

# VOLLKORNBROT

[TWO LOAVES]

This Viennese bread is a compact loaf with full wheaty flavor. Because it is all whole wheat or graham flour, the dough will not have the same elasticity as all white or blended doughs and it will be tacky even after the full kneading period. Because of the shortening, however, it will pull away from the work surface and the fingers. A scraper will help keep the film off the counter top. The addition of a little flour or shortening on the fingers will also help control the stickiness.

It is not as easy to work as other dough, but the result is worthwhile—a delicious heavy slice, fairly dense in texture that is clearly of peasant origin.

## INGREDIENTS

2 cakes dry yeast  
2 cups warm water (105°–115°)  
1 pinch sugar  
½ cup non-fat dry milk  
1 tablespoon salt  
¼ cup dark molasses  
2 tablespoons butter, room temperature  
6½ cups whole wheat flour, approximately  
Glaze: 1 egg white  
      ¼ cup water  
      ½ teaspoon salt

## BAKING PANS

Two medium (8½ x 4½) loaf tins, greased or Teflon, metal or glass. If the latter, reduce oven heat 25°.

## PREPARATION 20 mins.

In a large mixing bowl dissolve yeast in warm water, and add a pinch of sugar. Let it stand for 5 minutes.

Add the milk, salt, molasses and butter. Stir well with a wooden spoon. Add the whole wheat flour, one cup at a time, until the dough is a soft mass.

It is easy to add too much whole wheat flour to the mixture so add the 5th and 6th cups with care. Let it stand for 5 minutes at this stage so you can be certain the flour has absorbed all of the liquid it will, and not suddenly become dry and solid.

## KNEADING 8 mins.

Turn the dough out on a work surface sprinkled with white flour. Knead under the heel of the hand. Add a little more flour to the board and hands if the dough



continues to be tacky. It calls for more patience than a white dough or a blend.

FIRST RISING  
1½ hours

Shape the dough into a ball, put it in a warm greased bowl, turning it to film all sides, and cover the bowl tightly with plastic wrap. Place in a warm (80°–85°), draft-free spot.

SHAPING  
10 mins.

Punch down with the fingers and turn from the bowl onto the floured work surface. Cut the dough in two pieces and shape into loaves. Place them in the tins.

SECOND RISING  
1 hour

Cover tins with wax paper and return to the warm place until the dough expands to a height level with the edge of the pan.

BAKING  
375°  
45 mins.

Preheat oven to 375°. Uncover the tins and brush the tops of the loaves with a mixture of the egg white, water and salt. Place in the oven until they test done. The loaves will pull away from the sides of the tin, and tapping the bottom crust will yield a hard and hollow sound.

FINAL STEP

Remove bread from the oven and turn out on a metal rack to cool. These loaves freeze well.