

JAY'S OATMEAL BREAD

Makes 1 loaf or 14 dinner rolls



DIRECTIONS

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

INGREDIENTS

- 7 tbsp (103 g) water (distilled is best)
- ⅛ tsp active dry yeast
- 4 tsp (21 g) ripe sourdough starter
- Scant ¾ 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)
- ⅓ 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)
- ¾ 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.



Recipe continues on back.



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!

Enjoy this low glycemic bread, which has been enjoyed for centuries!

