



BY TOD BRAMBLE,  
KING ARTHUR FLOUR CO.

# ADDINGhealth

After the rush of the holidays, the inevitable January slow-down can be seen as a welcome bit of relief, and opportunity to fine-tune baking formulas and add new products. What everyone would really like to do is attract a few new customers. With New Year's resolutions of healthy eating looming large this time of year, I suggest incorporating whole grain breads into your schedule that will both entice and contribute to a healthful diet.

There are many varieties of whole grains available to bakers including rye, wheat, oats, and spelt in both conventional and organic forms. They can be cracked kernels, coarse meals, or flour. Whole grains can be added as a small percentage (say 10-25%) to one of your already existing breads. However, true whole grain breads are going to contain 100% whole grain flours and meals. Cracked grains such as wheat and rye or multi-grain blends can be soaked overnight and added to the final mix as a means of enhancing the look and texture of the loaf.

Whole grains contribute the greatest effect to naturally leavened breads. The additional nutrients and minerals contained in whole grain flours allow for diversity in the developing culture, leading to a fuller and more complex flavor in the final loaf. The higher fiber content of whole grains increases their capacity to absorb water, which leads to moister loaves with better keeping abilities.

The formula that follows captures all of the above benefits while fulfilling the promise of delivering a truly healthful and wonderfully complex whole grain based bread.

This whole wheat bread was originally developed by Standard Baking Co. in Portland, ME (a bakery operated by Allison Pray and Matt James). What makes this bread particularly unique is its use of a whole wheat preferment and a "soaker" of cracked wheat and rye.

Four hours prior to mixing, the preferment is set by mixing water, whole wheat flour and a small amount of yeast. The "soaker" is created by blending cracked wheat and rye meal with hot water. Both the preferment and "soaker" are set aside to develop. The final dough does contain some white flour. This helps yield a lighter loaf than one using 100% whole grains, while still contributing great depth of flavor and whole grain benefits.

## STANDARD BAKING ORGANIC WHOLE WHEAT

### Whole Wheat Preferment

Whole Wheat	1.5	100.0%
Water	1.2	77.3%
Instant Yeast	0.01	0.6%
	<u>2.7</u>	

### Cracker Wheat Soaker

Cracked Wheat	0.5	79.3%
Rye Meal	0.1	20.7%
Water (hot)	1.1	189.7%
	<u>1.7</u>	

### Final Dough

Whole Wheat	0.5	11.1%
Bread Flour	3.8	88.9%
Water	3.1	71.8%
Instant Yeast	0.02	0.5%
Salt	0.15	3.5%
Whole Wheat Preferment	2.7	63.2%
Soaker	<u>1.7</u>	38.9%
	<u>12.0</u>	

### Overall Formula

Whole Wheat	2.0	34.5%
Bread Flour	3.8	65.5%
Cracked Wheat	0.5	7.8%
Rye Meal	0.12	2.0%
Water	5.4	92.0%
Salt	0.15	2.6%
Instant Yeast	<u>0.03</u>	0.5%
	<u>12.0</u>	

Fermented Flour	26%
Hydration Including Grains	83.7%



1

Mix all ingredients except salt and soaker on first speed for four minutes. Add salt and mix for four minutes on first speed. Mix on second speed for 2-3 minutes to develop. Add soaker and mix on first speed until incorporated. Desired dough temperature is 78 degree F.



4

Slash the loaves and load into a 440 degree oven. Steam is desired at beginning of bake. Bake for approximately 20 minutes.



2

After a 2 hour bulk fermentation divide into one pound pieces and lightly round. Let rest 20-30 minutes.



5

The finished loaf develops a beautiful dark crust while the crumb remains very moist and the cracked grains contribute a subtle texture. The pre-fermented wheat and rye contribute a complexity of flavor but the loaf remains light enough to be a great accompaniment to meals or for sandwiches.



3

Shape into batards and place seam-side up on lightly floured canvas. Final proof is approximately one hour.



6

Standard Baking Company is found at 75 Commercial St. in Portland, ME and is owned by Allison Pray and Matt James. The bakery is open 7 a.m. to 6 p.m. weekdays, 7 p.m. to 5 p.m. weekends.