



Oat Sandwich Bread

Gesine's favorite go-to whole grain sandwich bread

2-1/4 cups starch water (water saved from making pasta)
1 cup old fashioned rolled oats (not instant or quick cooking)
1/4 cup pure maple syrup
4 Tablespoons unsalted butter, room temperature
1 Tablespoon fine sea salt
1-1/2 cups whole wheat flour
One 1/4 oz. packet instant yeast or Platinum Superior Instant Yeast
4 cups unbleached all-purpose flour

- Spray two 8-1/2x4-1/2-inch loaf pans with non-stick cooking spray. Set it aside.
- Combine the starch water, oats, maple syrup, butter, and salt in a microwave safe bowl. Microwave in 30 second bursts at 100% power until the butter has melted. Allow to cool, then transfer to the bowl of a stand mixer fitted with the dough hook.
- Add the flour and yeast and mix until a smooth dough forms, 10 to 15 minutes.

- Spray a large bowl with nonstick cooking spray and tip out the dough into the bowl. Spray the top of the dough with nonstick spray and cover with plastic wrap. Allow to rise until almost doubled in size, about 1 hour.
 - Divide the dough in half and roll each piece of dough into the prepared pans and cover with plastic wrap. Place in a warm area of the house and allow to proof until the loaves have risen above the rim of the loaf pan and when you gently poke them, the indentation partially springs back, about 1-1/2 hours.
 - Preheat the oven to 350 degrees F, then bake the loaves for 35 to 40 minutes, until the internal temperature reads 190 degrees F. Tip the loaves out of the pans onto a cooling rack and allow to cool.
- Yield: 2 loaves

Recipe by: Gesine Bullock-Prado, *My Vermont Table*, Countryman Press, 2023.
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About the Recipe: The finished bread is definitely a go-to sandwich bread that is packed with whole grains but is as light as white bread. I love the idea that it uses white whole wheat flour, old-fashioned oats, and a touch of pure maple syrup. It is the type of bread that can be used for breakfast dishes, toast, and even those hearty sandwiches.

Cook's Note: I baked 1 loaf of bread instead of two. Big mistake since it was so delicious that half of the loaf I baked disappeared at the dinner table. I used unsweetened almond milk rather than starch water. If you need only 1 loaf, see the recipe below.

Ingredients and Directions for Baking 1 loaf of bread

- 1-1/8 cups unsweetened almond milk
- 1/2 cup old-fashioned rolled oats, (not quick, instant, or steel cut)
- 1/8 cup pure maple syrup
- 2 Tablespoon unsalted butter, room temperature
- 1/2 Tablespoon Kosher salt
- 3/4 cup white whole wheat flour
- 1/8 oz. instant yeast (1-1/8 teaspoon Red Star Platinum Instant Yeast)
- 2 cups unbleached all-purpose flour

Follow directions for 2 loaves above except for First rising 1 hour; Second rising 1 hour. Bake for 35 minutes at 350 degrees F. If browns too quickly, cover with aluminum foil. Let the bread rise slightly above the loaf pan.

Tip: To remove the bread easily from the pan. Place a long piece of parchment over two ends and the bottom of the pan.