

Apple Wheat Bread (revised 12/2010)

Adapted from *Breads at the Academy*

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

ISBN 1564260518, 9781564260512

¾ 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

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

1 teaspoon brown sugar

Pour ¼ cup raisin water into large bowl of an electric mixer. When it has cooled to 105 to 115 degrees F, sprinkle yeast and sugar on top. Let stand to proof (about 5 minutes).

1 cup water

1 cup milk

1 tablespoon olive oil

¼ cup brown sugar (loose, not packed), less 1 teaspoon

Microwave water in a large measuring cup until simmering, about 60 -120 seconds. Add milk. Check temperature to confirm it is around 115 degrees F, or microwave for additional time if needed. Add oil 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.

2½ cups whole-wheat flour (reserve ½ cup)

5 cups all-purpose flour (reserve 2 cups)

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

Mix 2 cups whole-wheat flour with 3 cups all purpose flour. Then re-measure and add 5 cups of mixed flour, in ½ cup increments, to mixer bowl on low speed. Mix on medium until smooth and elastic (about 5 minutes). Then add apples.

1½ - 2 teaspoons salt

Add salt to any remaining mixed flour. Add enough additional all-purpose flour, to make 1 cup. Add to mixer bowl in ½ cup increments. Then knead for about 10 - 15 minutes by mixer. Use some of the remaining reserved flour to flour a pastry board. Transfer dough to the floured pastry board, kneading and adding flour until dough is smooth and satiny and no longer sticky. (You probably will not use all of the reserved flour, but if you need more to make the dough not sticky, use additional all purpose flour.)

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. Dust the drained raisins with some of the reserved flour, and sprinkle raisins over dough. Knead and fold lightly into dough, then shape it into 2 or 3 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 - 60 minutes. Bake at 350 degrees F until golden brown and loaf sounds hollow when tapped, about 30 - 40 minutes. Remove from pan and cool on wire rack. Makes 2 very large loaves or 3 medium loaves.