

OATMEAL BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
211 cal	37 g	7 g	4 g	0 mg	216 mg	21 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING
 CEREAL,OATMEAL,ROLLED
 COOKING SPRAY,NONSTICK

Weight

5-1/8 oz
 1-1/3 lbs
 3-7/8 lbs
 8 oz
 2-2/3 oz
 1-7/8 oz
 8-1/2 lbs
 7-1/4 oz
 2 lbs
 2 oz

Measure

3/4 cup
 2-1/2 cup
 1 qts 3-1/2 cup
 1-1/8 cup
 1-1/8 cup
 3 tbsp
 1 gal 3 qts
 1 cup
 1 qts 1-5/8 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, milk, and salt in mixer bowl; blend thoroughly with a wire whip.
- 3 Add flour. Using dough hook, mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 6 Add oats; mix at low speed 2 minutes. Mix at medium speed 1 minute.
- 7 FERMENT: Cover. Set in warm place (80 F.), 1 hour and 45 minutes or until double in bulk.
- 8 PUNCH: Fold sides into center and turn dough completely over. Let rest 15 minutes.
- 9 MAKE UP: Scale into 8 1-3/4 pound pieces; shape each piece into a smooth ball; let rest 10 minutes. Mold each piece into an oblong loaf; place each loaf seam-side down into a pan sprayed with non-stick cooking spray.
- 10 PROOF: At 90 F. to 100 F. about 45 minutes or until double in bulk.
- 11 Bake 45 to 50 minutes in 375 F. oven or in 325 F. convection oven for 30 minutes on high fan, open vent, or until done.
- 12 When cool, slice 25 slices, about 1/2-inch thick per loaf.

Notes

- 1 If using 9x4-1/2x2-3/4-inch bread pans, scale into 10 1-3/8 pound pieces; proof at 90 F. to 100 F. for 30 minutes or until double in bulk. Slice 20 slices, about 1/2-inch thick per loaf.