months.

Recipe adapted from King Arthur's Harvest Grains Bread recipe.

INGREDIENTS:

- 2 cups bread flour
- ½-1 cup whole wheat flour
- 1/2 cup cereal grains blend* or quick-cook oats
- 1 ½ teaspoons kosher salt
- 2 teaspoons instant yeast
- 2 ½ Tablespoons honey
- ½ cup warm water
- ¾ cup milk, warmed
- 3 Tablespoons melted butter, olive oil or avocado oil
- Optional: 2 Tablespoons seeds of choice (i.e. pumpkin/flax/chia/sesame/poppy/sunflower)

Optional Topping:

- 1 egg white, beaten
- 1 Tablespoon seeds of choice (pumpkin/flax/chia/sesame/poppy/sunflower)
- 1 Tablespoon quick oats



TOOLS USED:

- [Loaf Pans](#)

- [Dough Whisk](#)