

Subarashii Kudamono Recipe Cards

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SUBARASHII
KUDAMONO
GOURMET
ASIAN
PEARS

Subarashii Kudamono

Cinnamon & Dried Asian Pear Whole Wheat Bread

Ingredients:

3 ½ cups whole wheat flour
1 teaspoon ground cinnamon
1 tablespoon vital wheat gluten
1 crushed vitamin c tablet or 1/8 teaspoon citric acid (optional- used as dough conditioner)
2 cups whole milk
1 tablespoon Asian Pear Honey
1 tablespoon unsalted butter, at room temperature
2 ½ teaspoons instant yeast
2 teaspoons table salt
½ cup diced dried Asian Pears
All purpose or bread flour, as needed
Water, as needed
Cornmeal, for dusting baking sheet

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Whisk together whole wheat flour, cinnamon, vital wheat gluten and vitamin c tablet (or citric acid) in a medium bowl. Add milk and honey and combine with wooden spoon. Cover with plastic wrap and refrigerate 8 hours.

Remove mixture from refrigerator and scrape into bowl of a stand mixer. Add butter and yeast and mix on low speed with dough hook for 2 min. Dough should be soft, but not sticky. If sticky, add all purpose or bread flour, 1 tablespoon at a time, and mix until soft dough is achieved. If dough is dry, add water 1 teaspoon at a time until dough holds together. Once dough is the right consistency, add salt and knead on medium speed for 8 minutes. Remove from mixer, cover with plastic wrap and set aside in a warm, draft-free place for one hour.

Uncover and place bowl back on stand mixer with dough hook. Knead for 5 minutes on medium speed. Add diced dried Asian Pears and continue to knead until pears are well incorporated. Remove bowl, cover and allow to rise again for 45 minutes. Dust large baking sheet with cornmeal. Remove dough from bowl, punch down and shape dough into loaf by hand. Place loaf on prepared baking sheet. Cover with plastic wrap and allow to rise for 1 hour. 30 minutes prior to baking, preheat oven to 350 degrees.

Uncover loaf and make ½ inch deep slit down the center, lengthwise, with a sharp knife. Place in oven and bake until loaf sounds hollow when tapped on the bottom, about 1 hour. Remove to wire rack to cool.

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