

Five-grain Bread

Yield: 3 medium loaves

Soaker:

Pumpkin seeds	½ cup
Flaxseeds	¼ cup
Sunflower seeds	½ cup
Oats	½ cup
Millet	¼ cup
Water	1 ½ cups

Pate Fermente:

Bread flour	9 ½ oz
Water	¾ cup
Salt	1 tsp
Instant Yeast	1/8 tsp

Final Dough:

Bread flour	1# 6 ½ oz
Water	2 oz
Salt	1 Tbsp
Yeast	2 tsp
Soaker	all of above
Pate fermente	all of above

Directions:

1. Place all ingredients (including the soaker and the pate fermente) in the mixing bowl. Add more water if needed. Knead dough until dough forms and feels elastic. The dough should be somewhat loose, but with definite dough strength and gluten development.
2. Bulk ferment until doubled in size.
3. Divide into 1 # portions, place seam-side down on parchment-lined pan.
4. Proof until almost double in size.
5. Bake at 400F approximately 20 minutes.