**Cool Rise Honey Oatmeal Bread**

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| Cooking Principle: yeast bread; cool rise |
| Time: 35-40 minutes |
| Temp: 375oF |

**Ingredients**

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| 75 ml warm water | 25 ml honey |
| 5 ml honey | 60 rolled oats |
| 15 ml yeast | 250 ml warm milk |
| 2 ml salt | (250 ml water + 80 ml milk powder) |
| 25 ml margarine, melted | 250 ml whole wheat flour |
|  | 500 ml all-purpose flour |
| 5 ml oil – for brushing on top |  |
| ~ 5 ml rolled oats for topping |  |

**Method:**

Day 1

1. Grease a loaf pan with shortening and set aside for later.
2. Rinse a large bowl with hot water. Combine 75 ml water, the 5 ml honey, and yeast – stir to dissolve yeast and honey. Cover with a clean towel and set aside until yeast if foamy – about 5 minutes.
3. In a medium mixing bowl measure 500 ml of all-purpose flour. This will be used to make the bread.
4. Scald milk – make milk in 250 ml glass measure and place in the microwave for 1 min; stir and microwave for another 30 seconds. Pour into a small mixing bowl; add 25 ml honey, margarine, salt, and rolled oats. Stir until the margarine is melted and set aside to cool to lukewarm.
5. Stir cooled liquid into yeast along with the whole wheat flour. Stir until elastic. Add enough of the pre-measured all-purpose flour to create a soft dough.
6. Turn out onto a lightly floured counter and knead for 8-10 minutes or until smooth and elastic. Add more flour as necessary to prevent dough from sticking to your hands or the counter during kneading.
7. Cover dough with the bowl and allow to rest for 10-15 minutes.
8. Flatten the dough into a rectangle and roll out to 22cm x 30cm (about the size of your recipe).
9. Roll up jelly roll style from the short end, pinching the seam at the end. Press ends under.
10. Place in prepared pan. Brush the top with oil and sprinkle with ~5 ml rolled oats. Cover lightly with plastic wrap, label and refrigerate.

Day 2

1. Remove the loaf from the refrigerator and allow to come to room temperature.
2. Preheat oven and bake bread for 35-40 minutes.
3. To check for doneness you need to check the internal temperature, it should read between 88-96oC and sound hollow when tapped. (If the top becomes too brown, cover with aluminum foil.)
4. Immediately remove from pan and place on cooling rack to cool completely before cutting.

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| Standards:  deep golden brown, sounds hollow when tapped; internal temp between 88o-96oC, well risen | Equipment on Tray: |