

## Spent Grain Bread

**Rating (01-10):** 09

**Hours to prepare:** 4-5

**Leaven type:** Dry Yeast

**Recipe Source:** Jasmine ([bitesizebrews.com/spent-grain-beer-bread](https://bitesizebrews.com/spent-grain-beer-bread))

**Bread Volume:** Makes two sandwich loaves

**# of Times Baked:** 12

**Last Time Baked:** March 15, 2024



## Special Notes:

I've tried this recipe several times and the flavor results are heavily influenced by the ingredients in the spent grain. I've found that the typical malts & grains used in the brewing of stouts work really well. I've not been as impressed with the breads I've tried using the grain from IPAs.

The best tasting Spent Grain Bread that I have baked to date used spent grains from one of Boal City Brewing first beers – an Oatmeal Stout. In an effort to determine what ingredients in the grain mixture might have contributed most to the flavor, the brewer shared these comments:

I used a combination of Pale Malt, chocolate malt, crystal malt, victory malt, flaked oats and roasted barley. Flaked oats and roasted barley are the only two grains here that were not malted. The roasted barley does contribute a lot to the flavor. Some of the Malts like crystal and chocolate also contribute a lot to the flavor. So it's really a combination from malted and unmalted grains.

In order to reach a reasonable dough, some recipe adjustments might be needed based on the moisture of the grain. Normally I find that I need to add a little more flour during the mixing process to get a dough consistency that seems ok.

## Special Tools:

- Two standard bread loaf pans
- Food processor (to grind up the grain)
- Stand mixer (not required, but quite helpful)

## Ingredients:

<u>INGREDIENTS</u>	<u>QUANTITY</u>
<b>Dry Ingredients</b>	
Bread Flour	3-1/2 cups
Whole Wheat Flour	1 cup
Sugar	¼ cup
Salt	2 tsp
Dry Yeast	2 tsp
<b>Wet Ingredients</b>	
Spent Grain (ground up)	3 cups
Egg (beaten)	1
Milk	1 cup
Olive oil (or butter)	¼ cup

## Directions – Baking Day:

Get up early and start the baking!

1. Using a food processor, grind up the spent grain
2. In the bowl of a stand mixer, combine all dry ingredients
3. Add all wet ingredients, mixing until all ingredients are incorporated and the dough pulls away from the side of the bowl
4. Knead for 5 minutes in the stand mixer (10 minutes if by hand)
5. Shape the dough into a ball and let it rise in a covered and oiled bowl until double in size (about 90 minutes)
6. Grease 2 standard bread loaf pans
7. Punch down and divide into 2 equally sized balls (use scale to confirm)
8. Shape into tight, oblong pieces and place into the greased loaf pans
9. Cover the loaf pans with a damp kitchen towel and let rise again until almost double in size (about 60-70 minutes)
10. Pre-heat oven to 350°F
11. Score top of loaves, spritz with water, and pop in oven
12. After 2 minutes, spritz the loaves with water again
13. After another 18 minutes, rotate the bread pans to achieve even baking
14. After another 20 minutes, check the loaves (total bake time of 40 minutes in a 350°F oven should be sufficient)
15. Remove from oven and let it cool on a baking rack for at least 30 minutes