



Welcome to the King Arthur Baking School's Virtual Whole Grain Artisan Breads class. In this 2-day course we'll work together to make two delicious whole grain breads. In our first session, we'll make a soaker, a preferment, and get everyone set up to bake with steam. The next day, we'll take you from mix to bake, and answer your questions along the way. Below you'll find a list of ingredients and equipment to have on hand and ready to go before class begins. We look forward to baking with you! Please scroll past equipment needs for recipes.

INGREDIENTS (total amount needed for the class)

Unbleached All-Purpose Flour: 700 grams (approx. 6 cups), plus more for dusting work surface

Whole Wheat Flour: 568 grams (5 cups)

White Whole Wheat Flour: 170 grams (1 1/2 cups)

Rolled oats*: 28 grams (1/3 cup)

Barley flakes*: 28 grams (1/3 cup)

Cracked wheat*: 28 grams (1/4 cup)

Flax seeds*: 28 grams (3 tablespoons)

Honey: 28 grams (1 tablespoon plus 1 teaspoon)

Instant yeast: 14 grams (4 1/4 teaspoons)

Diastatic malt powder: (1/2 teaspoon)

Salt: 20 grams (3 tablespoons)

*The grains called for in this recipe can be substituted with a wide variety of seeds and grains, or with a pre-mixed blend. Use what you like and have available.

EQUIPMENT

Scale (preferred) or measuring cup set

Measuring spoons

Liquid measuring cup

Mixing bowls: Large, medium and small

Mixing spoon (or plastic bowl scraper)

Bench knife (optional)

Bowl cover (plastic wrap, towel, etc.)

Sharp knife or bakers' lame



Couche or tea towels for shaping

Round bannetons or extra bowls for proofing

In this class we will be baking using steam. There are a few good options for how to achieve this in your home oven. Please see the class materials for more detailed information. Some tools and equipment you may need are listed below:

Baking stone or steel (preferred), or baking sheet

and

Some kind of oven safe cover-metal roasting pan with recessed handles or disposable roasting pan with a min of 4” depth

OR

Covered baker/Dutch oven/combo cooker