

Tassajara Oatmeal Bread

Rating (01-10):	07
Hours to prepare:	05
Leaven type:	Dry Yeast
Recipe Source:	'The Tassajara Bread Book' (Author: Edward Espe Brown) – p.40
Bread Volume:	Makes 2 loaves in standard bread pans
# of Times Baked:	3
Last Time Baked:	January 10, 2017



Special Notes:

Here are some considerations for the next time that I bake this particular Oatmeal Bread:

- Following the recipe as documented in Brown's book seems to produce a much wetter dough than is feasible to work with – as a result, my version of the recipe calls for a little extra flour – in addition, additional flour might be needed during the kneading process.
- For some reason, the resultant bread seems very dense – consider modifications when baking this particular bread again.

Special Tools:

- Pastry brush
- Dough Raising container

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>BAKER'S %</u>
STEP-1		
Water (85-105°F)	3 Cups	
Dry yeast	1-1/2 TBSP (2 packets)	
Honey	1/4 Cup	(could use Molasses instead)
Dry Milk	1 Cup	
Unbleached Bread Flour	2 Cups	
Whole Wheat Flour	2 Cups	
STEP-2		
Salt (Fine Sea Salt)	4 tsp	
Olive Oil	1/4 Cup	
Rolled Oats	2-1/2 Cups	
Whole Wheat Flour	2-1/2 Cups	
KNEADING		
Whole Wheat Flour	1/2-1 Cup	
EGG WASH		
Egg	1	
Milk	2-3 TBSP	
Rolled Oats	1/4 Cup	(add to top after Egg Wash)

Directions – Baking Day:

The entire prep and baking process takes only 5-6 hours as follows:

STEP-1

1. Dissolve the dry yeast in the lukewarm water
2. Stir in the sweetener (honey or molasses) and dry milk
3. Stir in the 2 Cups of Unbleached Bread Flour & 2 Cups of Whole Wheat Flour to form a thick batter
4. Beat well with a wooden spoon for at least 100 strokes
5. Let rise for 45 minutes

STEP-2

6. Fold in the salt and olive oil
7. Fold in the 2-1/2 Cups of rolled oats
8. Fold in the 2-1/2 Cups of Whole Wheat Flour and stir until the dough comes away from the side of the bowl
9. Move dough to a floured work surface and knead for 8-10 minutes, adding extra flour until the dough discontinues sticking to the work surface

10. Move dough to a Dough Raising container; cover; and let rise in a warm environment for 50-60 minutes until doubled in size
11. Punch dough down
12. Let the punched-down dough rise, covered, in a warm environment for 40-50 minutes until doubled in size
13. Coat 2 standard bread pans with Bread Pan Release
14. Pre-heat oven to 350°F and include an iron pan for steam
15. Split dough in half; shape into neat packages; and place in the 2 bread pans
16. Let the shaped loaves rise, covered, in a warm environment for 20-25 minutes
17. Prepare Egg Wash by beating an egg with 2-3 Tablespoons of milk (or water)
18. Run 2-3 slashes across the top of each loaf
19. Brush tops of raised, shaped loaves with egg wash
20. Sprinkle the extra rolled oats on top of the egg washed loaves
21. Place loaves in oven and also place a cup of ice cubes in the pre-heated iron pan
22. Bake for 60 minutes at 350°, rotating after first 30 minutes to influence even browning
23. Remove from oven and let cool on wire racks