

Tim's Dark Peasant Bread

1 cup milk (skim to 2%)
3/4 cup honey
1/2 cup olive oil
1 tablespoon salt
1 2/3 cups lukewarm water
2 tablespoons honey
2 tablespoons yeast
4 cups whole wheat flour
3 cups unbleached white flour
1 cup toasted rolled oats
3/4 cup toasted cracked wheat
1 cup cooked brown rice
1 cup softened wheatberries
1/2 cup raw wheat germ
1/2 cup flax seed
1/4 cup cornmeal

Heat milk, honey, oil, and salt only to lukewarm. Stir yeast and honey into warm water and let sit to soften (7-10 minutes).

Mix all the dry ingredients, then mix in the two liquid mixtures.

Knead dough 15 minutes, adding WW flour as needed (approx 4 more cups!). Oil and cover to rise in airtight bowl until doubled; may punch down & raise repeatedly for increased taste, even overnight.

Punch down and cut into four, then knead each a little and shape each into a slightly flattened ball.

Place each ball on an oiled pie pan that's been sprinkled with sesame seeds. Using a sharp, oiled razor blade, cut 1/8" deep lines in top, then dust with white flour. Let rise while preheating oven to 325°.

Bake in preheated 325° oven about 50 minutes, until hollow sounding and firm.

Two slices of this toast makes a whole breakfast!