

ad ANDREA DEKKER

100% Whole grain bread dough recipe



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INGREDIENTS:

- 1100 grams freshly ground hard white wheat (roughly 9 cups of flour)
- 4 cups room temperature tap water
- 1/3 cup lemon juice

- 1/2 cup room temperature tap water
- 20 grams honey (1T.)
- 18 grams active dry yeast (4.5 tsp. or 2 little packets from the store)

- 170 grams honey (1/2 c.)
- 56 grams unsalted butter (4 T.)

- 550 grams additional flour of choice* (roughly 4.5 cups)
- 40 grams Vital Wheat Gluten (roughly 1/3 c.)
- 30 grams Rice Bran Extract (roughly 1/3 c.)
- 24 grams sea salt (4 tsp.)

- Extra flour for dusting work surface or adding a little more to the dough if necessary.
- Softened butter and/or oil for greasing bowls and baking pans.

* I almost always add additional whole grain Hard White Wheat, but if you want to try something “lighter”, add unbleached all-purpose flour; or try Rye, Spelt, or Hard Red Wheat for a different flavor!

VERY DETAILED STEP-BY-STEP DIRECTIONS:

THE NIGHT BEFORE:

The steps below might seem like extra busy-work, but I ALWAYS follow the steps below as they assure I have all the necessary tools and ingredients, AND they eliminate the possibility of adding too much, not enough, or the wrong ingredient – all of which could “kill” the dough!

1. In a very large container/bowl, mix 1100 grams flour with 4 c. water and 1/3 c. lemon juice. The dough will be very rough and “shaggy”, this is fine! Cover the dough and let sit on your counter overnight (it will not rise, this is just to hydrate the whole grain flour.)
2. In a 2-cup measuring cup, measure ½ c. tap water and 20 grams (1 T.) honey. Cover and set aside by your dough mixture.
3. In a small bowl, measure out 18 grams yeast. Cover and set aside.
4. In a small bowl, mix 170 grams honey (½ c.) with 56 grams butter (4 T.) Cover and set aside.
5. In a small bowl, mix gluten & rice bran with 24 grams sea salt. Cover and set aside.
6. In a medium bowl, measure out 550 grams additional flour of choice. Cover and set aside.
7. Set out your stand mixer and any pans you will use to make bread, rolls, cinnamon rolls, buns, etc. and any tools you will need to make the bread.

THE NEXT MORNING:

MIX YOUR DOUGH:

1. Microwave measuring cup of honey/water mixture for 15-20 seconds, or until temperature is 100-110°F. Sprinkle yeast over water and let sit for 15 minutes. The yeast mixture should become very bubbly and rise up to the top of the measuring cup. If it does not, your yeast is probably “dead” and your bread won’t rise.
2. While yeast mixture is proofing, dump your shaggy dough mixture into the bowl of a stand mixer fitted with the dough hook.
3. Microwave bowl of honey/butter mixture for 15-20 seconds (or until butter is melted). Add to shaggy dough mixture. Mix for 30 seconds to combine.
4. Your yeast should be very bubbly by this point (if not, you’ll need to find new yeast). Add the water / yeast mixture to the dough – along with the gluten / rice bran / salt mixture. Mix for 1 minute, or until combined.
5. Add 550 grams of flour and knead on low for 5 minutes (I use speed #2 on my mixer).
6. After 5 minutes, check your dough. If it feels too sticky, add 1 – 2 Tablespoons more flour. If it feels very dry, add 1-2 TEASPOONS more water.
7. Knead again (on low) for 5 minutes.
8. While dough mixes, rinse and dry your large bowl / container and spray with cooking spray. Clean up any messes you made and clear your work surface.
9. Turn your oven on for ONE MINUTE. **Then TURN IT OFF again.**
10. Dump dough out of mixer and back into greased bowl / container (the one you just rinsed out). Cover and place in warm oven for 90 minutes, or until double in size.

AFTER IT RISES...

1. Remove dough container from oven and deflate dough (punch it down).
2. "Fold" dough over itself in half 4 times (top-to-bottom, left-to-right, bottom-to-top, right-to-left). This serves as one last gentle kneading process.
3. Divide dough up into whatever portions you want (see below), shape it, and place into greased baking dishes.

SHAPE & BAKE YOUR DOUGH:

Depending on what you plan to do with the dough, the next steps might look different for you. I use the recipe above for sandwich bread, rolls, buns, cinnamon rolls, pizza crust, Stromboli, etc.

It's all the same process until now!

NOTE: I usually shape my dough into 2 loaves of bread, 1 dozen cinnamon rolls, and 1 Stromboli.

#1 = SANDWICH LOAVES: (makes 4 loaves - 8" x 4")

- Divide dough into four 25-ounce portions.
- Working with 1 portion at a time, flatten it to a chubby 8" x 12" rectangle.
- Tightly roll dough into an 8" log, pinching the edges to seal.
- Repeat with 3 remaining portions and place into greased 8" x 4" loaf pans.
- Cover with greased plastic wrap or a damp towel and let rise for 60 minutes, or until doubled.
- While dough is rising, **preheat oven to 350°F.**
- Bake in preheated oven for 40 minutes, or until internal temperature is 200°F (cover with foil for last 15 minutes if it's getting too brown)
- Rub a bit of cold butter over the top of the crust immediately after removing from oven. Let sit for 2-3 minutes.
- Remove loaves from pan and let cool for at least 30 minutes before eating, or completely before storing.

#2 = DINNER ROLLS: (makes 48-50 rolls – 2 oz. each)

- Divide dough into 2-ounce portions and roll into small balls
- Put 24 rolls each into greased XL sheet pans to rise (or 12 rolls each on smaller pans).
- Cover with greased plastic wrap or a damp towel and let rise for 60 minutes, or until doubled.
- While dough is rising, **preheat oven to 350°F.**
- Bake uncovered in preheated oven for 20-25 minutes, or until gold brown.
- Rub a bit of cold butter over the top of the crust immediately after removing from oven
- Eat immediately, or let cool for later.

#3 = HAMBURGER / HOT DOG BUNS: (makes 24 regular-sized buns)

- Divide dough into 4-ounce portions and roll into balls.
- Flatten balls into the shape of whatever bun you're making and place 2 inches apart on a greased baking sheet.
- Brush with melted butter and sprinkle with sesame seeds if desired.
- Cover with greased plastic wrap or a damp towel and let rise for 60 minutes, or until doubled.
- While dough is rising, **preheat oven to 350°F.**
- Bake uncovered in preheated oven for 20-25 minutes, or until gold brown.
- Cool and slice to serve.

#4 = CINNAMON ROLLS: (makes 48 rolls)

- Divide dough into four 25-ounce portions.
- Working with 1 portion at a time, use a rolling pin to roll it into a 12" x 18" rectangle (I do this on a silicone baking mat)
- Mix 2 T. softened butter, ½ c. brown sugar, and 2 T. cinnamon. Spread over dough.
- Tightly roll dough into an 18" log, pinching the edges to seal.
- Cut into 12 equal pieces and place in greased 9" x 13" baking dish.
- Repeat with 3 remaining portions of dough.
- Cover with greased plastic wrap or a damp towel and let rise for 60 minutes, or until doubled.
- While dough is rising, **preheat oven to 375°F.**
- Bake uncovered in preheated oven for 16-20 minutes, or until gold brown.
- Frost immediately with your favorite cinnamon roll icing (see my recipe below)
 - 4 T. cream cheese
 - 2 T. butter
 - 1 - 2 T. milk or cream (depending on how thin you want it)
 - 1 t. vanilla
 - A pinch of sea salt
 - 1 - 2 c. powdered sugar (depending on how thick and sugary you want it)

Here's my full recipe for Cinnamon Rolls → <https://AndreaDekker.com/homemade-cinnamon-rolls/>

#5 = Stromboli: (makes 4-5 large Stromboli or many smaller "Calzones")

- Preheat oven to 375°F.
- Divide dough into 20-25 ounce portions.
- Working with 1 portion at a time, use a rolling pin to roll it into a very large rectangle (12" x 18").
- Add sauce and desired toppings down the center (or on one half).
- Fold "extra" dough over toppings and seal edges. Place on greased baking sheet.
- Brush top crust with olive oil and sprinkle with oregano and Parmesan cheese.
- Bake uncovered in preheated oven for 20-25 minutes, or until gold brown.

Here's my full recipe for Stromboli → <https://AndreaDekker.com/Stromboli/>