



# Wholemeal Bread

Simple, good & tasty



## Ingredients:

- **750 gr wholemeal wheat flour** (1/2 of 1.5 kg package, fresh and organic is best)
- **700 ml water**
- **Tasty Yeast** (100% yeast, nothing else in it)
- **Unrefined Salt** (not iodized)

➔ You may add seeds as you like (e.g. sunflower, pumpkin, sesame seeds), but I would recommend this for your second bread baking. Back in Switzerland we use a household-mill and usually add some whole linseed, cumin, coriander and fennel seeds together with the organic wheat, spelt or rye grains into the mill, so they are freshly milled as well. This would be best. Without a mill, we compromise a lot on health and taste, but still do it reasonably good.



1. Use about one table spoon yeast, or just fill a little hill of yeast into the palm of your hand, and dilute it in about 350 ml lukewarm water. Stir it well, wait a little and stir it again until the yeast is fully diluted. You smell the yeast then.

Use natural yeast, such as **Tasty Yeast** (100% yeast, nothing else in it). You can also use fresh baker's yeast from any bakery or the bread corner of the supermarket.



2. Put the **wholemeal flour** in a bowl and stir it to cover about half of the bowl.

*Please note, that for best health and taste the wholemeal flour should be milled fresh from the whole grain and used directly after milling (hand warm from the mill). The natural quality of the whole grain decreases significantly every day after the milling, just like an apple starts to oxidise and deteriorates, if you cut it in pieces.*

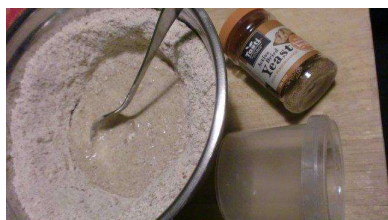
## 3. Prepare starter dough – rise 1 to 2 hours



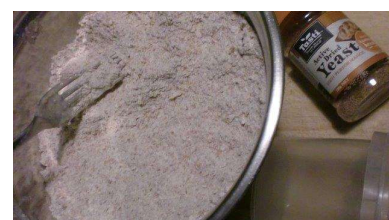
a) Build space for a lake in the middle of the wholemeal flour. Fill the diluted yeast-water into the space to have a lake in the middle of the wholemeal flour.

b) Stir the lake with some of the flour into a mush. This is your starter dough.

c) Cover the starter dough (mush) with some of the flour (*see picture on right*).



Cover the bowl with a tea towel and let it rest on a relatively warm place for about 1 to 2 hours until the lake with the starter dough bubbles up through the flour cover (*see the left picture at "5. Knead the dough" below*).



## 4. Salt water

Use about one table spoon **unrefined salt** (not iodized), or just fill a little hill into your hand, and dilute it in about 350 ml lukewarm water. Stir it well until the salt is fully diluted.





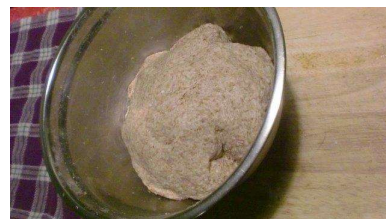
## 5. Knead the dough – rise 3 to 4 hours



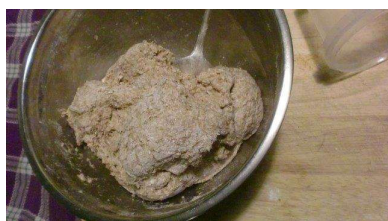
a) Once the flour-covered lake from step 3 bubbles well up through its flour cover (see 1<sup>st</sup> picture on left), add the salt-water.



b) Now stir the entire bowl with the remaining flour, stir it well (see 3<sup>rd</sup> picture on left) and then knead it into a dough (see 4<sup>th</sup> picture left and pictures on right).



Usually you need to knead the dough by hand. Hold the bowl with one hand and knead the dough with the fist of the other hand towards the bottom of the bowl while you rotate the bowl. Always keep one hand away from the dough to keep it dry, the other hand will become sticky with some dough. The dough is well kneaded once all the flour is kneaded into the dough and the bowl becomes quite clean.



Cover the bowl with a tea towel and let it rest on a relatively warm place for about 3 to 4 hours until the dough is risen well.



Depending on the size of your bowl, the risen dough will fill the bowl or even bubble over. If you let the dough rise too long, it will start to fall back again.

## 6. Forming bread loaves – rise 1 hour



Knead the risen dough again in the bowl (which reduces the volume and re-activates it to rise again). Cut it into some parts. Flour a baking board and your hands. Knead each part once more on the baking board and form bread loaves. Then let the loaves rise again for about an hour. If you let the loaves rise too long, they will start to fall back again.



## 7. Bake 60 minutes at 180 degrees



Once the loaves have risen, bake them for about 50 or 60 minutes at about 180 or 200 degrees. The baked loaf sounds well, if you knock its bottom with your finger, and the surface of the loaf looks a little brown and is firm with a crust.



☺ ... bon appétit, joy and health

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Note: This dough is perfect for pizza as well (you can replace a bit water with a good olive oil).