

Professor Bread's

OATMEAL-WHEAT BREAD RECIPE

INGREDIENTS:

½ cup warm water	2½ cups oatmeal (rolled oats)
1 cup boiling water	1 Tablespoon salt
1½ cups water	1 Tablespoon honey
2 cups whole wheat flour	2 Tablespoons corn oil
4 cups all-purpose or bread flour	1 package active dry yeast

(Makes 2 loaves - 9"X5"X3")

DIRECTIONS:

1) **Proof the yeast:** Place the ½ cup of warm water (not too hot) in a small bowl and add the yeast and honey. Stir gently and set aside for 5 minutes. If the yeast is active, small bubbles or foam will form on the top of the mixture and the yeast is ok to use.

1b) Place the rolled oats in a in a bowl and cover with the boiling water and let stand for 10-15 minutes.

2) While the yeast is proofing, mix the dry ingredients together in a large mixing bowl and then add the water and oil and stir. Once it has cooled a bit, add the oatmeal. Add the foamy yeast mixture and stir thoroughly. The dough should be slightly sticky and form into a ball-like shape. (If necessary adjust the consistency by adding a little more water or flour).

3) Put the dough out onto a floured surface and knead for 10 minutes. Add a little flour whenever it starts to become very sticky. Kneading is finished when the dough is very elastic; test by pressing a finger against the ball of dough - the dough should spring back.

4) Put approx. 1 Tbs. of corn oil into the mixing bowl and return the dough, making sure to coat the entire surface with oil. Cover the bowl with a cloth and leave in a warm spot (like an oven that has been heated slightly and turned off). Let the dough rise until doubled in size; this will take about 1 ½ – 2 hours.

5) Take the dough out of the bowl and gently push the air out of it. Cut the dough into 2 equal parts. Shape and pull the surface of the loaves smooth; place each in a greased 5"X9" loaf pan.

6) Cover the pans with a cloth and leave them in a warm place to rise again; this will take about 30 - 45 minutes.

7) Preheat the oven to 375 degrees. Bake for 20 minutes on the middle rack and then rotate pans 180° and bake for another 20-25 minutes. The loaves should be a nice light brown on top. To test if they are ready, take one of the loaves out of the pan and tap the bottom; it will sound hollow when it's finished.

8) Cool for at least 15 minutes and enjoy!

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