

Breads



When it comes to bread at Daily Harvest, we don't loaf around! Everything we bake has been a trial and error. I can testify to that because I was the first person in charge of baking bread, and if you will remember, I confessed that I had no idea what I was doing. The bread baking came about through much research, a lot of long hard hours, and, yes, even a few tears.

True, man does not live by bread alone, but if you eat the right kind of bread, you almost can. One feels a great sense of satisfaction from making one's own bread. I was baking bread so much that my oven stayed on practically day and night. I'll put it to you like this: My husband, Johnny, was getting more than his share of fiber intake per day (don't tell him I said that). I think he was ready for me to open the business so he wouldn't have to eat bread for breakfast, mid-morning snack, lunch, mid-afternoon snack, and you guessed it, supper.

Once you successfully bake your first nutritious loaf, you will have a hard time returning to the fluffy, light, tasteless bread on the grocery stores' shelves. Fresh stone-ground whole-wheat bread is definitely the bread you should choose for you and your family, but I would not suggest serving it eight times per day.

First, we'll start with a basic recipe, and then we'll reveal several recipes that will motivate you to become your family's baker and a well-bread person. I will also share some tips that I have discovered since my bread-baking days began. Perhaps this will give you a small head start on yours.

Teresa's Tips for Baking Bread

For best results with bread, the water temperature should be very warm, between 110 and 120 degrees F, but no hotter.

If you suspect your yeast may be expired, test a teaspoon of yeast

in a cup of warm water (110 degrees F). Add in a pinch of sugar or honey. If your mix bubbles within 10 minutes, it should be active enough to make your dough rise.

Always preheat your oven.

If you want a softer crust on your bread, butter the tops when removing it from the oven.

If your bread “flops,” don’t throw it away. It can be used for your bread pudding, to make croutons, or with several other recipes in this cookbook. For bread pudding, you can grind it and store it in the freezer in a Ziploc bag until ready to use.

Once your bread has been removed from the oven, it should cool on a wire rack.

If you have dough left over, it can be wrapped very tightly in freezer wrap and kept in your refrigerator for several days. Let it come to room temperature when ready to use.

When making bread, always have the flour at room temperature before adding it to your mixer. Warm flour encourages your bread to rise nice and high. (This is for those of you who mill your flour ahead and keep it stored in the freezer.) And when allowing your dough to rise, keep it in a warm place.

Baked bread should be stored airtight in a cool place. Do not refrigerate, as the condensation promotes mold. Since there are no added preservatives, Daily Harvest bread has a 4 to 5 day shelf life.



Stone-Ground Whole-Wheat Bread

2 cups hot water, about 110 degrees

½ cup olive oil

½ cup honey or agave*

5 cups freshly milled whole-wheat flour

3½ tsp. instant yeast

2 tsp. sea salt

½ tsp. dough enhancer, optional

½ tsp. gluten

Combine water, oil, and honey. Add 3 cups of freshly milled whole-wheat flour, yeast, sea salt, dough enhancer, and gluten. Mix well with a wire whisk. Let stand until it begins to bubble, about 20 to 30 minutes.

Add the remaining 2 cups of flour and knead until smooth and elastic, about 10 minutes. If your dough is still sticky to the touch, add a little more flour until it loses its sticky texture. Let this rise

again until it doubles in size. Shape into 2 loaves and place in greased bread pans. Let this rise again. Bake in 350-degree oven for about 30 minutes.

Yields: 2 loaves

*If you prefer bread with a less sweet taste, cut the honey in $\frac{1}{2}$.

Cheddar-Herb Loaf

2 cups warm water, 110-115 degrees

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ cup honey or agave nectar*

5-7 cups freshly milled whole-wheat flour

$3\frac{1}{2}$ tsp. instant yeast

2 tsp. sea salt

$\frac{1}{2}$ tsp. dough enhancer, optional

$\frac{1}{2}$ tsp. gluten

2 cups shredded cheddar cheese

$\frac{1}{2}$ tsp. dried parsley

$\frac{1}{8}$ tsp. garlic powder

$\frac{1}{8}$ tsp. paprika

$\frac{1}{4}$ tsp. Parmesan cheese

GARLIC BUTTER:

$\frac{1}{2}$ stick butter, melted

$\frac{1}{2}$ tsp. garlic salt

Combine water, oil, and honey. Add 2 cups of freshly milled whole-wheat flour, yeast, sea salt, dough enhancer, and gluten. Mix well with wire whisk. Let stand until it begins to bubble.

Meanwhile, combine cheddar cheese, parsley, garlic powder, paprika, and Parmesan cheese. Mix well and set aside.

Add flour until the dough forms a smooth elastic ball and

knead, about 5 minutes. Roll dough into a large rectangular shape $\frac{1}{4}$ inch thick. Sprinkle the cheese mixture on $\frac{1}{2}$ of the rectangle. Roll into a cylinder shape and pinch edges to seal. Form into a circle. Place in a greased 9-inch-round cake pan. Let rise until it doubles in size. Brush the top with the garlic butter and sprinkle with Parmesan cheese. Bake at 350 degrees for about 30 minutes.

*If you prefer bread with a less sweet taste, cut the honey in $\frac{1}{2}$.

Cinnamon-Raisin Walnut Bread

2 cups warm water, 110-115 degrees

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ cup honey or agave nectar*

5-7 cups freshly milled whole-wheat flour

$3\frac{1}{2}$ tsp. instant yeast

2 tsp. sea salt

$\frac{1}{2}$ tsp. dough enhancer, optional

$\frac{1}{2}$ tsp. gluten

1 cup dried raisins

1 cup chopped walnut pieces

$\frac{1}{2}$ tbs. cinnamon

Combine water, oil, and honey. Add 2 cups of freshly milled whole-wheat flour, yeast, sea salt, dough enhancer, and gluten. Mix well with wire whisk. Let stand until it begins to bubble.

Add flour until the dough forms a smooth elastic ball and knead, about 5 minutes. During the kneading process, add the raisins, walnuts, and cinnamon.

Place dough in a large greased bowl and let it rise until it doubles in size. Shape into 2 loaves and place in greased bread pans. Let this rise to the top of the pan. Bake at 350 degrees for about 30 minutes.

Yields: 2 loaves

*If you prefer bread with a less sweet taste, cut the honey in $\frac{1}{2}$.

Cinnamon-Swirl Bread

- 2 cups warm water, 110-115 degrees**
- ½ cup olive oil**
- 2 eggs**
- ½ cup honey or agave nectar***
- 5-7 cups freshly milled whole-wheat flour**
- 3½ tsp. instant yeast**
- 2 tsp. sea salt**
- ½ tsp. dough enhancer, optional**
- ½ tsp. gluten**
- ¼ cup melted butter**
- 2 tbsp. cinnamon**
- ½ cup sucanat with honey**

Combine water, oil, eggs, and honey. Add 2 cups of freshly milled whole-wheat flour, yeast, sea salt, dough enhancer, and gluten. Mix well with wire whisk. Let stand until it begins to bubble.

Add flour until the dough forms a smooth elastic ball and knead, about 5 minutes. Place in well-greased bowl. Let rise and then turn onto a floured surface. Roll out into a rectangle shape about ½ inch thick. Spread evenly with melted butter, sprinkle with cinnamon and sucanat with honey. Roll into a shape to fit your loaf pans. Brush on more melted butter. Bake at 350 degrees for about 30 to 35 minutes.

Yields: 2 loaves

*If you prefer bread with a less sweet taste, cut the honey in ½.

Cranberry-Pecan Bread

2 cups warm water, 110-115 degrees
½ cup olive oil
½ cup honey or agave nectar*
5-7 cups freshly milled whole-wheat flour
3½ tsp. instant yeast
2 tsp. sea salt
½ tsp. dough enhancer, optional
½ tsp. gluten
1 cup dried cranberries
1 cup chopped pecan pieces

Combine water, oil, and honey. Add 2 cups of freshly milled whole-wheat flour, yeast, sea salt, dough enhancer, and gluten. Mix well with wire whisk. Let stand until it begins to bubble.

Add flour until the dough forms a smooth elastic ball and knead, about 5 minutes. During the kneading process, add the cranberries and pecans.

Place dough in a large greased bowl and let it rise until it doubles in size. Shape into loaves and place in greased bread pans. Let this rise to the top of the pan. Bake at 350 degrees for about 30 minutes.

Yields: 2 loaves

*If you prefer bread with less a sweet taste, cut the honey in ½.

French Bread

6 cups stone-ground whole-wheat flour

2½ tbsp. active dry yeast

2½ tbsp. sea salt

2 cups warm water, 110 degrees F

1 tbsp. cornmeal

1 egg white

1 tbsp. water

In a large bowl, combine 2 cups whole-wheat flour, yeast, and salt. Stir in 2 cups warm water and beat until well blended using a stand mixer with a dough-hook attachment. Using a wooden spoon, stir in as much of the remaining flour as you can.

On a lightly floured surface, knead in enough flour to make a stiff dough that is smooth and elastic. Knead for about 8 to 10 minutes total. Shape into a ball. Place dough in a greased bowl and turn once. Cover. Let rise in a warm place until doubled. Punch dough down and divide in ½. Turn out onto a lightly floured surface. Cover. Let rest for 10 minutes. Roll each ½ into a large rectangle. Roll up, starting from the long side. Moisten edge with water and seal. Taper ends.

Grease a large baking sheet. Sprinkle with cornmeal. Place loaves, seam side down, on the prepared baking sheet. Lightly beat the egg white with 1 tbsp. of water and brush on. Cover with a damp cloth. Let rise until nearly doubled, 35 to 40 minutes.

With a very sharp knife, make 3 or 4 diagonal cuts about ¼ inch deep across top of each loaf. Bake in a preheated 375-degree oven for 20 minutes. Brush again with egg-white mixture. Bake for an additional 15 to 20 minutes, or until bread tests done*. If necessary, cover loosely with foil to prevent overbrowning. Remove from baking sheet and cool on a wire rack.

*When the bread is done, it makes a hollow sound when thumped. If bread begins to draw up from the sides while cooling, it is not done.



Focaccia Bread

2 cups warm water, 110-115 degrees
½ cup olive oil
½ cup honey or agave nectar*
5-7 cups stone-ground whole-wheat flour
3½ tsp. instant yeast
2 tsp. sea salt
½ tsp. dough enhancer, optional
½ tsp. gluten
½ tsp. dried basil
1 tsp. dried oregano
1 tsp. garlic powder
1 tbsp. grated Parmesan cheese
2 tbsp. olive oil

Combine water, oil and honey. Add 2 cups of whole-wheat flour, yeast, sea salt, dough enhancer, and gluten. Mix well with wire whisk. Let stand until it begins to bubble.

Meanwhile, mix in a bowl basil, oregano, garlic powder, Parmesan, and olive oil. Set aside.

To the dough, add flour until the dough forms a smooth elastic ball and knead, about 5 minutes. Place dough in a large greased bowl and let it rise until it doubles in size. Punch down and roll into a flat ½-inch rectangle shape. Pat out onto a greased baking sheet. Top with the seasoning. Bake at 375 degrees for about 15 to 20 minutes.

*If you prefer bread with a less sweet taste, cut the honey in ½.