

Wholemeal Psyllium Bread

Simple, soft & moist



Ingredients:

- **750 gr wholemeal wheat flour** (1/2 of 1.5 kg package, fresh and organic is best)
- **1050 ml water**
- **Tasty Yeast** (100% yeast, nothing else in it)
- **Unrefined Salt** (not iodized)
- **Organic Psyllium** (milled husk of psyllium seed), or optional without psyllium

➔ 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. Dilute some yeast in about 350 ml lukewarm water. Stir it well, wait a little and stir it again until it is fully diluted. You smell the yeast then.

Use about one table spoon **Tasty Yeast** (100% yeast, nothing else in it) or just fill a little hill into your hand. You can also use fresh baker's yeast from any bakery or the bread corner of the supermarket.



2. Put wholemeal flour in bowl. Add about one tea spoon **Organic Psyllium** and stir the flour to mix the psyllium powder well into it (or optional without psyllium).

Psyllium is the very fine milled husk of a small seed. The psyllium takes up quite some of the water and increases its volume, therefor helping the dough to rise. And the psyllium does add its natural healthy attributes to the bread.

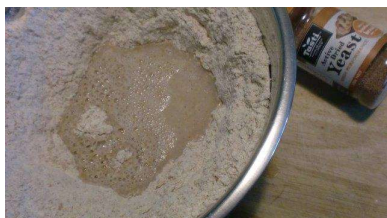
3. The first starter dough



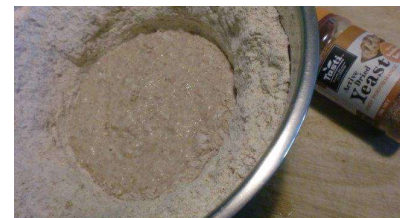
a) Build space for a lake in the middle of the wholemeal flour psyllium mix.

b) Fill the diluted yeast-water into the space to fill the lake in the middle of the wholemeal flour psyllium mix.

c) Stir the small lake with some of the flour into a mush (see picture on right). Then cover it with a bit flour (see picture 4 left).



Cover the bowl with a tea towel and let it rest on a relatively warm place for about 1 or 2 hours until the small lake bubbles up (see the left picture at "5. The second starter 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. The second starter dough



a) Once the flour-covered lake from step 3 bubbles up through its flour cover, you might like to bring the flour towards the walls of the bowl to create more space for the already bubbled-up lake and to fill in the salt-water into its middle, surrounded by flour. Add the salt-water into the bubbled-up lake.

b) Stir the now larger lake with some of the flour into a larger mush lake.



Cover the bowl with a tea towel and let it rest on a relatively warm place for about 1 or 2 hours until the lake bubbles up again (*see the left picture at "6. The final dough"*).



6. The final dough

a) Once the flour-covered lake from step 5 bubbles up, add about another 350 ml water. This additional water is partly needed due to the psyllium, which takes up water and increases its volume, and to make the dough very soft and moist. If you did not add psyllium, reduce this additional water to about 170 ml water.

b) Now stir the entire bowl with the remaining flour. Stir it well and then knead it into a dough. Usually you can stir-knead this very moist dough thoroughly with a large kitchen spoon without the need to knead it by hand. You can hear the dough "breathe" when you stir-knead it well.

c) Cover the bowl with a tea towel and let it rest on a relatively warm place for about 3 to 5 hours until the dough rises up.



d) Depending on the size of your bowl, the risen dough will fill the bowl or even bubble over. If you start in the evening, you can even let it rise over-night. Then stir-knead the risen dough well again, which reduces its bubbled-up volume and re-activates the dough to rise again. You can hear the dough "breathe" when you stir-knead it well.

7. Prepare baking forms ... Bake 60 minutes at 180 degrees

a) Prepare two baking forms. Use a little oil or butter to grease the inside of the baking forms. Then flour the inside of the baking forms.

b) Fill half of the well kneaded dough into each baking form. Cover the baking forms with a tea towel and let them rest on a relatively warm place for about 3 to 5 hours until the dough rises up again (this may take longer than the first rising of the dough, especially if the first rising went over-night).

c) Once the dough has risen, usually to the top of the baking form (*see the loaf on the right in the last picture*), bake them for about 50 to 60 minutes at about 180 to 200 degrees. You might like to take the baking forms out after about 40 minutes and take the bread loaves carefully out of the baking forms (use a knife all around, if the loaf sticks somewhere on the baking form) and then put the loaves back into the oven for the remaining time (without the baking forms). 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 (*see the loaf on the left in the last picture*).



😊 ... bon appétit, joy and health ...

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