

Whole Wheat Bread Recipe (12/12/2023)

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==Ingredients and Tools==

-A- Ingredients

- 2 1/3 cups of whole wheat flour (King Arthur)
- 1 1/3 cups of water
- 1 tablespoon of dry yeast (1 packet of Red Star)
- 3 tablespoons of olive oil

-B- Tools

- 1 large flat bottom bowl and low sides (Fiesta ware)- 10 1/2" wide by 2" high
- 1 black cast iron Dutch oven 11" wide by 4" high
- 1 set of measuring spoons
- 1 clock timer
- 1 oven - natural gas
- 1 microwave oven
- 1 serrated bread knife (optional)

== Preparation ==

=1= Mix dry ingredients

- 2 1/2 cups of whole wheat
- 1 tablespoon (1 packet) of Red Star active yeast
- 2 teaspoons of salt

=2= Heat 1 1/3 cups of water in microwave

- 45 seconds or equal to tepid baby formula
- Add three tablespoons of olive oil
- Mix

=3= Mix dry and fluid ingredients

- Use large bowl with flat bottom and low sides
- Gradually add ingredients to fluid ingredients
- Knead lumps
- When no lumps, then add more flour
- Reserve 1/2 cup of flour

=4= Knead boule

- Knead for 10 minutes
- Add reserved flour to prevent sticking to bowl
- Use additional flour if needed
- Form a boule (ball) - elastic and not sticky

=5= Oil cast iron pot

- Rub olive oil on bottom and sides

=6= Preheat Oven

- Minimum heat - 5-10 minutes
- Turn oven off

=7= Place boule in cast iron pot

- Cover with lid
- 2 hours in warm oven
- Oven door open or closed

- Boule doubles in size;
- if not double, then knead 5 minutes
- place in pot in warm oven again for 2 hours

=8= Remove cast iron pot from oven

- Place cast iron pot on stove top

=9= Preheat Oven

- 450 degrees

=10= Score Boule

- Remove lid
- Score with extra sharp knife
- Cross hatch pattern with six lines

=11= Bake

- 25 minutes - Place cover black pot in oven
- 3-5 minutes - remove lid and darken boule

=12= Cool

- Place on wire rack until cool to touch

=13= Share Boule

- American: Cut into slices just before serving
- Use serrated bread knife
- French: Each person breaks portions by hand

=14= Share Recipe

