
EASY WHOLE-GRAIN SANDWICH LOAF

INGREDIENTS

- 4 cups hard red wheat flour
- 1 cup barley flour
- 2 ½ cups room temp water
- ¼ cup room temp water
- 2 tbsp kosher salt
- 1 pack instant dry active yeast

PREPARATION

- Dissolve active yeast in ¼ cup room temp water. Let stand for 10-15 mins to activate the yeast.
- Mix dry ingredients in a separate bowl (flour and salt).
- Mix 2 ½ cups room temp water with bloomed yeast and dry ingredients.
- Mix until fully incorporated.
- Knead on counter and place in greased baking dish.
- Let stand for 3 hours, or until it has tripled in size.
- Bake at 375°F for 40-45 min.
- Let rest before cutting.

