

## Hearty Psyllium Whole Wheat Bread with Seed Mix

**Yield:** 1 large Pullman loaf (23 cm pan)

### Ingredients

#### Dry Ingredients

- White bread flour (カメリヤ強力粉) – **460 g**
- Whole wheat bread flour (パン用全粒粉) – **160 g**
- Psyllium husk powder – **10 g (≈1 Tbsp)**
- Instant yeast – **15 g**
- Sugar – **5 g (reduced)**
- Salt – **7 g**
- Milk powder – **10 g**
- (Optional: Vital wheat gluten – **5 g**)
- Chia seeds – **10 g**
- Hemp seeds – **15 g**

#### Wet Ingredients

- Warm water – **418 ml**
- Canola oil – **25 g**
- Molasses – **10 g (reduced from 15 g)**
- Honey – **5 g (reduced from 10 g)**
- **Malt syrup** (モルトシロップ, ユーロモルト) – **20 g (≈1 Tbsp)**
- White miso (low sodium) – **10 g**, dissolved in warm water

#### Topping Seeds

- Sunflower seeds – **10 g**
- Sesame seeds – **10 g**



### Instructions

1. **Mix dry ingredients:** In stand mixer bowl, whisk together flours, psyllium, yeast, sugar, salt, milk powder, gluten (if using), chia, and hemp seeds.
2. **Mix wet ingredients:** In measuring cup, combine warm water, oil, molasses, honey, malt syrup, and dissolved miso.
  - **Malt syrup tip:** If refrigerated, the syrup may thicken. Scoop out the amount needed and dissolve directly into the warm water mixture so it blends evenly.
3. **Form dough:** Pour liquids into dry mixture. Mix on low with dough hook until tacky dough forms (adjust water  $\pm 10$  ml if needed). Knead ~10 minutes until elastic.
4. **First rise:** Transfer to oiled bowl, cover, rise until doubled (1–1.5 hrs).
5. **Shape:** Deflate, shape into loaf, place in greased Pullman pan. Brush top lightly with water, sprinkle sunflower + sesame seeds.
6. **Second rise:** Cover loosely, rise until dough crowns the pan (~1 hr).
7. **Bake:** Preheat oven to **190 °C**, bake **25–30 min**, rotate halfway. Internal temp should reach 90–92 °C.
8. **Cool:** 10 min in pan, then cool fully on rack before slicing.



### Storage Notes for Malt Syrup

- Once opened, **refrigerate** the jar.
  - Thickens in the fridge → dissolve in warm water before adding to dough.
  - Shelf life after opening: **6–12 months refrigerated**.
  - Discard if you notice mold, bubbling, or sour/off smells.
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### Nutrition Estimate (entire loaf: 1,048g)

- **Kcal:** ~2,785 kcal
- **Protein:** ~88 g
- **Fat:** ~43 g
- **Sat fat:** 5-6g
- **Carbs:** ~478 g
  - Sugars: ~29 g
- **Fiber:** ~40 g
- **Sodium:** ~2,950 mg

#### Per 100 g

- Kcal: ~266 kcal
- Protein: ~8.4 g
- Fat: ~4.1 g
- Sat. fat: 0.5 – 0.6g
- Carbs: ~45.6 g
- Sugars: 2.8g
  - Fiber: ~3.8 g
- Sodium: ~282 mg