

Professor Bread's

WALNUT-CURRANT WHOLE-WHEAT BREAD RECIPE

INGREDIENTS:

½ cup warm water	
2½ cups + 2 Tbs. water	1 Tbs. salt
5 cups bread flour	2 Tbs. canola oil
3 cups whole wheat flour	1 package active dry yeast
1½ cups chopped walnuts	2 Tbs. honey
1½ cups currants	

(for 2 loaves 9"X5"X3" plus 1 mini-loaf)

DIRECTIONS:

- 1) Proof the yeast:** Place the 1/2 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.
- 2) While the yeast is proofing,** mix the dry ingredients together (except the nuts and currants) in a large mixing bowl and then add the water and oil and stir. When the yeast mixture has bubbled add it and stir thoroughly. Work in walnuts and currants. The dough should be slightly tacky 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 10-15 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 (this is called punching down but punching is not necessary).** Cut the dough into two large pieces and one small piece for a mini-loaf. Shape and pull the surface of the loaves smooth; place each in a greased 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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