

The German Foodie

German Foodie's Whole Wheat "Cuban" Bread

584 g bread flour

292 g whole wheat flour

462 g water

92 g poolish

18 g yeast

16 g sugar

57 g lard or liquid shortening

18 g salt

50 g each of pumpkin seeds, sesame, cracked wheat, steel-cut oats, rolled oats

Prepare bread dough, let rise until doubled. Preheat oven to 400 F. Shape dough into two batards the length of a half sheet or French bread pan. Proof on pan, score straight down the middle. Bake for 30 minutes or until the bread's interior is about 200 F; steaming at the beginning. Makes 2 loaves.