

Whole Wheat Bread

NEED:

25-30g fresh yeast

OR

1 sachet dried yeast

OR

2 tsp dried yeast granules

300g water

2 tsp honey

300g wholemeal plain flour

200g bakers flour

Pinch sea salt

DO:

Place yeast, water and honey into HMP and warm to **30°C/speed 3**.

Add remaining ingredients and mix **6 sec/speed 6**.

Knead **3 min/speed 3/pulse**.

Turn out onto floured silpat mat, wrap and allow to prove until doubled.

Preheat oven to 220°C.

Shape the dough into the loaf of choice.

Cover and prove until doubled.

Slash top of bread with razor blade or sharp knife.

Bake 25 minutes until sounding hollow when tapped.

Turn out of tin and leave in the oven 5 minutes to crisp the base.

Slice and serve.

IDEAS:

Try using 100g whole wheat in place of 100g of the flour. Place into dry HMP and mill **1 min/speed 10** prior to warming the yeast and water.

Proceed with the rest of the recipe as directed.

Using fresh yeast is a far superior result to dried yeast, but is not always easy to source.