

WHOLE WHEAT FRENCH BREAD- BOSCH RECIPE

4 Tbsp. Saf yeast

1 cup warm water

6 tsp. Sugar

3 cups cold water (iced if possible)

1 cup oil

10-12 cups high protein whole wheat bread flour

2 Tbsp. Salt

Dissolve the yeast and 1 tsp. of sugar in the 1 cup of warm water. In the Bosch Bowl equipped with the dough hook place 3 cups iced water. Add remaining sugar and oil. Add 6 cups of flour and salt and turn machine on speed one and let knead for 30 sec. Add remaining flour one cup at a time until the sides of the bowl have cleaned. Let knead on speed one for 10 min. Stop the machine and let dough rest for 10 min. then turn machine back on to punch it down. Repeat 4 or 5 times, letting dough rest for 10 min. then turning on machine (We call this pestering the bread). Shape dough into desired shapes and let rise at room temperature on cookie sheet with cornmeal powdered surface. After about ½ hour when dough has risen to double, slash tops diagonally and place in hot pre-heated oven set at 450 degrees F. for 5 min. Spray tops of bread with water while baking. Turn oven down to 350 degrees F. for 25 min. Cool on racks. Makes 3 large loaves.

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