



## Wild Rice Bread

Makes 2 loaves

### Ingredients:

1½ cups warm water (not hot, close to body temp. is warm enough for the yeast)  
1 Tbsp. dry yeast\*  
¼ cup maple syrup (room temp.)  
1 cup orange juice (room temp.)  
1½ – 2 Tbsp. orange zest (zest from 1 orange)

2 cups all purpose (AP) flour\*\*  
1 teas. salt  
2 cups cooked wild rice  
2 cups fruit and nut mix (chopped),  
or 2 cups chopped dried cherries or raisins  
4 cups white whole wheat (WW) flour

\*if the yeast is past its best use by date, double the yeast or add 2 teas. baking powder when the whole wheat flour is added    \*\* more will be used when flouring the board while kneading the dough

**Directions:** Add water, yeast, and maple syrup to a large mixing bowl. Stir gently to dissolve the yeast. After a few minutes you should see growth or a bloom on the water's surface. After you see the yeast begin to bloom, add the orange juice and zest, then AP flour 1 cup at a time; mix well after each addition. Add 1 teas. salt. Beat the mixture several minutes until the batter drops off the spoon in a sheet. At this point, add the rice and fruit and nut mix, then add the 4 cups of whole wheat flour 1 cup at a time. Keep mixing until flour pulls away from the sides bowl and dough is formed. Flour amounts are approximate as air temperature and humidity will affect the amount needed.

Turn dough out onto a floured board; scrape the sides of the bowl to remove all of the pieces of dough. Knead dough ball several minutes on a floured board until dough is smooth. Divide dough evenly in half. Knead each half another minute and shape into loaves. You may shape the dough into a round shape or oval shape, or shape into bread pan loaves; rolling dough helps shape the dough into a loaf. Spray bread pans with pan spray, place dough seam side down. Spray top of dough lightly with pan spray or spread a half teaspoon of vegetable oil evenly on top. Turn on the oven for 1 minute, then turn it off. Place bread into oven and let it rise for 50 – 60 minutes. Dough should double in size. Do not remove bread from the oven. Turn on the oven to 350°. Set timer for 50 minutes. When the timer goes off, turn the oven off but leave the bread in the oven for another 15 minutes. Bread will be golden brown when done and sound hollow when tapped on top. Remove from oven and place on cooling racks. When cooled to room temperature, slice. Lay the loaf on its side to slice. Seal well after cooling. The bread will keep at room temperature a few days; bread may be refrigerated or frozen for longer storage. For an occasional treat, serve with maple butter - mix ¼ cup of maple syrup with ½ cup (1 stick) of soft butter or buttery spread.

**Substitutions:** You may use all whole grain flour. You may replace 1 cup of the flour with 1 cup of dry oats (pulse in a food processor a few times, measure after processing.)

**Nutrition:** This recipe provides grains, including whole grains, and fruit. It has no added fat, and is reduced in sodium. To reduce the sodium further, eliminate the salt.