



BOSCH
Invented for life



Wholemeal Honey & Yogurt Bread

Overview

Difficulty Medium

Servings 3-4

Preparation Time 120 mins

Cooking Time 60 mins

Ingredients

- 270g of bread flour
- 30g of wholemeal flour
- 40g of castor sugar
- ¼ teaspoon of salt
- 4g (1 teaspoon) instant yeast
- 1 teaspoon of instant yeast
- 70g of non fat plain natural yoghurt at room temperature
- 30g of honey
- 120g of fresh milk at room temperature
- 20g of unsalted butter

Methods

1. Place bread flour, wholemeal flour, castor sugar, salt, instant yeast, yogurt, honey and milk (except the butter) into the mixing bowl of the Bosch kitchen machine. Attach the kneading hook and set to speed 1 to mix the ingredients for about 1 minute. Turn to speed 3 and let the machine knead for about 5 minutes.
2. Add in the butter and continue to knead at speed 3 for another 18 to 20 minutes. To test whether the dough is ready, pull and stretch a small portion of the dough. It should be elastic, and can be stretched into a thin membrane without tearing/breaking apart easily.
3. Remove dough from mixing bowl. Dust hand with some flour and shape the dough into a smooth round. Place the dough back in the mixing bowl and cover the bowl with cling wrap or a damp cloth and let proof in room temperature (around 28 to 30°C) for about 1 hour, or until double in bulk.
4. Remove dough from the bowl. Dust work surface with some flour and give the dough a few light kneading to release the air in the dough. Smooth into round, cover with cling wrap or damp cloth and leave it to rest for about 10 minutes.
5. Flatten the dough into a disc and roll out into a rectangular shape about 7 inches by 12 inches. Roll up the dough along the shorter end like a swiss roll to form a log (with a length of about 7 inches or the length of the loaf pan you are using). Pinch and seal the seams tightly. Place dough seam side down in a well greased loaf pan. Cover with cling wrap or damp cloth and leave dough to proof for the second time for about 40 minutes to 1 hour, or until double in size. Brush the top with water and sprinkle rolled oats all over.
6. Bake in pre-heated oven at 190°C for 30 minutes or until the surface turns golden brown. Remove from oven, unmold and transfer to rack to let cool. Once cooled, store immediately in an airtight container and best consumed within 2 to 3 days.

Product Used

Kitchen Machine Styline MUM52110

MUM5 — the powerful kitchen machine with an award-winning design — a real all-rounder, easy to use and in exceptional Bosch quality.

