

Dark Rye and Flaxseed Sandwich Bread

Don't you love when you have a bite of bread and you cannot tell that it is a "healthy version" of it?



Well, I found the perfect combination of dark rye and flaxseed

meal in this recipe. If it was not for the color and the little flaxseed meal specks you would not say that this sandwich bread contains “healthy ingredients”, in another words, if you close your eyes and eat the bread you would definitely say that it is “white” bread..

Because we like so much bread, I am constantly testing different ratios between white flour and “so-called” healthy flours therefore feel less guilt when gobbling through a loaf of bread...the big challenge is for the bread to look of whole grain and taste like white bread.

Since rye flour and flaxseed meal contain less and no gluten I had to replace the “missing” gluten so it will not compromise the formation of air bubbles which triggers the dough to raise.

This recipe will make 2 loaves, and to achieve perfect square loaves I baked them in these USA Pullman Loaf Pan.

Ingredients:

Water roux or Tangzhong

- 50 g bread flour
- 250 ml water

Dark Rye and Flaxseed Dough

- 550 g bread flour
- 60 g dark rye flour
- 30 g flaxseed meal
- 80 g sugar
- 8 g salt
- 8 g yeast
- 8 g vital wheat gluten
- 50 g whipping cream
- 160 ml water
- 60 g butter (room temperature)





Method:

Water roux or Tangzhong

In a small pan, mix all the ingredients of water roux, place in a low heat and stir constantly until the temperature reach 65C (150F), or if you do not have a thermometer, cook until ripples form. Set aside to cool by covering with a plastic film. Please see here.

Dark Rye and Flaxseed Dough

Place all the cooled water roux and all the ingredients listed under rye dough into a mixer except for the butter. Mix until all the ingredients are together, it will slightly sticky.

Increase the speed to number 2 and continue to mix for 5 minutes.

Add the butter and continue the mixing until the dough is smooth and comes out of the mixing bowl, this will take approximately 15 minutes. You will notice that the dough will no longer be sticky.

Place the dough into a medium to large bowl. Cover and let it proof until the size triple from the original size.

Now it is time to shape the dough...

Knock back the dough and split into approximately 8 little balls and let it rest for 5 minutes on the counter.

Flatten the ball making sure that the air is removed and fold into thirds, then roll it like a Swiss roll.

Place the Swiss rolls into the Pullman (4 each) pan and let it rise until triple of its original size.

Cover the pan and bake in a preheated oven of 350F for approximately 25 minutes.

Remove from the oven and flip the bread into a wire rack to cool. Slice according to your like.

Store the bread in an airtight container.



If you enjoy this Asian inspired bread recipe you might want to look at [Sweet Milk Bread with Raisin recipe](#).



Did you know that gluten is formed when these two proteins glutenin and gliadin form a bond? Moreover, gluten gives bread a chewy texture and traps carbon dioxide during fermentation.

***Thank you for stopping by Color Your Recipes...have
a colorful week!***