

WHOLE WHEAT FRENCH BREAD

INGREDIENTS:

❖ Yeast	1 TBSP
❖ Water (warm)	1 ½ Cup
❖ Salt	1 ½ tsp
❖ Olive oil	3 TBSP
❖ Whole wheat flour	2 Cups
❖ All purpose flour	2 Cups
❖ Cheese (optional)	½ Cup

METHOD:

1. Dissolve yeast in water and add a pinch of sugar.
2. Let rest about 5 minutes or until it begins to foam.
3. Stir in salt, oil and half of the flour.
4. Gradually add remaining flour, mixing well.
5. Knead 8 to 10 minutes or until smooth and elastic.
6. Place in greased bowl and let rise until double in size (about 1/2 to 1 hour).
7. Punch dough down and let rise again until double in size (about 1/2 to 1 hour).
8. Punch down a third time.
9. Using a rolling pin, roll out dough into an oblong shape and then roll up, starting on the longest side. Pinch to seal, forming a long, thin loaf.
10. Place on a cookie sheet seal down and cut the top of the dough with a sharp knife diagonally 3 to 5 times.
11. Brush with egg wash and let rise till double again (about 1 hour).
12. Bake at 375°F for 30 – 40 minutes.

NOTES:

I like to avoid using a greased sheet by using either rice flour or cornmeal to “dust” the pan.

For a real treat sprinkle ¼ Cup of your favorite grated cheese on loaf BEFORE rolling and shaping the loaf.

