

Hearty Psyllium Whole Wheat Bread with Seed Mix

サイリウム入り全粒粉シード食パン

Yield: 1 large Pullman loaf (23 cm pan)



Ingredients

Dry Ingredients

- White bread flour (カメリヤ強力粉) – 440 g
- Whole wheat bread flour (パン用全粒粉) – 160 g
- 25 g whey protein
- Psyllium husk powder – 10 g (1 Tbsp)
- Instant yeast – 15 g
- Sugar – 5 g (*reduced*)
- Salt – 7 g
- Milk powder – 10 g
- Chia seeds – 10 g
- Hemp seeds – 15 g

Wet Ingredients

- Warm water – 425 ml
- Canola oil – 25 g
- Honey – 5 g
- Malt syrup (モルトシロップ, ユーロモルト) – 30 g
- White miso (low sodium) – 10 g, dissolved in warm water

Topping Seeds

- Sunflower seeds – 8 g
- Sesame seeds – 8 g

Instructions

1. **Mix dry ingredients:** In stand mixer bowl, whisk together **flours, psyllium, yeast, sugar, salt, milk powder, whey protein, chia, and hemp seeds.**
2. **Mix wet ingredients:** In measuring cup, combine **warm water, oil, 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 ± 10 ml if needed). Knead ~10 minutes until elastic. May also be necessary to add more flour, 1 T at a time.
4. **First rise:** Transfer to oiled bowl, cover, rise until doubled (**1–1½ hrs**).
5. **Shape:** Deflate, shape into loaf, place in greased Pullman pan. Brush or spray 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 **180°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: 1,168g)

Kcal: 2,820 kcal | Protein: 108 g | Fat: 43 g | Sat fat: 5-6 g | Carbs: 467 g | Sugars: 25 g |
Fiber: 39 g | Sodium: 2,950 mg | Omega-3: 2.5-3 g (from chia and hemp)

Per 100 g

Kcal: 241 kcal | Protein: 9.2 g | Fat: 3.7 g | Sat fat: 0.5 g | Carbs: 40 g | Sugars: 2.1 g |
Fiber: 3.3 g | Sodium: 252 mg | Omega-3: 0.2 g