

Wholemeal bread

Ingredients

	Weight	Measure
Olive oil	60 g	3 tablespoons
Sugar	40g	2 tablespoons
Salt		2 teaspoons
Powdered milk	20g	3 tablespoons
Water	480g	480ml
Whole wheat	400g	3 $\frac{1}{2}$ cups (milled)
White baking flour	350g	2 $\frac{1}{2}$ cups
Yeast		2 teaspoons

(Add chopped or dry herbs for a herb bread.)

Method

Mill whole wheat in thermomix for 20s on speed 10, then shake and mill for further minute.

Add ingredients in mixing bowl in the order listed. In cold weather use 100-200ml hot water mixed with cold to make the total 480ml.

Mix on dough setting for 4 $\frac{1}{2}$ minutes. If mixing by hand, stir until a consistent dough texture is achieved, then knead thoroughly.

Allow the dough to rise in a warm place (25-40°) until about double in size.

Mix again for 2 minutes on dough setting; or knead thoroughly by hand.

Place dough in a large, greased and floured bread tin and press down firmly to ensure there are no air bubbles. The tin should be large enough that the dough, pressed out evenly along the bottom, sits between $\frac{1}{3}$ and $\frac{1}{2}$ way up the sides of the tin.

Allow the dough to rise in a warm place until it is about $\frac{3}{4}$ the height of the bread tin. If the dough rises too much the bread will be crumbly.

Bake in oven at 180° C for 40-50 minutes (fan forced). Use less time and higher temperature (e.g., 30 minutes at 200° C) if splitting the dough into smaller loaves or bread rolls.

Remove from tin immediately after baking and allow to cool.