

## Simple Sprouted Wheat Bread for the Bosch

### Ingredients

- 1 1/4 cup warm water This should just feel warm to the touch, between 90-100 degrees.
- 2 1/4 teaspoons active dry yeast This is one envelope of yeast
- 2 tablespoons honey
- 1 egg
- 1/4 cup butter or oil
- 1 teaspoon salt
- 1 3/4 cup sprouted wheat flour Make sure to use the spoon and level method. Meaning spoon it into the measuring cup, then leveling with a knife. Flour can compact, and to remedy this it is better to spoon it in.
- 1 3/4-2 1/4 cups all-purpose flour same process for measuring as above.
- 3/4-1 cup dried fruit I used raisins, but raisins, dates, apricots, or anything else you want are good as well.
- 1 teaspoon poppyseeds optional
- 1 tablespoon sunflower seeds optional
- 1 tablespoon flax seeds optional
- 1 egg for egg wash
- 2 tablespoons milk
- a mix of poppy seeds, flax seeds, and sunflower seeds for topping optional



### Instructions

1. Activate the yeast in the warm milk and honey. To do this, add the 3 ingredients to your mixer or bowl. Mix them and let it sit for about 3 minutes. It doesn't take long to get it going.

Add in the egg, oil, salt, sprouted flour, and 1 3/4 cups all-purpose flour. Mix for about 1 minute and test for hydration. You want the dough to feel a little tacky, but not too sticky. I wound up using 2 cups. You may need a little more or less, but don't try and determine this until you have mixed at least 1 minute. Once you have a good amount of flour, turn your mixer on medium speed and mix for 5-7 minutes until the dough is smooth. Keep in mind it will not be as smooth as a white dough, as the sprouted wheat flour will have bran in it.

Now, cover and allow to double in a warm place. Mine took about 40 minutes.

Once it is doubled, shape. I did a boule shape. I prefer to do a free-form shape for this bread, but if you want to bake in a bread pan, do it! For the boule shape, turn the dough out onto your surface. Tuck the dough under all the way around to form a round shape. Then, move the ball around between your hands until it forms a smooth ball. Place on a parchment-lined baking sheet. Cover and allow the loaf to rise until doubled in a warm place. I like to wrap lightly in saran wrap. You can also use a dish towel if you prefer.

When it is almost risen, preheat the oven to 400 degrees.

Combine your egg and milk for the egg wash. Make sure and mix well. Brush the top of your loaf with egg wash, then sprinkle with the seeds. I scored my loaf with a lame, but you can also use a sharp knife.

Carefully place the loaf of bread on the middle shelf in your preheated oven. Bake for 7 minutes, then reduce the heat to 350 degrees,

Continue to bake for about 45-55 minutes. You can check it in a few simple ways. First, it should be a deep golden brown color. Second, you can tap the bottom of the loaf with your hand, listening for a hollow sound. Just make sure and cover your hand with a hot pad, it is HOT. Another way to check if you aren't comfortable thumping your bread is taking its temp. The bread should be right about 190 degrees.

Remove from oven and allow to cool at least 10 minutes, if you can stand it. The bread will smell so good, you might not be able to resist. I get it.