

# Bushman Bread

Bushman Bread or as my kid's call it, "Chocolate Bread"



This recipe is to go along with your favorite "Australian" style steak. It is very similar to a dark bread that can be found at a certain Australian themed restaurant. I will let you in on a little secret, it has been rumored that some restaurants add food coloring to get the dark brown color of their bread. Well, this recipe forgoes food coloring and forgoes another familiar ingredient, instant coffee. Instead molasses is used as both a sweetener and a coloring agent. This bread might not be as dark in color as its commercial counterpart but it does bring a hearty texture and taste to the table.

This bread is high in sugar and uses whole wheat flour. When you combine those two things, the result is a long rise time. However, it is worth it.

Enjoy.

from William J. Burnett

category Bread

## ingredients

1 cup 80°F Filtered Water or Bottled Water (Tap water has chlorine that kills yeast)  
1 1/2 Tbls Melted Butter  
1/3 cup Honey  
2 Tsp Molasses  
1 Tsp Lemon Juice  
2 Tsp Active Dry Yeast  
3/4 Tsp Salt  
1 1/2 cups Bread Flour  
1 1/2 cups Whole Wheat Flour  
2 tsp Powdered Cocoa (NOT DUTCH PROCESSED!)

### **directions**

1. Bloom yeast by combining yeast, warm water, molasses and honey and allowing it to rest for 10 minutes.
2. Combine bloomed yeast, melted butter, lemon juice and salt using a stand mixer on low setting.
3. Slowly add all the remaining ingredients.
4. Knead with a dough hook for 15 - 20 minutes.
5. Roll the dough into a tight ball and place in an oiled bowl.
6. Cover the bowl and place it in a warm location for one hour and a half or until the dough has doubled in size.
7. Gently remove the dough from the bowl and place it in a greased 9" x 5" standard bread pan. Or shape the dough into two small baguettes and place on a cookie sheet or baguette baking sheet.
8. Cover the dough with a tea towel and set the dough in a warm place until it rises about 1" above the top of the bread pan or in the case of baguettes until doubled in size.
9. While the dough is rising, pre-heat your oven to 350°F.
10. Bake the bread at 350°F for 18 - 30 minutes (12 - 15 minutes for baguettes) or until the internal temperature of the bread reaches 201°F.
11. Remove the bread in the pan to a cooling rack.
12. Allow the bread to rest for 10 minutes and then remove the bread from the pan.
13. Allow the bread to cool completely and then slice.

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- notes:**
- As with any bread you might need to cover the bread with foil during the last 5 - 10 minutes of baking to prevent it from burning. This of course depends on your oven.
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