



Multi-Grain Bread Recipe for Bread Machine - 1kg mixture

This is a basic recipe and you can add other ingredients such as rye grits, cracked wheat, corn meal, prunes, walnuts and chopped figs, rolled oats, sultanas, dried apricotsyou get the idea...anything at all! You will have to adjust the amount of water and the loaf will also be heavier.

Ingredients

- ½ cup(80g) mixed grain(a mix of cracked wheat, rye grits, coarsely milled corn, linseed)
- 1 cup boiling water
- 1 ½ teaspoons dried yeast
- 2 cups unbleached bread flour
- ½ cup wholemeal flour
- ½ cup(30g) soy flour
- 1 cup (70g) rolled oats
- ½ teaspoon salt
- 2 tablespoons plain low-fat yoghurt (70g)
- 1 tablespoon olive oil
- 1 ½ cups water (add more if dough is too stiff)
- ¼ cup psyllium

Method

1. Pour boiling water over mixed grains and leave for 30 minutes to soften.
2. Place yeast, flours, rolled oats, salt, yoghurt, oil and water into bread machine.
3. Start bread machine on DOUGH setting. If it is too dry add more water, the mixture should be very soft (like scone dough)
4. Knead dough until smooth but fairly soft. The oats will absorb a lot of moisture. If the mixture is too stiff, add a little more water.
5. About 5 minutes before completion of kneading, add the psyllium. The mixture will now absorb all the excess moisture. (The machine will have to work too hard if the psyllium is put in at the beginning)
6. Take dough out of bread machine, place it in oiled bowl, cover bowl with plastic wrap and leave for 8-10 hours (overnight). If it is daytime and you happen to notice that the bread is reaching the top of the bowl, punch it down and let it rise again.
7. In the morning the dough should have doubled. Punch it down and shape it into a loaf. I like a fat baguette or torpedo shape.

8. Place it on a greased baking tray or a tray lined with baking paper. Make three slashes into the dough with a sharp knife. (this helps it to rise evenly when it is baking and prevents it from bursting...it also looks great especially if you sprinkle the loaf with flour before slashing it!)
9. Place bread in COLD oven and turn oven to 200°C. (My oven is fan -forced so if your oven is not fan-forced you may need to bake the bread at 220°C.)
10. You will need to check the bread after 30 minutes to see whether the temperature needs adjusting. The bread should take at least 50 minutes to bake. If it is getting too brown on top, lower the temperature. The bread is cooked when it is golden brown and sounds hollow when it is tapped on the bottom.

Alternative method

You can of course also bake it in the conventional way i.e. after it has risen, punch it down, shape it into a loaf, place it in a tin, let it rise until nearly doubled and then bake it in a pre-heated oven at 200° C for 55 minutes.

Dietitian tips:

GI estimate: Low

This bread is a good source of fibre and also notably lower in salt compared to regular bread and also bread making pre-mixes. Jelte has designed this recipe for people who don't like seeds & grains in their bread – the grains have been softened by soaking in water Psyllium can be obtained from the "Health Food" section of the supermarket or health food shops. Psyllium is a type of fibre. Be aware that when you slice your own bread, the slices tend to be bigger than commercial slices so you may not need as many.

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