JAY'S OATMEAL BREAD

Makes 1 loaf or 14 dinner rolls



Day before: make the Levain (sourdough starter, 9 oz/254 g)

INGREDIENTS

- 7 tbsp (103 g) water (distilled is best)
- ½ tsp active dry yeast
- 4 tsp (21 g) ripe sourdough starter
- Scant ³/₄ cup (100 g) all-purpose flour
- 1 oz (30 g) whole wheat or rye flour

INSTRUCTIONS

- 1. In the bowl of a stand mixer, combine all levain ingredients.
- 2. Cover and ferment at room temperature for 8–10 hours until domed, but not collapsed.
- 3. Refrigerate overnight.
- 4. Remove from fridge and let come to room temperature before continuing.



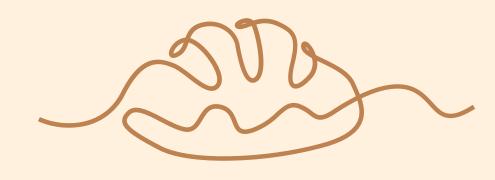
Next day: make the dough

ADD TO LEVAIN

- ¼ tsp active dry yeast, proofed in 2 tbsp (30 g) warm water (100–105 °F, distilled is best)
- ½ cup (86 g) water (distilled or spring water recommended)
- 1¾ cups + 1 tbsp (255 g) bread flour
- ¼ cup (34 g) rye or whole wheat flour
- 1 cup (85 g) rolled oats (not instant or quick-cooking)
- 1 tbsp (9 g) sodium stearoyl lactylate (optional—improves rise and shelf life)
- ½ tsp (4 g) diastatic malt powder (optional—encourages yeast growth)
- 34 cup (179 g) ripe sourdough starter
- 2 tbsp (42 g) honey or malted barley syrup
- 1 tbsp (14 g) unsalted butter or SmartBalance, softened
- 1¼ tsp (6 g) coarse salt

DOUGH PREPARATION

- 1. Add all ingredients except salt to the levain.
- 2. Using a dough hook on your stand mixer, mix on speed #1 for 1–2 minutes until combined and the dough is shaggy.
- 3. Let the dough rest for 10–20 minutes to hydrate (this is called autolyse).
- 4. Add salt, then knead on speed #2 for 6–8 minutes until smooth and elastic, passing the windowpane test. The dough will be slightly sticky. If too sticky, add flour 1 tbsp at a time.
- 5. Shape dough into a ball. Spray inside of a clean bowl with non-stick spray (Pam), place dough seam-side down, and spray the top of the dough. Cover.
- 6. Let dough rise in a warm place until doubled in size (about 3–4 hours).
- 7. Punch down dough gently and let it rise again—this second rise will take about half as long.



SHAPING AND BAKING

For a loaf:

- 1. Punch down dough and roll it tightly into a log to fit a 9×5-inch loaf pan sprayed with non-stick spray. Note: Unlike many breads, this dough should not be refrigerated before baking, as the active sourdough yeasts will consume flour proteins and reduce rise.
- 2. Brush the top with egg wash (1 egg + 1 tbsp water, or 1 tbsp egg beaters or egg white).
- 3. Optionally, sprinkle rolled oats or sesame seeds on top for decoration. Spray lightly with non-stick spray and cover.
- 4. Let rise until doubled and about 1 inch above the pan rim, about 1½ hours.
- 5. Preheat oven to 375 °F (350 °F convection) with a shallow pan on the bottom rack.
- 6. Just before baking, score the top of the loaf.
- 7. Pour ½ cup boiling water into the hot pan to create steam, then place the loaf on the middle rack.
- 8. Bake 48-52 minutes, or until an instant-read thermometer inserted into the center reads 195 °F.
- 9. Remove loaf from pan immediately and cool on a wire rack for at least 30 minutes before slicing.

For dinner rolls (makes 14 rolls):

- 1. Divide dough into 14 equal pieces (about 71 g / 2½ oz each).
- 2. Shape rolls and place on a parchment-lined baking sheet.
- 3. Let rise until doubled.
- 4. Snip the tops of each roll with scissors.
- 5. Bake in a preheated 385 °F (convection) oven for 17–20 minutes.
- 6. Enjoy this low glycemic bread, which has been enjoyed for centuries!

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