

# Whole Wheat Bread Recipe

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Prep. time : 25 minutes

Cook time : 25 minutes

Ready in 50 minutes plus fermentation

Level : Basic

## Ingredients:

- Whole wheat flour 500g (1.1lbs)
- Water 320g (0.7lbs)
- Dry yeast 7g (1.5Tsp)
- Salt 10g (2Tsp)
- Butter 20g (4Tsp)
- Flax seed, as needed

## Directions

1. Combine water and yeast, stir until yeast dissolves.
2. Put flour and salt in a bowl of a mixer fitted with the hook attachment. Mix on a low speed and add water with yeast.
3. Continue mixing for approximately 10 minutes until the dough becomes smooth and uniform.
4. Add melted butter, and mix until well combined.
5. Cover the dough and let it ferment for 30-45 minutes, until it doubles in size.
6. Punch down the dough and divide it into two pieces. Round the dough and shape every piece into a ball.
7. Proof the loaves until they rise 50% in size. Brush them with egg wash, make diagonal scores on the top, and sprinkle them with flax seed.
8. Bake them at 200°C (400°F) for about 20-30 minutes until browned.