

White Bread or Whole Wheat Bread

Makes 1 loaf (large Pullman loaf pan, 23cm)

Plain white (see below for whole wheat)

- 10 g instant yeast
- 408 ml warm water
- 15 g sugar
- 8 g salt
- 21 Canola oil
- 10 g milk powder
- 650 g white bread flour
- 15 g butter (melted for brushing)
- Cooking spray



1. In the bowl of a stand mixer, add **sugar, salt, yeast, and flours**. Whisk together.
2. Add **oil and water¹** (*and miso, molasses and/or honey, if using*).
3. Using dough hook, mix on low speed until dough is soft and tacky, but not sticky. Continue to knead until a soft ball of dough forms and clears the sides of the bowl, **about 10 minutes**
4. Place the dough in a lightly oiled bowl and turn it over so it is completely coated. Cover with sprayed plastic wrap and set in a draft-free warm place to rise until doubled in size, **about 1 hour** (*or more, see below).
5. Turn the dough out onto a clean, lightly floured surface. Gently press it all over to remove any air pockets. Gently pat into a rectangle. Take the top $\frac{1}{3}$ of the rectangle, starting on the short end, and fold down $\frac{1}{3}$ of the way. Take the bottom $\frac{1}{3}$ and fold to the top to seal. Tuck the ends under the dough and roll everything gently to get the appropriate shape to fit in the pan. Then place into an oiled 23-cm loaf pan (large loaf pan). Cover the loaf loosely with sprayed plastic wrap and place in draft-free warm area until doubled in size, **about 1 hour** (*or more, see below).
6. Preheat the oven to **190°C**.
7. Brush the loaf with some of the melted butter (optional). **Bake for about 25-30 minutes** (*depends on your oven*), rotating halfway through, until golden brown.
8. Remove from oven and immediately brush with more of the melted butter. Allow to **cool for 10 minutes**, then remove from the pan and cool completely before slicing.

Freezes well.

**Recipes with whole wheat/rye will take longer to rise:*

For whole wheat: (3:1)

- 537 g white bread flour
- 103 g whole wheat bread flour
- Yeast: 15 g

also

- 450g white bread flour
- 125g whole wheat flour
- 75 g rye flour

Adding ingredients like white miso, molasses, or honey can all impact the flavor, color, and texture of your bread while keeping the moisture content consistent. Here's what to expect with each:

White Miso

- **Effect on Flavor:** White miso will add a subtle umami depth, a hint of sweetness, and saltiness. It won't make the bread taste overtly like miso but will enhance overall complexity.
- **Effect on Color:** Minimal change, though it might slightly deepen the crust color due to the sugar content in the miso.
- **Effect on Texture:** The enzymes in miso could make the crumb slightly softer and more tender. However, miso contains some salt, so you may want to reduce the added salt slightly (e.g., by 1-2 grams) to maintain balance.

Molasses

- **Effect on Flavor:** Adds a robust, slightly bitter-sweet flavor that pairs beautifully with whole wheat and rye flours. It will make the bread taste richer and more "old-fashioned."
- **Effect on Color:** Significantly darkens both the crust and crumb, giving a rustic look.
- **Effect on Texture:** Retains moisture well, keeping the bread soft and moist. Use in small amounts (e.g., 10-20 grams) to avoid overpowering the yeast and ensuring the dough rises well.

Honey

- **Effect on Flavor:** Honey adds a gentle sweetness with floral undertones, enhancing the bread's flavor without being overpowering.
- **Effect on Color:** Slightly darker crust due to caramelization but not as pronounced as molasses.
- **Effect on Texture:** Honey is hygroscopic, which means it attracts and retains moisture, keeping the bread soft longer. It also promotes a tender crumb.

¹How to Incorporate

1. **Miso:** Start with 10-15 grams and **dissolve it in the warm water before adding it to the dough**. Adjust salt slightly.
2. **Molasses:** Use 10-20 grams, substituting part of the sugar or adding it in addition (depending on your sweetness preference). Mix and **dissolve it in the warm water before adding it to the dough**..
3. **Honey:** Substitute 10-20 grams of the sugar with honey. Add directly with the water or oil **and dissolve before adding it to the dough**..

Suggested Tweaks

For a darker, slightly sweeter, and richer whole wheat bread:

- **15 g molasses + 10 g honey:** This will darken the crumb and crust and give a richer flavor without excessive sweetness.
- **10 g white miso:** If you prefer a savory complexity rather than just sweetness, add this instead of or along with molasses.

Adding Nuts and Raisins:

- After the dough has risen and you've turned it out onto your work surface, **sprinkle the raisins and/or walnuts directly onto the dough**. You can start by spreading them evenly over the surface.
- Then, gently **press** the raisins and walnuts into the dough a bit so they stay in place when you fold and roll it. Since you're not kneading, you don't want to handle the dough too much or break up the nuts and raisins.
- When you shape the dough into a rectangle and fold it, the raisins and walnuts will get incorporated without needing additional mixing.

By adding them at this point, they'll stay nicely distributed through the dough as you shape it and will end up throughout the loaf after baking.

Nutritional analysis for: Whole-wheat raisin walnut bread

Whole loaf weight: 1.143 grams.
Individual slice: 1.5 cm thick
Approx. 16 slices in 1 loaf.

Whole Loaf (1,143g)

- **Calories:** ~3,428 kcal
- **Protein:** ~98.6g
- **Fat:** ~82.9g
- **Carbohydrates:** ~595.8g
- **Fiber:** ~17g
- **Sugar:** ~44.3g
- **Sodium:** ~3.12g (3,120mg)

Whole Loaf (1,143g)

- **Calcium:** ~30.7 mg
- **Iron:** ~2.75 mg
- **Potassium:** ~981.3 mg

Per Slice (1.5cm thick, ~16 slices)

- **Calories:** ~214 kcal
- **Protein:** ~6.16g
- **Fat:** ~5.18g
- **Carbohydrates:** ~37.2g
- **Fiber:** ~1.06g
- **Sugar:** ~2.77g
- **Sodium:** ~195mg

Per Slice (1.5cm thick, ~16 slices)

- **Calcium:** ~1.92 mg
- **Iron:** ~0.17 mg
- **Potassium:** ~61.3 mg