

# Multigrain Bread Bowl

Specialty Briess Ingredients naturally improve color, texture & flavor



## Ingredients

## Volume

Bread Flour	1-1/2 cup
Whole Wheat Flour	1/4 cup
Whole Grain Rye Flour	1/4 cup
<b>BriessSpecialty™ MRF L100</b>	<b>2 tbsp</b>
Salt	1/2 cup
<b>Dark Roast Barley Grits</b>	<b>1 tbsp</b>
<b>Insta Grains® Wheat Berries</b>	<b>1 tbsp</b>
Instant Dry Yeast	3/4 tsp
<b>BriessSweet™ Tapioca Syrup 63DE</b>	<b>2 tbsp</b>
Olive Oil	2 tbsp
Warm water (100 F-110 F)	1/2-3/4 cup



## Method

1. Mix grains, salt, and yeast together in a large bowl. Stir in olive oil, malt extract, and water. Mix well then turn dough onto lightly floured surface and knead for 8-10 minutes. The dough should become smooth and pliable.
2. Form dough into ball and place in greased bowl, making sure to turn dough over to coat all sides with oil. Cover with plastic wrap and set in warm area for 1 hour or until dough doubles in size.
3. When dough has doubled in size, divide in half for bread bowls. Place each half on wax paper. With rolling pin, roll as thin as possible without tearing the dough. If dough does not roll easily let dough relax an additional 5 minutes.
4. Cut rolled dough into 6 to 8-inch circles drape these circles over back side of a lightly oiled small Pyrex bowl. If you wish to use as a cracker bowl run dough through a pasta roller on setting number 4 and drape dough over lightly greased back of muffin tins. Make sure that the dough does not touch between muffin cups.
5. Bake in preheated 400° F oven for 15 minutes or until golden brown.
6. To remove, cool bowls 1 minute and slowly rock bowls or muffin tins back and forth till they come loose.
7. Turn over and cool on wire rack.
8. Fill with soup or stew of your choice and enjoy!

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