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Mauricio's Pan Integral con Cervesa

By Susie Iventosch

(Makes one loaf)



INGREDIENTS

4 cups flour (1 cup whole wheat, 3 cups white)
1 tablespoon sugar
1 packet yeast
1 1/2 teaspoon salt
One 12-ounce bottle of beer (Coors, Pacifico or other light lager)
1/4 cup water (or as much as you need to incorporate flour into dough)
1/4 cup millet
1/4 cup oats
1/4 cup pumpkin seeds
1/4 cup sunflower seeds

DIRECTIONS

In a large bowl, place whole wheat flour, 2 1/2 cups of the white flour, sugar, yeast, salt, millet, oats, pumpkin seeds and sunflower seeds. Mix well. Stir in beer and mix into dough. Add remaining 1/2 cup white flour and water as

needed to form dough into ball.

Turn dough out onto a floured surface and knead for about 5 minutes. Place in a greased bowl and cover with a damp cloth. Allow to rise until double, approximately 30 minutes to 1 hour.

When the dough has risen, form into a loaf and place on a baking sheet sprinkled with cornmeal (to prevent sticking). Brush loaf with water and let rest for about 10 minutes. Then bake at 325 degrees for 20 to 25 minutes, or until crust is golden brown and dough appears to be baked. Cool and slice. This bread is great for dinner, but also delicious with butter and jam for breakfast!

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