Pleasant Hill Grain®
NEBRASKA • USA

BOSCH BASIC BREAD RECIPE

This is our basic whole grain bread recipe for the Bosch Universal mixer… A starting-point for the infinite variety of breads and other foods you can prepare with the world's finest and most complete kitchen center!
We recommend taking a moment to read our "Helps & Tips" on pages 3 & 4 before using this recipe.

Loaves*	Hot Tap. Water 115° F	Step A Portion of Flour	Oil	Honey	Gluten	Dough Enhancer	SAF Yeast	Step B Portion of Flour	Sea Salt (heaping)	Max. Total Whole Wheat Flour req'd
8	8-1/2 c	12 c	1 c	1/2 c	1/2 c	3 T	4 T	6 c	3 T	20 to 24 c
5	6-1/3 c	9 c	3/4 c	1/3 c	1/3 c	2 T	3 T	4 c	2 T	14 to 17 c
4	4-1/2 c	6 c	1/2 c	1/4 c	1/4 c	1-1/2 T	2 T	2-2/3 c	1-1/2 T	10 to 13 c
2	2 c	3 c	1/4 c	2 T	2 T	2 tsp	1 T	1-1/3 c	2 tsp	5 to 6 c
1	1 c	1-1/2 c	2 T	1 T	1 T	1 tsp	2 tsp	2/3 c	1 tsp	2-1/2 to 3 c

*Batch size given in number of loaves is based on use of 3" x 4-1/2" x 8" loaf pans, and a loaf weight of about 1-1/2 lbs. The 8-loaf batch will weigh about 13 lbs. and will mound up far above the open bowl-top when kneading. Up to 15 lbs. of dough can be mixed by scaling-up the recipe.

Instructions:

1. With dough hook in Bosch bowl, pour in hot water. Add the "Step A" quantity of freshly ground whole wheat flour, then the oil, honey, gluten, dough enhancer and yeast. With splash ring installed, jog switch to "Pulse" a few times to prevent splashing, then mix well on Speed 2.
2. Stop and add the "Step B" quantity of flour & add salt on top. Turn on to Speed 2 and within about 1 minute, gradually sprinkle in more flour until the sides of the bowl come mostly clean. This final amount of flour required depends on the humidity of the air and the protein content of the wheat. (Don't take too long to sprinkle in this final flour, because mixing too long at this stage will cause gluten breakdown which produces very sticky dough, and dense bread).

Note: It's better to add slightly too little flour than too much; your bread will be lighter. The sound of the Bosch motor will become deeper and the tone will rise and fall somewhat after you've added most of the flour. This is normal. If you use flour from the fridge or freezer, let it warm to room temperature before using. If using freshly milled flour, let it cool to room temperature before using.

3. After bowl sides come clean, remove splash ring and knead on Speed 2 until gluten is developed, generally 7-10 minutes. (If using white flour, kneading time for gluten development may be much shorter). Gluten development is checked by pulling off a golf-ball sized piece of dough with oiled hands and slowly stretching 2-3 inches between fingers. Gluten is fully developed when you can stretch dough to translucent thinness without tearing. If it tears very easily, knead longer. Gluten will develop faster if your wheat has exceptionally good protein content. Finished dough will have a soft sheen. If over-kneaded, it becomes stringy and bread texture will suffer.
4. When gluten is developed, pour dough out on a greased surface. Shape dough into a circle and divide, by cross-cutting, into equal pieces (a dough divider is perfect for this). Two loaves' worth makes a 9" x 13"pan of cinnamon rolls. Loaf pans 8" x 4-1/2" give a nice rounded top.
5. Shape the loaves by hand or by rolling out. To roll out, use a greased pin on a greased surface and roll to 8" x 16". Then, starting at the far end, roll up tightly in a spiral like you would cinnamon rolls. Tuck each end under, and SLAM dough down (really hard!) on the counter a few times to eliminate air bubbles between layers of dough. Put in greased pans. Cover and let rise in warm, draft-free place until volume doubles (about 20 minutes).
6. Bake in preheated oven at 350˚F. After 25-30 minutes (depending on your oven), test by inserting probe of an instant-read thermometer into center of loaf. Remove when temperature at center of loaf reads a full 200˚F. If temperature is lower, return to oven a few minutes until 200˚F at center.
7. Cool on racks. Store in plastic bags or bread box when fully cooled. Freeze extra loaves in bags.

Useful facts about grain and flour yield:

- 1 cup of whole wheat grain makes about 1.5 cups of flour.
- 1 pound of wheat grain makes 1 pound of whole wheat flour.
- 1 pound of wheat makes 1 typical bread loaf in an 8" loaf pan.
- A 45 lb. bucket of wheat contains about 95-98 cups of wheat (density naturally varies a little.)
- Wheat grain is also known as "wheat berries."

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BOSCH BAKING HELPS & TIPS

IMPORTANT: When blender is attached to Universal Plus mixer, *blender lid must be FULLY locked in place or else the motor will not run*. When blender is *not in place*, the round, ~3" diameter, protective cover must be in place and firmly seated over the high speed drive gear (where the blender mounts) *or else the motor won't run*.

- If you remove the funnel from the blender lid, two "bump-outs" in the lid fit into the blender base to assist with removal/replacement of the blender blade assembly.
- The blender can also be used for grinding coffee beans, cracking grains, and making oat flour.
- The blender and bowl should never be used at the same time.
- The blender blade assembly may "chatter" if run empty; this is normal.
- To clean the blender, rinse inside with hot water to remove all leftover food particles. Fill blender 1/3 to ½ full of hot water and add a few drops of dish soap. Replace the lid and reconnect the blender to the mixer. Run on high speed 30-40 seconds. Remove the blender from the mixer, rinse, and dry.

Flour: We use fresh ground whole grain flour for its flavor and texture and because it's incomparably more healthful than the refined alternatives. Many people blend with all-purpose or (better) unbleached flour.

- Blending yields lighter bread, particularly if the protein content of your whole grain flour is low.
- Blending also can help ease your family into whole grains without making a big switch overnight.

Grinding fresh flour: If you aren't milling your flour fresh, you're missing the lion's share of the abundant nutrition offered by whole grains. Even within three days of milling, wheat flour loses 90% of some of its most important nutrients, as well as fresh flavor. Modern mills like the NutriMill Classic or NutriMill Plus make grinding fast and easy and clean up in a flash. PleasantHillGrain.com offers comprehensive information on mills.

Substitute for Honey?: Honey is a healthful and tasty sweetener; you can substitute refined sugar cup for cup, but must add 1/4 c. of liquid for each cup substituted.

Wheat: Whether you grind your own wheat or buy flour, you have a choice of red or white wheat (both actually are variations of brown), or spelt or Kamut.

- White wheat will give your bread a lighter color, lighter flavor, and maybe lighter texture than red wheat.
- Red wheat also makes great bread, and has a slight edge in nutrition.
- At Pleasant Hill Grain we make our bread with half spelt and half Kamut flour because we've found this combination produces excellent results and we love the flavor! You can learn more about these grains at PleasantHillGrain.com.

Rising Dough & Shelf Life: Dough enhancer will aid rising for lighter bread, and extends shelf life. Gluten also aids rising, especially if your wheat or flour has low protein (if rising needs a boost and you don't have gluten, substitute some unbleached flour.)

- We strongly recommend SAF brand yeast. Yeast is a living organism, and many bad baking problems are the fault of dead or weak yeast. See *www.pleasanthillgrain.com/yeast-test* for details of how to test yeast.
- Some people add an egg to their bread; this will make your bread richer, but will also shorten shelf life. Keep extra bread in the freezer to keep it moister for longer.
- If you use wheat or flour from the refrigerator or freezer, warm to room temp. before using.

Other Tips:

- Counter must be smooth and clean for suction cup feet to stick. If your counter prevents feet from sticking, possible movement of mixer on counter when kneading large batches can be reduced with a sheet of rubber drawer liner on a flour-free surface, but you should stay in the kitchen during kneading.
- Whips are great for mashed potatoes and the accessory CP1 Cookie Paddles are the right tool for cookie batter. The dough hook is used for heavier mixing.
- Dishwashers can be hard on the finish of the bowl, dough hook, and blender gasket. After washing, let bowl sit upright to drain, and put a paper towel under bowl when replacing on base if not completely dry. Be sure water isn't left in mixer base drive socket, or it will corrode over time.
- If you overload your mixer and it stops running, turn switch to "Off" and allow motor to cool down. Reduce batch size before continuing.

Blending Frozen Items:

- Some liquid should be included before blending anything frozen.
- When blending a mix containing anything frozen, use the pulse feature to “jog” the mix a few times before turning it to higher speeds. This will greatly reduce the strain on blades, pitcher and drive parts.
- It's best to add frozen things with the blender running.
- Frozen fruit is much tougher on a blender than ice cubes are. Putting large chunks of frozen fruit in the very bottom of a blender and then turning it on is courting trouble. This can be shown with a large mallet, by hitting an ice cube on a hard surface like a sidewalk, then doing the same with a frozen banana chunk. A blow that will easily turn the ice cube to “snow” will leave the fibrous frozen fruit completely unfazed. To be friendly to your blender, let it come up to speed, then add frozen fruit chunks.
- Big squarish ice cubes are much harder on a blender than the crescent-shaped ice that comes from automatic ice makers, because the latter pieces are thinner and less massive, and their shape allows them to circulate easier.

Blender Gasket Tips:

- It's best to clean your blender without removing the Blade Assembly.
- If you ever need to remove the Blade Assembly, spreading one or two drops of vegetable oil on the gasket before reassembly will help you re-tighten the assembly so it's leak-free. To avoid leakage, replace an old gasket with a new, soft one. Blender gaskets should be replaced every second year to prevent motor-damaging leakage.
- If you need to remove the Blade Assembly, the blender lid doubles as a “blender blade wrench”. If you find the assembly is still too tight to remove, a special Blender Blade Wrench is available from Pleasant Hill Grain.