

# Ballymaloe Whole Wheat Bread

*One-rise whole wheat bread. No knead, fast and simple.  
Makes 1 loaf, ~14 slices.*

## Recipe

### Ingredients

2 ¼ cups	Warm water	~500 mL
	1 min microwave	
2 tbsp	Fancy molasses (original recipe called for 3 tbsp) <sup>1</sup>	50-55g
1 tbsp	Active dry yeast	Or ~30 g fresh
500 g	Whole wheat flour	~3.5 cups
¼ cup	Wheat germ	
¼ cup	Wheat bran	
2 tsp	Salt	
1 tbsp	Sesame seeds (optional)	

### Recipe:

1. In a large bowl, stir 1 cup of the warm water with molasses. Sprinkle in yeast; let stand for 10 minutes or until frothy.
2. With wooden spoon, beat in flour, wheat germ, salt and enough of the remaining water to make sticky dough. Work with hands for 30 seconds.
3. Transfer to prepared (greased) 9"x5" pan. Sprinkle with sesame seeds.
4. Cover with plastic wrap; let rise in warm draft-free place just until dough reaches top of pan, about 20 minutes.
5. Bake in center of 400°F (200°C) oven for 55 minutes or until browned and loaf sounds hollow when tapped on bottom. Remove from pan.
6. Turn upside down and return to turned-off oven for 5-10 minutes.
7. Remove from oven and let cool on rack.

## Notes

1. As adapted by Iwona and Tomek from Canadian Living's Best Breads & Pizzas (ISBN 0-345-39868-8)



DbI-Click on the pin to open the scanned recipe.

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<sup>1</sup> In some parts of the world it may be hard to get cane molasses. Beet molasses is purported to be less palatable. I will update this when I hear back from my friends who may try the beet molasses. You can substitute 60-65 g of honey for molasses, but it results in lighter-coloured bread with less flavour. If you use honey, you can add 1-2 tsp of baking soda to make the bread slightly darker, but it does affect the taste.