

## WHOLE WHEAT BREAD BOWLS

- 4 cups all-purpose white flour
- 2 ½ cups whole wheat flour
- 2 ½ cups warm water
- 2 tbsp maple syrup
- 1 egg white
- 1 tbsp water
- 4 ½ tsp active dry yeast
- 2 tsp salt



## RECIPE INSTRUCTIONS

### EQUIPMENT

- Bosch Universal Plus with dough hook
- 2 baking sheets
- Parchment paper

Add the yeast, syrup, and warm water to your Bosch Mixer mixing it a little by hand. Let your yeast stand for 5-10 minutes, giving it time to activate. Make sure the Bosch dough hook attachment is on, then pull out a medium mixing bowl and add both flours and the salt to the mixing bowl.

Once your flour mixture is combined, turn your Bosch stand mixer on low and slowly add one cup of the flour mix. As the flour combines, continue to add the rest of the flour mix a cup at a time. If the dough is a little sticky still after you've added all the flour, add more white flour a tablespoon at a time.

After the dough is fully incorporated and no longer sticky, remove it from the stand mixer and place it in a clean mixing bowl. Cover it with a dish towel and allow it to rise in a warm area for 1 hour.

With the risen dough, punch it down then divide it into 5 equal-sized balls which you will place onto baking sheets lined with parchment paper. Cover them again and allow the balls to rise for 30 minutes.

Preheat your oven to 400 degrees then check on your bread balls. If they have spread a bit, gently reshape their sides then dilute the egg white with the 1 tbsp of water, and brush the bread with the egg white. Once the oven is heated, place the bread bowls inside for 35-39 minutes, though brush them with more egg white at the 20-minute mark.

After your bread bowls are done baking and are cool, use a serrated knife to help you open up the whole wheat bread bowl. Hollow out the inside, leaving about 1 inch of bread bowl to keep the food inside then fill and enjoy!