

MADE AT ASSINIBOINE RECIPE

MICA MULTIGRAIN BREAD

INGREDIENTS

Multigrain Sour:

- » Coarse rye meal - 2 tbsp
- » Flax seed - 2 tbsp
- » Quinoa - 2 tbsp
- » Steel cut oats - 2 tbsp
- » Sunflower seeds - 2 tbsp
- » Instant Yeast - 1 tsp
- » Warm water - 200 ml

Dough:

- » Bread flour - 8 cups
- » Salt - 1 tbsp
- » Sugar, brown - 2 tbsp
- » Shortening - 2 tbsp
- » Instant Yeast - 4 tsp
- » Molasses - 2 tbsp
- » Luke warm water - 750 ml
- » Multigrain sour mixture - use all

DIRECTIONS

1. Stir together the ingredients of the multigrain sour, cover and let sit at room temperature overnight.
2. Place the flour, sugar and salt in a mixer, then crumble in the shortening. With the dough hook attachment, mix on low for 3 minutes to combine.
3. Measure out the warm water, stir in the molasses and multigrain sour.
4. Add the instant yeast to the flour, immediately followed by the water sour mixture.
5. Mix on low until all ingredients are combined and then move to medium speed for 4-5 minutes to develop the dough (it may seem dry at first but the grain will release moisture as it mixes). Alternatively, knead by hand for 10 minutes.

DIRECTIONS (CONT.)

6. Remove the dough hook and cover the bowl with plastic wrap, let sit for 1 hour.
7. Fold the dough over a few times to expel gases, and then rest for 15 minutes.
8. Preheat oven to 425F. Place a small cake pan on the bottom rack of the oven to heat up.
9. Divide dough into 4 equal pieces, flatten them out with your hands and roll up into a loaf. Pinch the seam and roll with your hands to taper the ends. Place two loaves on a greased cookie sheet with the seam down. Repeat with the other loaves.

DIRECTIONS (CONT.)

- 10.** Lightly cover with plastic wrap and let rise until it almost doubles in size.
- 11.** Gently remove the plastic, use a knife to score the top of the loaves to prevent cracking and place in the oven. Pour 1 cup of water into the hot cake pan to make steam. Quickly close the oven and bake until loaves are well-browned and sound hollow when tapped.

- 12.** Remove from the pan and cool on a rack.

Yield: 4 loaves

Enjoy!