Fieldstone organics

Whole Grain Marquis Sandwich Loaf

Ingredients

For one standard 9 × 5-inch (23 × 13 cm) loaf pan.

- 500 g freshly milled, whole grain Marquis wheat flour (approximately 4 cups, depending on how it is milled and measured)
- 350–375 g lukewarm water (1½ cups, plus up to 2 tablespoons)
- 7 g traditional active dry yeast (about 2¼ teaspoons)
- 20 g honey or maple syrup (about 1 tablespoon)
- 25 g butter or neutral oil (about 2 tablespoons)
- 9 g salt (about 1½ teaspoons)

Method

Activate the yeast

Mix the yeast with about 100 g of the lukewarm water and the honey. Let stand for 5–10 minutes until foamy. If your yeast package specifies a different activation method, follow its instructions.

Mix and rest the dough

Combine the Marquis flour with the remaining water and the yeast mixture. Mix until no dry flour remains. Cover and let rest for 20–30 minutes. This rest allows the bran to absorb water and helps improve the dough's texture.

Knead

Add the salt and butter or oil. Knead for about 8–10 minutes by hand, or 5–7 minutes in a stand mixer on low speed. The dough should become smoother and elastic, although whole grain dough will not necessarily become as silky as white bread dough.

If it feels dry or tears easily, add water a teaspoon or tablespoon at a time.

First rise

Cover and leave in a warm place for approximately 60–90 minutes, or until the dough has expanded noticeably and is roughly 1½ times its original size. Whole grain dough does not always double as dramatically as white dough.

Shape and proof

Gently press out the largest air pockets. Shape the dough into a tight loaf and place seam-side down in a greased loaf pan. Cover and proof for 45–75 minutes, until the dough rises just above the rim of the pan.

Bake

Preheat the oven to 375°F (190°C). Bake for 35–45 minutes, until deep golden brown and the centre reaches approximately 93–96°C (200–205°F).

Remove from the pan and cool completely on a wire rack before slicing. This helps prevent a gummy interior.

Notes

Start with 350 g of water and add more as needed. Freshly milled whole grain flour can absorb more water than commercially milled flour, so the dough should feel soft and slightly tacky rather than stiff.