

Apple Wheat Bread

Adapted from *Breads at the Academy*

By Cynthia Scheer, John Phillip Carroll, California Culinary Academy, 1993

ISBN 1564260518, 9781564260512

½ cup gold raisins

¾ appx. cup water

Place raisins in a small sauce pan, cover with water and simmer 10 minutes to re-hydrate. Remove from heat (raisins will probably expand to about 1 cup).

¼ cup warm raisin cooking water (cooled to 105 to 115 degrees F)

3 tsp instant (bread machine) dry yeast (½ tsp per cup flour)

Pour raisin water into large bowl from an electric mixer. Sprinkle yeast on top. Let stand to proof (about 5 minutes).

1 tablespoon olive oil

1 cup warm milk (105 to 115 degrees F)

1 cup warm water (105 to 115 degrees F)

1½ - 2 teaspoons salt

¼ cup brown sugar (loose, not packed)

Add oil to mixer. Microwave milk and water in measuring cup until reach desired temperature about 30 - 40 seconds. Add salt and sugar to milk and water (directly in the measuring cup) and stir well. Check temperature, and once it reaches 105 -115 degrees, add to mixing bowl. Mix on low until well blended.

5 to 6 cups all-purpose flour (next time I would use 2/3 all purpose to 1/3 whole wheat)

1½ cups whole-wheat flour

1 large or 2 small apples, peeled and grated (about 2 cups)

Add 3½ cups all purpose flour, in ½ cup increments, on low speed. Mix on medium until smooth and elastic (about 5 minutes). Then add whole wheat flour and apples. Stir in an additional 1½ cups all-purpose flour, in ½ cup increments. Then knead for about 12 - 15 minutes (either by mixer or on a floured pastry board) adding flour until dough is smooth and satiny and no longer sticky. *[Recipe said small bubbles should form just below surface of dough. I'm not sure what that means—I did not see any.]*

Form a ball with the dough and place into a greased heavy ceramic bowl, turning dough to oil all sides. Cover with a damp dish towel and let rise in a warm place (e.g., on the radiator) until doubled, about 1¼ to 1½ hours. Transfer raisins to a colander, and allow raisins to drain while dough is rising.

Cooled, drained raisins

After dough has doubled, punch down, turn out onto floured board and sprinkle drained raisins over dough. Knead and fold lightly into dough, then shape it into 2 loaves. Place each in greased 9" x 5" (or larger) loaf pan, or 3 smaller pans. Cover with damp cloth, and let rise until doubled, about 45 minutes. Bake at 350 degrees F until golden brown and loaf sounds hollow when tapped, about 35 - 40 minutes. Remove from pan and cool on wire rack. Makes 2 very large loaves.