

## **COOKED MULTI GRAIN CEREAL BREAD**

(makes 3 regular 9x5 inch loaf pan size loaves)

In a medium saucepan on medium-low heat, cook the following for 15-20 minutes to make it soft:

1 cup of multi-grain cereal (I use Nature Way Mills 7 Grain Cereal – it is a coarse milled grain combination and makes for chewier, tastier bread)

3 cups of water

Let cereal stand to cool until it is warm and not hot. If it is too hot, it kills the yeast when added.

If you do not have an oven that does bread proof temperature, then preheat the oven for 1 minute (no longer!!) at 350° F and then TURN IT OFF (don't forget!). By the time the dough is ready to go in, the oven is a nice even warmth at about 100 degrees.

In a small bowl or 2 cup measuring cup, mix:

1 cup of warm water (105° - 115° F)

3 pkgs of Rapid-rise yeast

1 teaspoon Sugar (optional – helps the yeast act faster)

Mix with a fork and let stand 2-5 minutes (if you use a 2 cup measuring cup, the yeast will have risen to the top when ready).

In the mixer or your bowl, combine the following (all of the Cooked Cereal, the Yeast and water mixture, 3 to 4 Eggs (x-large), 1 tablespoon of Salt (you can slightly increase or decrease according to taste), 6 - 7 cups of White Unbleached Flour ) **in the following order:** Add 1 cup of flour to the cereal mix, then add the yeast liquid mixture, then add ½ cup flour, and then add the eggs, and then mix the tablespoon of salt with ½ cup flour and add it. Then continue to add the rest of the flour to make the dough consistent and pliable. Do not add too much flour where the dough is too stiff. (the amount of flour needed will depend on how long the cereal sat and absorbed water)

Knead the mixture thoroughly. You can use a mixer with a dough hook. Make it into a ball and let it sit for 10 minutes with a cloth over it in a warm place (in the oven that you warmed up). Then cut the dough into thirds. Shape each piece into a loaf and put one in each pan (grease the pans with butter before putting the loaf into it). Sprinkle a clean kitchen towel with warm water to lightly moisten the cloth. Cover the loaves of bread with this dampened cloth and let them rise in the oven until doubled – or you can see the dough above the edge of the pan by about an inch (about 25-40 minutes). Carefully remove the cloth. Turn the oven on to 375 degrees (with the loaves of bread already in the oven). Bake the loaves for 35 minutes. When it is done, it will make a hollow sound when you tap the loaf on the bottom. If you want a softer top crust, brush it with butter when it comes out of the oven. Let bread cool before slicing.

This is a chewy tasty bread. It also takes MUCH longer to toast because it does not have sugar or fat or milk in the bread.

You can also vary the bread by adding seasonings or fruit and nuts or even add cinnamon (you can add a dash of cayenne pepper to give it some zip).

For example, to make a good Italian type bread: add 1 tablespoon dried oregano, 1 tablespoon of dried basil, 1 teaspoon garlic powder, 1 teaspoon onion powder.