

## Satisfying Whole Wheat Sandwich Loaf - King Arthur

*A few comments about our new loaf. The objective for this loaf was ambitious - whole grain, satisfying, easier, less time consuming, and in all ways a loaf that this organization would be proud to donate to the food bank. Initial inspiration came from a blend of a recipe from celebrated food blog Smitten Kitchen and a recipe from King Arthur baking. Then, thanks to a dozen CL testers we gradually molded the recipe to meet our objectives. I think we're really close and I hope you agree. Part of the simplicity includes using one flour. The total time is hovering around 4-5 hours depending on the warmth of your kitchen. A nice pick up from our current 6-7 hours. Looking forward to your feedback.*

### Ingredients

Number of Loaves	2		3	4	Bakers %
<b>Ingredients</b>	<b>grams</b>	<b>unit</b>			<b>%</b>
Central Milling - White Whole Wheat* <b>or</b> King Arthur - Golden Wheat	840	g	1260	1680	100.00%
Water - tap or filtered - warm	780	g	1170	1560	92.86%
Salt - kosher or sea salt (around 1 1/2 tsp per loaf)	18	g	27	36	2.14%
Instant Yeast (2 1/4 tsp per loaf)	14	g	21	28	1.79%
Old Fashioned Rolled Oats (Not Steel Cut, Not Instant)	180	g	270	360	21.43%
Neutral Vegetable Oil - Sunflower, Avocado, Canola - all work well.	72	g	108	144	8.57%
Honey/Molasses	88	g	132	176	10.48%
<b>Dough Total</b>	<b>1992</b>	<b>g</b>	<b>2988</b>	<b>3984</b>	
<b>Approximate Weight Per Loaf**</b>	<b>996</b>	<b>g</b>	<b>996</b>	<b>996</b>	

*\*Central Milling White Whole Wheat is a new flour we are introducing with tremendous baking qualities, mild wheaty taste, and marvelous baking qualities. We're using this flour specifically in this recipe and in our Sunflower Rye. You can use it in other application of course, may need some testing. King Arthur's Golden Wheat also works well for this formula and the Sunflower Rye.*

*\*\* Approximate Weight Per Loaf - do not feel as if you need to be "exact". A range of 950-990 per loaf is perfectly acceptable.*

### Recipe Instructions

#### Step 1: Weigh & Mix Wet Ingredients & Oatmeal

Weigh out the water, honey, oil and oatmeal. Using a large bowl or the bowl of your mixer, if you intend to use a mixer, place these premeasured ingredients in the bowl, give a stir, to coat the oats and let stand 5 - 10 minutes. This is a great time to now gather the rest of your items.

#### Step 2: Weigh Remaining Ingredients & Add To Bowl

Weigh out the remaining ingredients - flour, salt, yeast. When the the 5-10 minutes, from step 1 is up, add these items to your mixing bowl.

### **Step 3: Initial Mix**

**Incorporate All:** We want to incorporate all the ingredients no discernible separate parts. Mix gently by hand or on (Speed 1 - Kitchen Aide) low speed with your mixer. Mix until the dough looks consistent, with no dry patches or separate discernable pockets of ingredients. If you need to scrape down the side of the bowl to get everything mixed, no worries.

**Let Rest:** After all ingredients are successfully incorporated. Let rest for 5 minutes.

**Mix - Knead:** After the 5-minute rest, begin mixing/kneading. If using a Kitchen Aide, fitted with its hook, speed 2, if using an Ankarsrum with the dough hook, speed 2 or 3, if mixing by hand, see note below. Mix/Knead for up to 7 minutes. (If your Kitchen Aide gets warm, you can stop the mix give the machine a rest for 3-4 minutes and then resume.)

**By Hand:** After all ingredients are successfully incorporated, mixing with a large stiff spoon, and after the 5 minute rest begin kneading your dough in the bowl or on your counter for 5-7 minutes. See notes below.

In all cases - the dough will be wet and coarse at the beginning of the process and will gradually become more firm and supple but still sticky."

### **Step 4: Beginning Bulk Ferment - Two Folds - Fifteen Minute Intervals**

Move the dough to a larger bowl or tub, big enough to accommodate the dough expanding to double. Cover the bowl/tub with a tea towel or reusable plastic cover.

Set your timer for 15 minutes. Then return to the dough and give it a fold. Repeat 1 more time, in 15 minutes. Two folds total.

**To fold the dough:** There are multiple ways to implement a fold. Please see links to helpful videos below.

You can fold the dough in the bowl by lifting and folding a "quarter" of the dough upon itself, and repeating this "lift" and "fold" on the opposite side. Continuing until you've completed the "rotation". You can take the dough out of the bowl and give it a stretch and fold on your counter. Then return the dough to the bowl, set your timer for 15 minutes.

\*All is not lost if you get interrupted and 15 minutes becomes longer. Give the dough the folds and continue.

### **Step 5: Bulk Ferment (First Proof) - double - 45 minutes - 2 hours**

*Note: The amount of time can vary significantly due to dough temp and kitchen temp. It is a good idea to check in periodically the first couple of times you do this recipe.*

**Bulk Ferment:** Cover the bowl with a tea towel or reusable plastic cover. Dough should expand by double. How long this takes in each kitchen varies. It could be 60-70 minutes or as long as two hours. Once your dough has "doubled" you can proceed to the next step.

See additional tips below.

**Bulk Ferment Refrigerator:** If you want to pause the process you can transfer the dough in this stage to the refrigerator and let it hang there overnight and up to 5 days. If you opt for this variation, remove the dough from your refrigerator 3 hours before you want to bake, and proceed to Step 6 after 2 hours.

## **Step 6: Divide & Pre-Shape**

When the bulk ferment is completed, turn the dough out onto a very lightly floured work surface, and gently pat it down to de-gas it. If you are making more than one loaf, divide the dough into that many equal size pieces. **Approximately 980 g.** (See video). **Immediately go to the next step, shape the loaves and place in prepared pans.**

## **Step 7: Shape Loaves**

- Grease your 9x5 pans with pan spray, do not use butter.
- Very lightly dust your work surface with flour. Using your bench scraper invert one of the dough pieces so the top side is face down on your work surface.
- Using the flat pads of your fingers, not the finger tips, gently press and coax the round into approx. a 9 x 13 inch rectangle. This does not need to be exact or have perfect corners. You can lift the edges and corners to help guide into place. Your goal an even thickness throughout the rectangle, about 1/2" or less.
- Take the top portion of the rectangle and fold it towards you about 1/3. Like a letter. Then fold the bottom portion up and over that first fold, just shy of lining up the edges. Give it a little pat and press to reinforce. Now turn this 90 degrees so the short end is pointed towards you.
- Roll. Beginning at the top, using the flat part of your hands, lift the dough from the top and slowly roll down. Create some surface tension by pushing away from you as you complete each roll and before repositioning your hands. When you complete rolling, crimp the bottom seam with the heel of your hand and the sides with your fingers.
- Place your finished loaf, seam side down in the prepared pan. Do not worry if it is shorter than the length of the pan. It will fill in during proofing. Repeat for remaining dough balls.
- Cover with a tea towel to proof.

## **Step 8: Proof The Loaves**

Leave loaves to rise (proof) at warm room temperature until crowned 1" to 1 1/4" over the rim of the pan, 1 to 1 1/2 hours.

Signs of a well "proved" loaf?

- Nicely domed above the pan, marshmallow feel/density, when you poke the loaf with your index finger it fills back in slowly and not all the way.

- Signs of under and over proofing. Over-proofed dough has proofed too long and the gluten network has stretched too thin. When poked, it collapses, and doesn't recover. All is not lost, you can reshape an overproofed loaf, and proof again. Under proofed loaves respond quickly to a poke test filling in nearly completely, dough is still "tight".

- This step, proofing, moves along quicker in warm kitchens and slower when in cold kitchens or cold dough.

## **Oven Ready?:**

Be sure to preheat the oven to 365 degrees F at least 20-30 minutes before you intend to head to the oven.

## **Garnish with Oatmeal**

We love delivering a beautiful loaf to our food bank partners, give the top of the loaves a spritz with water and sprinkle some oatmeal on top, pat down to adhere.

## **Step 9: Bake - Preheat Oven 365 Degrees**

Load the oven. Bake the loaf at 365°F for 40 to 50 minutes, until the loaf is golden brown and a digital thermometer inserted into the center reads at least 195°F. Additional indications of doneness - loaf sounds hollow when thumped on the bottom.

You may want to rotate the loaves halfway through the baking process. This can help even out the bake, you know your oven.

When loaves have finished baking, remove from the oven and let rest in the pan for a couple minutes before turning out onto a cooling rack.

## **Step 10: Packaging**

Once the loaves have completely cooled, we recommend waiting overnight to be sure, package the loaves for donation. Store bread well wrapped at room temperature for three to five days. Freeze for longer storage.

## **Collection of Helpful Videos**

<b>Autolyse</b>	<a href="https://communityloaves.org/2021/09/step-2-autolyse/">https://communityloaves.org/2021/09/step-2-autolyse/</a>
<b>Pulling a windowpane</b>	<a href="https://communityloaves.org/2021/06/windowpane-test/">https://communityloaves.org/2021/06/windowpane-test/</a>
<b>Hand Mixing - Slap &amp; Fold</b>	<a href="https://communityloaves.org/2021/09/step-4-mix-by-hand/">https://communityloaves.org/2021/09/step-4-mix-by-hand/</a> <a href="https://youtu.be/Qzx7dxuvaCo?si=XOP_DIZAKi2O-yI7">https://youtu.be/Qzx7dxuvaCo?si=XOP_DIZAKi2O-yI7</a>
<b>Hand Mixing - Rubaud Method</b>	<a href="https://www.youtube.com/watch?v=zgz0oAhgwyg">https://www.youtube.com/watch?v=zgz0oAhgwyg</a>
<b>Stretch &amp; Folds</b>	<a href="https://communityloaves.org/2021/09/step-5-bulk-ferment/">https://communityloaves.org/2021/09/step-5-bulk-ferment/</a> <a href="https://youtu.be/jrDy90gD710?si=U4GDNm9ONU">https://youtu.be/jrDy90gD710?si=U4GDNm9ONU</a> <a href="https://youtu.be/mwtTZK7_t08?si=YUV71nGpjWHgUYAD">https://youtu.be/mwtTZK7_t08?si=YUV71nGpjWHgUYAD</a>
<b>Proofing - Poke Test:</b>	<a href="https://www.youtube.com/watch?v=U9aQV0IZRwU">https://www.youtube.com/watch?v=U9aQV0IZRwU</a>
<b>Divide &amp; Pre-Shape:</b>	<a href="https://communityloaves.org/2021/09/step-6-divide-pre-shape/">https://communityloaves.org/2021/09/step-6-divide-pre-shape/</a> <a href="https://youtu.be/Op-LKk-i4zQ?si=-JF3lq9lx9zcfGzk">https://youtu.be/Op-LKk-i4zQ?si=-JF3lq9lx9zcfGzk</a> <a href="https://www.kingarthurbaking.com/videos/baking-s-kills/how-to-shape-a-sandwich-loaf">https://www.kingarthurbaking.com/videos/baking-s-kills/how-to-shape-a-sandwich-loaf</a>
<b>Trouble Shooting - Under Proofed</b>	<a href="https://www.youtube.com/watch?v=4u6MvtBd_gc">https://www.youtube.com/watch?v=4u6MvtBd_gc</a>