



## NINE-GRAIN DESIGN

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*Recipe*

BAKED FRESH ON

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### Nine-Grain Bread

#### Ingredients

½ cup 7-grain cereal (the one I have been using contains wheat, rye, oats, barley, brown rice, oat bran & flaxseed)

1 cup cool water (room temp)

1 teaspoon active dry yeast

½ cup warm water (105°F)

2½ cups unbleached white bread flour

1 cup whole-wheat flour

½ teaspoon salt

1 teaspoon extra-virgin olive oil

2½ tablespoons honey

1 tablespoon molasses

½ cup rolled oats

a little cornmeal



#### Procedure

Pour ½ cup cool water over 7-grain cereal in a small bowl. Pour ½ cup warm water over yeast in another small bowl. Let both sit for 15 minutes.

Mix flours and salt in a large bowl (I use the bowl of a standing mixer), then add the yeast mixture, 9-grain cereal mixture, the other ½ cup cool water, the olive oil, the honey, and the molasses. **TIP:** Measure the olive oil with your tablespoon first, before the honey and molasses—this way the sticky ingredients will slip right out of the spoon. Stir ingredients together before kneading.

Knead (I do it with the “dough hook” attachment of my mixer) for 18 minutes on speeds 1-2. The kneading could be also done by hand.

Rub a large bowl (I use a plastic one) with olive oil and put the dough in the bowl. Cover it with a towel, and let it rise for about (at least) an hour.

“Punch down” the dough and fold the edges into the middle. Turn it over and re-cover with the towel for another hour or so.

Fold the edges over again, sort of shaping it into a loaf shape that will fit in your pan (mine is rectangular but I’m sure anything would work). Sprinkle a little cornmeal in the bottom of the pan, so it doesn’t stick and place the dough in the pan, smoother side up. Spray with a little water, and sprinkle on the rolled oats. (Press them down to make them stick to the top of the loaf.) Cover again and let sit for about an hour. Preheat your oven to 350°F.

Bake the loaf for about 30 minutes (depends on oven). Let cool on a wire rack. Enjoy your bread!