



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Four-Grain Bread

Prep Time: 25 mins

Cook Time: 50 mins

Rest Time: 2 h 5 mins

Total Time: 1 h 15 mins

Ingredients

- 1/3 cup(s) oats, rolled, quick cooking
- 1/3 cup(s) barley, quick-cooking
- 2 cup(s) flour, bread
- 1/2 cup(s) flour, whole-wheat
- 1 tablespoon flour, high-gluten
- 1 package(s) active dry yeast
- 1 1/4 cup(s) water, warm
- 2 tablespoon sugar
- 2 tablespoon oil, cooking
- 1 1/4 teaspoon salt
- 1/3 cup(s) cornmeal

Preparation

1. Preheat oven to 375°F. Spread rolled oats and barley in a shallow baking pan. Bake about 10 minutes or until light brown, stirring occasionally. Cool. Transfer oats and barley to a blender or food processor. Cover and blend or process until the mixture is the consistency of flour. Set aside.
2. In a large bowl, stir together 1 cup of the bread flour, the whole wheat flour, gluten flour, and yeast. Add the warm water, sugar, oil, and salt. Beat with an electric mixer on low to medium speed for 30 seconds, scraping side of bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in cornmeal, oat mixture, and as much of the remaining bread flour as you can.
3. Turn out onto a lightly floured surface. Knead in enough of the remaining bread flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface of dough. Cover; let rise in a warm place until double in size (1 to 1 1/4 hours).
4. Punch down dough. Turn out onto a lightly floured surface. Cover; let rest for 10 minutes. Meanwhile, lightly grease an 8x4x2-inch loaf pan; set aside.
5. Shape dough into a loaf shape by patting or rolling. To shape dough by patting, gently pat and pinch dough into a loaf shape, tucking edges beneath. To shape dough by rolling, on a lightly floured surface, roll dough into a 12x8-inch rectangle. Roll up starting from a short side. Seal seams with fingertips as you roll.
6. Place shaped dough in prepared pan. Cover and let rise in a warm place until nearly double in size (about 30 minutes). Meanwhile, preheat oven to 375°F.
7. Bake about 40 minutes or until top is golden brown and bread sounds hollow when lightly tapped. Immediately remove from loaf pan. Cool on wire rack.

