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| Oatmeal | 2C | 210g |
| Wheat Flour | 1C | 160g |
| Bread Flour | ~4C or 3lb |  |
| Water | 0.66C |  |
| Milk | 3.66C |  |
| Flax Meal | 4Tbl |  |
| Honey or Brown Sugar | 0.33C |  |
| Unsalted Butter or Oil | 3Tbl |  |
| Salt | 1.5Tbl |  |
| Yeast | 4.5tsp |  |

1. Heat water and milk to 105F
2. Add 2/3C water to Yeast and mix well after waiting ~5min. Make sure mixing bowl is not cold as it will cool the water down too much and prevent the yeast from activating.
3. Add remaining 3 2/3C 105F milk, oatmeal, honey, flax meal, butter or oil, salt, and wheat flour. Do not add bread flour during this step. All ingredients should be at least room temp in order for best first rise.
4. Mix very well.
5. Add yeast/water mixture from step 2 and mix very well before continuing. The yeast needs to mix evenly otherwise the dough will not turn out consistent.
6. Begin to mix in flour 1/2C at a time until dough no longer sticks to bowl.
7. Put dough on floured 70-85F kneading surface.
8. Knead dough until it quickly reforms shape when kneading. At this point the dough should be lightly tacky to touch.
9. Put dough in large oiled bowl, loosely cover with towel, and let double.
10. After dough is double size or more, divide into 3 equal parts on lightly floured kneading surface.
11. Roll out each one of these 3 equal parts into as close to a rectangle as possible. While rolling, you should make this thin enough to push out larger air bubbles in the dough. The small edge of this rectangle should be the length of the long edge of your bread pans.
12. Roll the dough, starting from the short edge of the rectangle, into a loaf shape. Make sure to minimize the amount of air pockets formed in this process.
13. Lightly pinch any edges to make sure the dough doesn’t separate in the baking process.
14. Repeat steps 11-14 for each roll and put rolls into oiled bread pans.
15. Cover bread pans loosely with towel and let double again. The size that the dough reaches in this step is the final shape and size after baking.
16. Bake at 350F for 35-40 minutes.
17. Hit bottom of one of the loaves with a finger. Listen for a hollow thud. If it sounds dense, then it isn’t done.

NOTE:

Using olive oil instead of butter makes the bread less salty overall even when not using salted butter.

Try using butter but replace honey with brown sugar next time.