



*Hill's Mills & Mixers*

**BOSCH** Kitchen Centre

*~products for better health*

## **BEAN/WHEAT BUNS**

To prepare for your bread-making, in your Whisper Grain Mill, measure (checking for rocks) and mill into flour:

8 cups Hard Red Spring Wheat, or Hard White Wheat

¼ c soy beans, and 1 measured tbsp of any or all of the following legumes:

split green peas, pinto beans, Great Northern Beans, green lentils, red lentils, popcorn

Red Kidney Beans, Millet, Garbanzo Beans (Chick Peas). Put the large beans in your

Blender and pre-crack them (5 seconds on #3 speed). Pour these in with the other beans and wheat you wish to mill for your bread.

In your Blender or Coffee Grinder, whiz 1/3 cup whole flax seed.

**NEVER GRIND FLAX IN YOUR GRAIN MILL**

**Into your Bosch Bowl, with dough hook in place, measure the following ingredients:**

5 cups luke- warm water

3 or 4 eggs

¾ c milk powder (or ¾ c whey powder)

2 tbsp granular lecithin (optional)

1 tbsp sea salt

½ cup sugar (or molasses or honey)

3 tbsp Dough Enhancer

1 tbsp Vital Wheat Gluten

½ cup Canola Oil

the ground flax seed

a little over half the flour called for in your recipe

2 tbsp Saf yeast on top of the flour

Optional: May add 1/3 cup raw sunflower seeds, 1/3 cup raw pumpkin seeds, or ½ cup Thompson raisins

### **Method:**

With splatter ring locked onto your bowl, pulse the mixture just until it is mixed. Turn mixer on #1 speed, and slowly but steadily (taking no more than 1 minute) add flour JUST UNTIL MIXTURE cleans the inside of the bowl. Do not add too much flour.

PRESS #2 SPEED, then set timer for 8 minutes.

When mixer stops (in 8 minutes), form dough into cinnamon buns (see method below), or form buns, (some of which you roll in cornmeal flour (which you have milled from popcorn) just for fun, or into long, scored loaves of bread, or just loaves for bread pans. Let rise double, and bake at 350 for about 15 or 20 minutes or until done. Loaf pans will bake about 35 minutes.

**Hint:** If making French bread, pizza crust or submarine buns, omit oil and sweetener.

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