

Ezekiel Bread

Hans' kneaded yeast recipe

Background

1. I developed this recipe because I was dissatisfied with the texture of available "batter-bread" recipes for Ezekiel Bread. I wanted the structure and "crumb" of a traditional kneaded yeast bread.
2. The high protein and low gluten content of hard red wheat, combined with the absence of gluten in the beans, requires the addition of gluten powder and extra yeast for the dough to rise properly and develop the desired texture.
3. This is not a sprouted grain recipe. Adjustments will likely be needed if you wish to sprout (and re-dry) your grains and beans before you grind.

Flour Preparation - Grains and Beans

1. An "Ezekiel Grain Mix" can be purchased from commercial suppliers. I started grinding the mix sold by Rainy Day Foods before I began to blend my own.
2. I currently order bulk containers of grains and beans, measure the quantities below into zip-lock storage bags, and mix well in a plastic tub just before I grind.

2.5 cups hard red wheat
1.5 cups spelt
0.5 cups millet
0.5 cups barley

0.25 cups dry lentils (green, red or brown)
0.25 cups dry pinto beans
0.25 cups dry kidney beans
0.25 cups dry great northern beans (white beans)

3. Stone burrs on a Wonder Mill Junior Deluxe hand crank grinder work very well. The flour is uniform in particle size and easily passes through my grandmothers' sifter which collects a small amount of residual chaff.
4. As there are no preservatives, I freeze the flour for storage and allow it to warm overnight to room temperature before I bake.

Ezekiel Bread

Hans' kneaded yeast recipe

Recipe Notes

Proportions and hydration were established by trial using instructions from a bread science text book and several "proven" 100% whole wheat recipes.

Weight rather than volume measures are recommended where practical.

Quantities below are "per loaf". I typically make two loaves, separately but concurrently, as one loaf is more manageable in the mixer and on the board.

Prepare the Dough Mix and Hydrate

<i>Measure</i>	<i>Ingredient</i>	<i>Procedure</i>
400 gm	Ezekiel flour	At room temperature
30 gm	Gluten powder	At room temperature
1 tsp	salt	Whisk items together in a large bowl
80 gm	Dried cranberries	Transfer flour etc to mixer with paddle on low, blend dry for a minute or two
300 gm	Warm water (not hot)	Add slowly to dry items and mix until uniform consistency
		Lightly grease the large bowl (Crisco)
		Form a ball of dough mixture above and transfer to the large bowl
		Mist the surface of the ball with water, cover and allow dough to sit in a warm place while the leaven is prepared

Prepare the Leaven (yeast)

I use bulk packaged Fleischmans dry instant yeast and keep it in a mason jar in the refrigerator.

40 gm	Warm water (not hot)	In a small bowl
0.25 tsp	Sugar	Dissolve into warm water
2.5 tsp	Yeast	Add to water, stir to mix well
		Allow 10 - 15 minutes for yeast to activate and 'froth'

Ezekiel Bread

Hans' kneaded yeast recipe

Power Mix with Dough Hook

Place moist dough ball into mixer bowl. Spread ball to form a hollow and pour leaven onto/into it. Attach dough hook and mix at slow speed.

1 tbsp Honey

Add to dough while mixing

Assist mixer with flexible spatula to keep dough in a ball and moving around the bowl. Within a couple of minutes, the dough ball should maintain its' integrity around the hook. Discontinue power mixing if the ball starts to 'climb' the hook or begins to 'shred' (over mixing tears the gluten fibers).

Transfer dough ball to lightly greased mixing bowl, cover and put in a warm location for the initial rise (15 - 30 minutes is usually adequate). Look for a slight increase in bulk and some 'spread' in the shape of the ball.

While the dough is rising, grease bread pans (stainless steel) with Crisco and dust generously with flour to ensure the loaves release easily after baking.

Hand Knead, Form, and Final Rise

Grease a cutting board (wood) with Crisco and dust with flour. Grease hands and gently lift the dough from the mixing bowl. It should feel lighter and softer (more porous) than when it was transferred from the mixer.

Knead the dough, flattening and folding several times. Press with heel of hands and use plastic scraper to assist folding if the dough sticks to the board.

Shape dough a into cylinder just smaller than length and width of loaf pan. Lift gently into floured pans.

Mist water onto the loaves, cover the pans and set them in a warm place to rise. My goal is to get the highest point of the loaf about an inch above the top of the pan. This can take between 1 and 3 hours, and is not always possible.

(Please refer to bread books and online sources for a better understanding of the factors that affect bread rise, and how to assess the surface texture of the loaf.)

Ezekiel Bread

Hans' kneaded yeast recipe

Bake, Cool, Slice and Freeze

Adjust oven racks to allow loaf pans to sit above the center-line, and preheat oven to 410 F.

At 30 - 35 minutes, check the internal temperature of a loaf near the center with an oven thermometer. If the temperature is below 190 F, check again in another 5 -10 minutes until the thermometer makes a rapid approach to 190 F with little 'overshoot'.

(An internal temperature below 190 F may result in a 'wet' or mushy texture when you attempt to slice the loaf, while a temperature above 200 F may result in a bread that is too dry).

Transfer the bread pans from the oven to a wire cooling rack and let sit for a few minutes.

Take a thin metal spatula and ensure the bread has released from the sides of the pan. Invert the pans and gently shake the loaves onto the wire cooling racks.

(They should release cleanly with no sticking if the pans were well greased and floured.)

Allow loaves to cool for several hours before attempting to slice. The surface should be cool or slightly warm to ensure they slice cleanly without crushing.

Use a sharp, thin, serrated knife to slice. Saw gently through the top crust. I sometimes re-sharpen my knife after each loaf to ensure clean cuts.

Place slices in freezer storage containers and transfer to the freezer.

(There are no preservatives in this recipe, so this bread will go stale quickly on the counter or in the refrigerator.)

Thaw overnight in refrigerator prior to consumption.

Enjoy !