

## HEARTY PUMPERNICKEL BREAD

3 1/2 cups warm to hot water

1/2 cup honey or molasses

1 Tbsp. oil

2 cups mashed potatoes#

2 Tbsp. salt

3 cups rye flour

4 Tbsp. Saf yeast

2 Tbsp. dough enhancer

2 tsp. caraway seeds (opt.)

2 Tbsp. carob powder

1/2 cup sunflower seeds (opt.)

3/4 cup cornmeal

9 to 10 cups whole wheat flour\*

Tips# If using Instant Mashed potatoes, combine 1 1/2 cup water, 1/2 cup milk, 1/2 tsp salt, and 1/2 cup instant potatoes and whip with Bosch whips until fluffy. Change to the dough hook and make bread as directed

\* All-purpose flour may be used for half the whole wheat flour.

Place liquid ingredients, mashed potatoes and rye flour in the Bosch bowl equipped with the dough hook. Add salt, yeast, dough enhancer, seeds, carob, cornmeal and turn the machine on speed 1. After 20 sec. turn your up to speed 2 if using a Universal Plus, and add remaining whole wheat flour one cup at a time until the dough starts to clean around the sides of the bowl. Let knead 10 to 12 min. until the gluten is developed. Remove from the bowl with oiled hands and shape into 4 equal loaves. (You make shape free-form loaves if you wish) Place dough into 4 loaf pans and let rise until double. Bake at 350 degrees F for 50 min. occasionally brushing with water to make a chewy crust. Remove from oven and let cool on a rack. Makes 4 loaves

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