

## CRACKED-WHEAT SANDWICH BREAD

(adapted from [The Bread Bible](#), by [Rose Levy Beranbaum](#))

*To make the sponge:*

1/2 cup bread flour (78 g)  
1/2 cup whole wheat flour (72 g)  
3/4 tsp instant yeast (2.4 g)  
1/2 tbsp sugar (6.2 g)  
1 tbsp nonfat dry milk (8 g)  
1 tbsp agave nectar (20 g)  
1 cup plus 2 tbsp water at around 80F (266 g)

*Flour mixture for topping the sponge:*

2 cups bread flour (312 g)  
1/2 tbsp sugar (6.2 g)  
1/4 tsp instant yeast (0.8 g)

*For the final dough:*

1/2 cup cracked-wheat  
1/2 cup boiling water  
1 tbsp vegetable oil  
1 + 3/4 tsp salt  
1 tbsp melted butter

In a medium bowl combine the sponge ingredients and whisk until very smooth, about 2 minutes, trying to incorporate as much air as possible as you stir. In another medium bowl, whisk together the flour mixture ingredients. Sprinkle on top of the sponge to cover it completely. DO NOT MIX TOGETHER. Cover tightly with plastic wrap and allow it to ferment for 1-4 hours at room temperature.

Place the cracked-wheat in a small bowl and pour the boiling water over it. Cover with plastic wrap and allow to sit in the water until all the water is absorbed, about 1 hour, then refrigerate until ready to use.

With your stand mixer, add the bulgur and the oil to the bowl and then add the dough and starter. Mix with the dough hook on low speed for a couple of minutes, until no dry bits remain, but do not over-mix. Cover with plastic wrap and allow the dough to rest for 20 minutes. Sprinkle on the salt and knead the dough on medium speed for 12 minutes. The dough should be very elastic, but still slightly moist.

Scrape the dough into a greased container. Lightly spray or oil the top of the dough. Cover with lid or plastic wrap and let it rise until doubled in size, 1 to 2 hours. Scrape the dough onto a floured surface and press down very gently to form a rectangle, don't try to get all the air out of it. Give it a business letter fold, turn it 90 degrees and do another business letter type fold. Smooth the edges and return the folded dough to the bowl. Cover, and rise until doubled, 1 to 1.5 hours.

Turn the dough onto a lightly floured surface and shape it as a loaf. Place into oiled loaf pan. Cover loosely with oiled plastic wrap and let it rise until the center is about 1 inch higher than the rim of the pan (45 minutes to 1 hour).

Preheat the oven to 350 degrees for 30 minutes before baking. Place oven rack at the lowest shelf and place baking stone on top. Place a sheet pan on the floor of the oven and have some ice cubes handy.

Once the dough has risen, brush the top with the melted butter, then cut half-inch deep slash down the middle of the dough. Quickly set the loaf pan on the baking stone. Take a few ice cubes and quickly throw them onto the sheet pan. Bake for 45-55 minutes, until golden brown and the internal temperature is 200 F. Remove pan from oven, remove bread from pan and set on wire rack. Let it cool before eating.