Amanda's Atomic Home

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DARK PUMPERNICKEL BREAD

1	Tablespoon Cornmeal
1	Tablespoon Butter
1	Cup Chopped Onions
2 ¼	Cups Lukewarm Water
2	Packages Active Dry Yeast
1/3	Cup Dark Molasses
1	Tablespoon Salt
2	Tablespoons Salad Oil
1	Square (1 ounce) Unsweetened Chocolate, Melted
1	Cup Whole Bran Cereal Flakes
1 ½	Cups Unsifted Rye Flour
1 ½	Cups Unsifted Whole Wheat Flour
2	Tablespoons Caraway Seeds
3 ½	Cups Unsifted All Purpose Flour (plus more for kneading)

DIRECTIONS

1. Grease a large cookie sheet and sprinkle with the cornmeal, set aside.
2. In a small skillet, melt butter, and then add onions.
3. Sauté until tender, about 5 minutes, stirring occasionally.
4. In a large bowl combine water, yeast, molasses, salt, oil, chocolate and bran cereal.
5. Beat with a dough hook on low speed until combined.
6. Add rye and whole wheat flour, onions, caraway seeds and beat until moistened.
7. Increase speed to medium and beat for 2 minutes, scraping sides occasionally.
8. With a wooden spoon, stir in 2 ½ to 3 cups of the all purpose flour.
9. Turn out onto a lightly floured surface and knead dough 10 to 15 minutes.
10. Add more flour as needed for the dough to be smooth and elastic.
11. Place dough in a large greased bowl, turning to coat all sides.
12. Cover with a clean towel and let rise in a warm, draft free place until doubled in bulk – about 1 hour.
13. Punch dough down.
14. Turn out onto a floured surface and divide in half.
15. Shape each half into an oval, turning edges over to smooth top.
16. Place on prepared cookie sheet.
17. Cover and let rise until double in bulk, about 45 minutes.
18. Preheat oven to 350 degrees.
19. Bake for 45 to 50 minutes, or until loaves sound hollow when tapped. Cool on wire rack.