

# Bliss (multi-grain) Bread Recipe

Results: 2 x 1kg loaves

Activate Yeast

- 780g H<sub>2</sub>O (105°-115°F)
- 15g honey
- 15g yeast

In a large bowl, mix:

- 920g Bob's Red Mill Artisan Bread Flour
- 60g Whole Wheat Flour
- 60g ground Kamut Grain
- 60g Hemp Hearts
- 60g ground Flax Seed
- 60g Bob's Red Mill 7-grain
- 20g Bran Flakes
- 15g Gluten
- 15g Kosher Salt (5g reserved for sprinkling on top)
- 10g Diatomaceous Earth (Food grade)
- 25g dried Goat's Milk

Brush on top before final proof:

- Ghee (melted)
- Crushed Herbs de Provence

Combine ingredients, mix in bowl until everything sticks together in a shaggy mass, then knead on a lightly floured surface for 10-15 minutes. If you have a machine, you can certainly use a dough hook, but keep in mind that this recipe makes over 2k of dough which may overpower many home machines. Using your hands to knead the dough will help you better understand the process and the dough. The dough should be soft, pliable, slight tack to it when pressed. If it seems too sticky in the beginning, keep kneading, it will take shape once the gluten has been worked enough. Place the dough inside of a large bowl lightly coated with butter to prevent sticking. Cover and allow to rise at room temperature for 60 minutes or until doubled in size.

Punch down the dough, fold in half 4 times (fold in half, turn 90 degrees, fold again, turn 90, fold, turn, fold), turn the dough over to put the seam at the bottom, cover and allow to rise for another 40 minutes. The dough should again double in size – now you are ready to shape the loaves. I like to use bread pans which result in two 1k loafs, easy to slice for sandwiches. When the loaves are ready for the final proof, I brush the tops of each with

ghee and sprinkle them with the 5g of reserved salt and Herbs de Provence. Cover loosely and let the shaped loaves rise for 40 minutes until doubled in size.

While the loaves are proofing, preheat the oven to 420°F. This is the temperature I use at 5000' so you may need to adjust accordingly. Adjust the racks so that the loaves sit in the center of the oven. Place a pan with ice cubes in the bottom of the oven while it preheats.

Now that your loaves are fully proofed and the oven is preheated, place your loaves in the oven. Be quick about it as you do not want to lose heat/steam. Ideally, you put enough ice in the pan so that it completely evaporates when the loaves have baked halfway (20 minutes). If the pan still has water in it after 20 minutes of baking, simply remove it. If it runs out of water before 20 minutes has past, toss a couple more cubes in the pan. You want the first 20 minutes to be hot and steamy.

Continue baking loaves for another 20 minutes (40 minutes total) until golden brown on the outside. Remove from oven and cool on a wire rack. Listen to the crust crack and pop as it cools. This bread freezes very well. What we do is leave out half a loaf, freeze the other 3 halves for future use.

Enjoy in good health!

~Brian