



Organic Whole Wheat and Honey Bread

PRODUCT: Simply Milled by Ardent Mills™ Organic Whole Wheat Flour 10056

KG	G	INGREDIENTS	LB	OZ
5	0	Organic Whole Wheat Flour 10056	11	0
0	250	Organic Ground Flax seed	0	9
0	150	Organic Unpasteurized Honey	0	5 ¼
0	300	Organic Salt	0	3 ½
0	55	Instant Yeast	0	2
3	250	Filtered Water	7	2

EQUIPMENT:

- 4 Speed Upright mixer with Hook attachment

PREPARATIONS:

1. Place water, ground flax, salt and honey in mixer bowl and dissolve together, then add flour and yeast.
2. Mix 2 minutes on 1st speed, then 10 to 12 minutes on 2nd speed.
3. Dough should be 26-27°C (80-82°F).
4. Rest in bulk, covered, for 45 minutes.
5. Punch down, and scale at 540g. (19 oz.).
6. Round and rest for 20 minutes.
7. Form into loaves approx. 20 cm (8 inches) in length.
8. Place 3 loaves on each perforated pan.
9. Proof for approx. 45 minutes.
10. Score top of loaves with 4 cuts diagonally

OVEN TYPE:

- Rack Oven

BAKING:

- 400°F for 30 minutes with 10 seconds of steam
Note: For convection oven, reduce temperature to 190°C (375°F)

YIELD: 16 loaves at 540gr. (19 oz.)

NOTE: These directions are to be used as a guide only. Changes may be made necessary to suit shop conditions or finished product standards. Use organic inclusions in place of non-organic where possible.