1.5 pound Whole Wheat Bread (with optional Raisins, Cranberries & Nuts)

**Preparatory**

* Bread machine warms itself to 80-90o during the pre-bake process, so room temperature is irrelevant
* Equipment:
	+ Use a three quart batter bowl (light, works well for dry ingredients) and a 2 cup glass bowl (for liquid ingredients, which are microwaved to warm them)
	+ A small (for mixing the liquid ingredients) and medium (for dry) whisk
* When adjusting water/flour ratio, one Tbsp flour is about .2 oz
* \*\*According to King Arthur Flour, white/bread flour is 4.25 oz/cup, WW flour, 4 oz./cup, for more equivalents: <http://www.kingarthurflour.com/learn/ingredient-weight-chart.html>

**Ingredients:**

***Dry*** (into 3-quart batter bowl)

* 9.6 oz WW flour (dark or white)
* 3.2 oz barley flour
* 4 oz white flour:
* .5 oz sesame seed
	+ Very strong flavor, be restrained with amount, seeds are toasted with no salt, cuisinarted slightly

Mix all above with big whisk

Optional:

* 2.4 Oz hazelnuts, ground to meal and small chunks
* 1.6 Oz gluten

***Wet*** (into 2 cup Pyrex beaker)

* 13.6 oz buttermilk
* .36 oz oil or shortening (coconut)
* 2 oz maple syrup
* .25 oz salt

Heat 90 seconds in microwave, heats to 1100, cools down to 90o in pan

***Raisins & Nuts*** (optional, see Interventions)

* 1.6 cups total (3.2 oz each) raisins & dried cranberries
* 1/2 cup each, sunflower seeds (2.64 oz) and 1.7 oz each of lightly chopped walnuts & pecans

Toss with a 1/2 teaspoon of instant clear-jel; this floats them in the dough

* 2.25 tsp. ***NOT TABLESPOON*** instant yeast, added ***LAST***, *just before starting machine cycle!*

Procedure

1. Mix wet ingredients and salt in beaker, microwave at 100% for one minute, whisk, pour into bread machine pan, put pan in machine
2. Measure out dry ingredients on scale into 4 cup measuring beaker, whisk together and pour into pan. Make dimple in flour and measure in yeast
3. Set a timer going if you are going to add the nuts & stuff. The machine will beep-beep to tell you that it’s time to add them 5 minutes before the end of the first knead….but you should do it earlier, say at 8 minutes before, thus 14 minutes after start, no sooner or the nuts and raisins will be pulverished/fragmented

**Baking program, custom home mode (in Memory 2) in a Zojirushi Virtuoso:**
22 min: knead 27: 1st rise 20: 2nd rise 3rd rise 20: bake: 80 or 90

Interventions & Amendments (Adding Raisins, Cranberries & Nuts, if desired)

If you put the raisins, sunflower seeds & walnuts in the beginning of the machine cycles, they’ll be pureed; you’ll end up with a dark colored raisin-flavored loaf from beat-up pureed raisins...with few raisin bits to be found... even later the raisins can end up speckling the exterior of the loaf with the walnuts broken into dust. So........

* When the machine starts beep for adding stuff, lift the lid. The machine will stop, but when you put the container back in and close the lid, it will restart. Take out the internal mixing/baking container by tilting it towards you.
* Dump out the loaf into a big bowl (the classic Tupperware salad bowl is perfect) with the raisins and nuts (which have been tossed with a 1/2 tsp of instant Clear-Jel) and knead them in. The dough should be soft and wet (not dry and hard) to accept the fruit and nuts. Flatten the dough out into a pancake atop the nuts, turn the dough over with the fruit/nuts stuck to the surface, fold the flattened dough together so the fruit/nuts are now inside the dough ball and knead it. Do this a number of times! Shouldn’t take more than a minute or two. You don’t have to knead the dough, just roughly work the niuts/raisins in this wasy
* Return the dough to the pan and the pan to the machine. Close the lid; the cycles will now resume and will do the last minutes of the knead and mix in the fruit & nuts.