



7-GRAIN BREAD

🍴 PREP: 3 hr COOK: 40 min
TOTAL: 3 hr 40 min MAKES: 2 loaves

2 1/2 cups milk	4 tablespoons unsalted butter, melted
1 cup 7-grain cereal	2 3/4 cups all-purpose flour
1 tablespoon sugar	1 cup whole wheat flour
2 1/2 teaspoons active dry yeast	2 teaspoons salt

1. Grease two 9×5 bread loaf pans. Set aside
2. Bring the milk to a simmer in a saucepan.
3. Pour the 7-grain cereal in your stand mixer bowl. Add the hot milk to the cereal, stir, and let sit for 45 minutes to soften the grains.
4. After the grains are softened, add the yeast and sugar to the stand mixer bowl, stir gently, and let rest until the yeast begins to foam, about 5 minutes.
5. Combine the all-purpose flour, whole wheat flour and salt in a large mixing bowl. Stir the ingredients to fully combine.
6. Add one cup of the flour mixture to the stand mixer bowl along with the melted butter. Attach the paddle attachment and mix on medium for one minute. Remove the paddle attachment and attach the dough hook. Turn the mixer on low and add the remaining flour, one cup at a time. Increase the mixer speed to medium and continue mixing for 3 minutes.
7. Turn off the mixer and scrape the dough from the dough hook. Cover the mixer bowl with a towel and let the dough rest for 20 minutes.
8. After the dough has rested, turn on the stand mixer to medium and mix with the dough hook for 5 minutes. The dough should clear the sides of the bowl while sticking to the bottom. It will be a fairly wet and sticky dough.
9. Turn off the stand mixer and transfer the dough to a floured surface. Knead by hand for 2 minutes, it will still be a little sticky. Form the dough into a tight ball and transfer to an oiled bowl. Pat the top of the dough with olive oil to coat and cover the bowl with plastic wrap. Let rise until double in size, about an hour.
10. After the dough is risen, divide it in two and form each half into a long rectangle that is about the same width as your bread pan. Roll each rectangle into a tight cylinder. Pinch seams down the middle and at the ends tightly to seal. Place each cylinder, seam side down, into a greased loaf pan, cover and let rise for 30 minutes.
11. During the final 10 minutes of rising time, turn on the oven to 350 degrees. After the dough has risen, make a 1/8-inch deep slice down the center of each loaf. Bake for 35 to 40 minutes or until the loaves sounds hollow when tapped.
12. Cool completely before slicing, about 2 hours.