



Freshly Milled Whole Wheat Bread

Ingredients

- 400 g whole wheat kernels (freshly milled)
- 100 g plain white flour
- 330 g warm water (about 35–38°C)
- 7 g instant yeast
- 30 g honey
- 9 g Celtic sea salt
- 1 tablespoon extra virgin olive oil (optional)

Method

1. Activate the Yeast

In the bowl of a stand mixer or a large mixing bowl, combine the warm water, honey and instant yeast.

Allow to stand for **5–10 minutes**, until the mixture becomes frothy and bubbly.

(If using instant yeast, this step isn't essential, but it confirms your yeast is active.)

2. Mill the Grain

Using a grain mill or high-powered blender, grind the wheat kernels into fresh wholemeal flour.

Combine the freshly milled flour with the plain white flour.

3. Autolyse

Add both flours to the yeast mixture and stir until no dry flour remains.

Cover the bowl and allow the dough to rest for **15–20 minutes**.

This process, called **autolyse**, allows the flour to fully hydrate and begins gluten development naturally.

4. Add Salt and Knead

Add the Celtic sea salt and olive oil.

Knead by:

- **Stand mixer:** approximately **8 minutes** on low to medium speed.
- **By hand:** approximately **10–12 minutes**.

The dough should become smooth, elastic and slightly tacky. It should stretch without tearing easily.

5. First Rise

Place the dough into a lightly oiled bowl.

Cover with a tea towel or lid and allow it to rise in a warm place for **1½–2 hours**, or until nearly doubled in size.

6. Shape the Dough

Turn the dough onto a lightly floured bench.

Gently shape it into a tight round or oval loaf.

Place the dough **seam-side up** into a well-floured proving basket or a bowl lined with a floured tea towel.

Cover and allow to rise for another **30–45 minutes**.

7. Preheat the Oven

While the dough is proofing, preheat the oven to **210°C** with a Dutch oven and lid inside.

Allow the Dutch oven to heat for at least **30 minutes**.

8. Bake

Carefully remove the hot Dutch oven.

Invert the dough into the Dutch oven so the **seam side is facing up**. This creates a beautiful natural split as the bread bakes, eliminating the need to score the dough.

Replace the lid and bake for **30 minutes**.

Remove the lid and continue baking for **15 minutes**, or until the loaf is deep golden brown.

The bread is done when it sounds hollow when tapped on the base or reaches an internal temperature of approximately **95–98°C**.

9. Cool

Transfer the loaf to a wire rack.

Allow it to cool completely before slicing.

Although it is tempting to cut into warm bread, cooling allows the crumb to finish setting and results in a better texture.

Baker's Tips

- Freshly milled flour absorbs more water than commercial flour. If the dough feels dry, add an extra tablespoon or two of water.
- Bread improves with a slower rise. If time allows, reduce the yeast slightly and extend the first rise for even better flavour.
- Store in a cloth bag or wrapped in a tea towel to maintain a crisp crust.