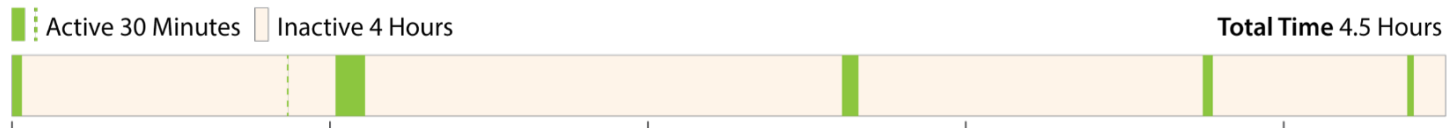


Orange-Apricot Better Brioche

This soft, fruited bread is excellent toasted for breakfast, with tea, or even used for a ham sandwich. The recipe is based on a classic brioche but made healthier by using olive oil in place of butter, plenty of sprouted whole wheat flour, and dried fruits. Orange zest is optional and apricots may be replaced with raisins and cinnamon for a sweeter, less tart flavor.

Yield: One loaf.

Timing: Start this bread about 5 hours before serving.



Soaked Apricots

Ingredients	Volume	Grams	Ounces
Dried apricots, diced*	⅓ C	51	1.8
Honey	1 tsp	7.2	0.25
Water	2 tsp	10	0.35

*Dried apricots from California have a more intense and tart flavor than Mediterranean apricots.

Dough

Ingredients	Volume	Grams	Ounces	Baker's %
Sprouted WW flour	1 C lightly spooned	108	3.8	45%
Bread flour	1 C lightly spooned	130	4.6	55%
Instant yeast	1½ tsp	4.8	0.17	2.0%
Salt	¾ tsp	4.5	0.16	1.8%
Water, 85-90 °F / 29-32 °C	½ C	118	4.2	50%
Honey	2 T	43	1.5	18%
Egg, at room temperature	1 large	50	1.8	21%
Olive oil	¼ C	54	1.9	23%
Apricots, soaked, from above	all			
Orange zest (optional)	½-1 tsp	1-2	0.03-0.07	
Beaten egg for glaze	1 T	15	1.5	

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, 8.5 x 4.5" / 22 x 11 cm loaf pan. An instant-read thermometer can be helpful for taking internal temperature of the baked bread; an electric mixer with a dough hook is optional; and if kneading by hand, a bench scraper is useful.

Soaking the Fruits. Combine the diced apricots with the honey and water and stir to distribute the honey evenly. Cover and allow soaking for 1 hour or up to overnight.

Getting Ready. Set up the Proofer with water in the tray and the thermostat at 85 °F / 29 °C. Grease and flour the loaf pan or line it with parchment. Measure the olive oil and set it near the kneading area or mixer.

Mixing the Dough. Add the dry ingredients (both types of flour, salt, and yeast) to the mixer bowl and stir to combine. Add the lukewarm water, honey, and egg. Mix until all the flour is moistened. The dough will be soft and sticky.

Kneading the Dough. Knead by machine or hand (Richard Bertinet's* slap and fold method may be helpful for this wet dough) for about 3-4 minutes, until the dough forms a ball and starts to hold together.

**Richard Bertinet's slap and fold method video link: https://www.youtube.com/watch?v=WVPD-lz_K7g.*

Adding the Olive Oil and Apricots. Knead the olive oil into the dough in four parts (1 T each). Once all the olive oil has been incorporated, add the apricots and knead to combine. Then turn up the mixer to medium-low speed (3 or 4 on a Kitchen Aid) and knead for 5-6 more minutes to restore the smooth texture and fully develop the structure. If kneading by hand, use a bench scraper to help gather the dough off the counter as it will be very sticky.

Bulking the Ferment. Transfer to an oiled 1 quart / liter container and ferment the dough for 90 minutes at 85 °F / 29 °C, or until it is doubled in size, reaching a volume of 1 quart / liter.

Shaping the Loaf. Turn the dough out onto a lightly floured surface. Cut the dough into five equal pieces (about 113 g / 4 oz each) with an oiled, sharp knife. Shape into rounds. Place the rounds side by side in the loaf pan and place the pan in the Proofer.

Final Proofing. Allow the loaf to rise until it is about half an inch over the top of the loaf pan, about 1-2 hours at 85 °F / 29 °C. While the loaf is proofing, preheat the oven to 350 °F / 177 °C.

Glazing and Baking the Bread. Beat the egg lightly and brush it over the top of the loaf. Bake at 350 °F / 177 °C for 30-40 minutes, until the bread is nicely browned and reaches an internal temperature of about 190 °F / 88 °C.

Cooling and Unmolding. Cool for ten minutes, then unmold by gently tipping the bread out of its pan. Turn right side up and cool on a rack.