

## Soaked White Whole Wheat Bread

### The Ingredients

3 c. white whole wheat flour

1 1/2 tsp. salt

500 mg vitamin C tab crushed to powder (optional as a dough conditioner)

20 drops of iodine (optional as a dough conditioner)

1 cup water

1/2 c. yogurt

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1 Tbsp. granulated sugar (or honey, but the dough will be a little stickier.)

1/4 c. water

2 tsp. active dry yeast

### The Method

- Place flour, salt, dough conditioners if you are using them, water and yogurt into a mixing bowl and mix until you get a homogeneous and firm dough ball. No lumps of dry ingredients. Cover the bowl and leave on the counter for 12 to 24 hours. This process will start to break down the flour, and when you are ready to use it, you will notice a marked difference in the dough's texture. It will be soft, pliable and have a pleasant sour smell.
- Prepare a standard loaf pan with a light coat of butter, or oil. (I have found that the loaf will fall right out of the pan if butter is used, while it will stick if oil is used. If you use oil and it won't come out of the pan easily, then just let the loaf sit in the pan for about 5 min. to steam, and it should come out.)
- Mix the sugar, water, and yeast in a small bowl to proof, or activate, about 5 min. When nice and bubbly, add to the dough ball. This will be kinda hard to do, but kinda fun to squish around.
- knead until smooth and elastic; it won't tear easily and doesn't look lumpy. The amount of time this takes will depend on your kneading technique, the dough will tell you when it's ready, but it shouldn't be more than 10 min. You don't want to over work the dough.
- Form into a loaf by rolling it out into a rectangle about 9" wide and 1" thick. Then roll it into a loaf shape, pinch the rolled seam closed at the bottom and pinch the ends down to the surface of the table with the sides of your hands, then tuck them under the loaf.
- Place the loaf in your prepared pan with the seam side down, oil the top with soft butter or oil and cover with cling wrap or a dry tea towel.
- Place in a warm spot to rise. This can take anywhere from 1 1/2 hours to 2 hours depending on weather conditions, the strength of the yeast, and the temp of the house and ingredients when you started.
- When the dough rises about 1" above the rim of the pan, start the oven at 375°F.
- To ensure a good rise, you can place a pan of hot water on the bottom of your oven or you can get a spray bottle of water ready to spray the oven down with about 20 good squirts. The resulting steam will allow the dough to rise higher in the intense heat of the oven before setting its crust. I even spray the loaf itself a bit.
- Place loaf in oven and spray with water to create steam, if you don't use the pan of water. Bake for 20 min. on center rack. Then reduce heat to 350°F and rotate the loaf 180 degrees and bake for another 20 min. Remove when golden brown and sounds hollow when it is thumped.
- Carefully remove the loaf from the pan onto a cooling rack and DO NOT cut into it until it is completely cool, or it will turn gummy. It can be sliced when cooled, but it slices better the next day. Store in a bread bag, or container with a tightly fitting lid.
- Enjoy!