



PETER REINHART'S SUPER SPROUT™ WHOLE WHEAT BREAD

Ingredients

- Sprouted Whole Wheat Flour 100% 16 oz. (454 g)
- Salt 1.5% .25 oz (7g)
- Instant Yeast 1% (3% or ½ oz if using fresh yeast) .16 oz (4.5g)
- Water (room temp.) 90% 14.5 oz (411g)

Makes one loaf. Use formula percentages to extend.

Directions

Mix on slow speed with the paddle (not the hook) for one minute.

Let the dough rest for 5 minutes, then increase to medium speed and mix for two minutes.

Remove the dough to a lightly oiled work surface and perform one stretch and fold (S & F). Transfer the dough to an oiled container (or cover the dough on the oiled work surface with a bowl) and perform three additional S & Fs at 5 minute intervals (these intervals can be extended to up to twenty minutes each).

After the final S & F place the dough in an oiled bowl, cover, and ferment for 60 to 90 minutes at room temperature (shorter if using a proof box).

Shape the dough for either sandwich loaf or hearth baking. Mist the top of the loaf with pan spray and cover loosely with plastic wrap (for hearth baking you can use a couche).

Proof for 60 to 80 minutes, or as needed.

For hearth bread, bake at 450° F/ 232° C with steam for approx. 30 to 35 minutes.

For sandwich loaf, bake at 375° F/ 191° C for approx. 45 to 55 minutes.