

Two Grain Cranberry & Walnut Bread

Rita Lutz, Horseshoe Bay, Texas

Ingredients

1/4 cup coconut oil or vegetable oil
1 teaspoon vanilla extract
1/2 cup pure cane syrup, maple syrup, or molasses
1 1/2 cups sweetened dried cranberries
1/2 cup old-fashioned rolled oats, uncooked
1 3/4 cups boiling water
2 (1/4 ounce) packages Fleischmann's® Active Dry Yeast
1/4 cup lukewarm water (100° to 110°F)
1 teaspoon granulated sugar
3 cups King Arthur 100% Whole Wheat Flour
2 – 2 1/4 cups King Arthur Unbleached All-Purpose Flour, divided
3 tablespoons vital wheat gluten
2 teaspoons salt
1 1/4 cups English walnuts, coarsely chopped

TOPPING

1 large egg white, beaten
1 tablespoon old-fashioned rolled oats, divided
1 teaspoon natural cane turbinado sugar, divided



Prep Time: 2 hours
Bake Time: 40 minutes
Yield: Makes 2 loaves, 16 slices each

Nutrition Information

One slice provides approximately 155 calories; 4 g protein; 24 g carbohydrates; 2 g dietary fiber; 5 g fat (2 g saturated); 0 mg cholesterol; 34 mcg folate; 1 mg iron and 151 mg sodium.



Directions

1. In large mixer bowl, with paddle attachment, combine coconut oil, vanilla extract, syrup, cranberries, oats and boiling water. Let cool to lukewarm.
2. In medium bowl, dissolve yeast in lukewarm water with sugar; let stand 10 minutes.
3. When bowl mixture has cooled, stir in yeast. Gradually beat in whole wheat flour, 2 cups all-purpose flour, gluten, salt and walnuts on low speed until combined. Beat 3 minutes on medium speed. If dough is too wet, use additional 1/4 cup all-purpose flour to make a soft dough. Knead with dough hook 8 to 10 minutes or by hand until smooth and elastic.
4. Place in large greased bowl, turning once to coat dough. Cover; let rise in warm place until double, 1 to 1 1/2 hours.
5. Punch down dough; divide into half. Cover; let rest 15 minutes. Roll each half in 13 x 9-inch rectangle; roll up tightly like jellyroll (start at narrow side), sealing at each turn with fingertips. Press down on ends of loaf; fold strips under loaf. Place seam-side down in 2 greased 8 1/2 x 4 1/2-inch metal loaf pans. Cover; let rise until nearly double, about 60 minutes.
6. Beat egg white; brush on loaves. Sprinkle half the oats and sugar on top of each loaf.
7. Bake loaves in preheated 350°F oven 35 to 40 minutes, tenting loaves with foil after 20 minutes. The bread is done when golden brown and its internal temperature registers 196°F or above on an instant-read thermometer. Remove pans from the oven, and after 5 minutes, use a table knife to loosen the edges, and then turn loaves out onto wire rack.