

Forbidden Rice and Green Onion Hearth Bread

makes 2 loaves

adapted from [Montana Culinary Students on Food52](#)

2 1/2 cups warm water

2 teaspoons yeast

1 cup whole wheat flour

2 teaspoons salt

5 1/4 cups all-purpose flour (plus a little more if needed)

2 teaspoons olive oil

1 bunch green onions, diced (about 3/4 cup)

1 cup cooked forbidden rice (or wild rice), drained and cooled

1 teaspoon minced fresh rosemary

zest of one lemon

Mix water and yeast, let sit for 5 minutes. In a large bowl, mix the yeast mixture with the whole wheat flour and one cup of white flour. Let this sit while you cook the green onions.

Heat a pan over medium heat. Add the oil and green onions. Cook, stirring periodically, until the onions soften. Remove pan from heat and let cool.

Back to the bread, mix in the salt, cooled rice, rosemary, lemon zest, and cooled onions with any residual oil. Stir to combine. Mix in the flour 1/2 cup at a time until the dough is supple, and only the least bit sticky. Knead until dough is smooth and elastic.

First rise

Form dough into a ball and place in an oiled bowl. Flip the dough ball so that the top of the dough is coated with oil as well. Cover bowl and place in a warm place. (*At this point, you can put the dough in the refrigerator overnight. This will allow the flavors to develop. When you remove it from the refrigerator, allow a little extra time for the dough to come to room temperature and rise.) Let dough rise until doubled, about 1 hour.

Second rise

Gently press down dough. Cut dough into 2 equal parts. Working with one piece at a time, press into a rectangular shape. Take the two corners on one of the long sides and fold them towards the center. Fold the middle point into the center as well. Turn dough and repeat with the second side. (*see picture above*) Press seam to seal. Place the loaf seam side down on a parchment lined board. Repeat with the second loaf. Let loaves rise until they retain an indentation when you poke them- about an hour.

Bake

Preheat oven to 450 degrees with a baking stone on the bottom rack of the oven for 30 minutes. On the bottom floor of the oven, put a baking sheet. Once oven is hot, use a very sharp knife to make a few slits in the top of each loaf. Immediately place loaves on the stone (or preheated baking sheet if you do not have a stone). Add 2 cups of ice cubes to the baking sheet on the bottom of the oven (These will melt and add steam for good crust formation). Bake for 35- 40 minutes, until top is nicely browned and bottom sounds hollow when you tap on it. Place loaves on a baking rack and to cool. Slice and serve. Store any leftover bread in a tightly sealed bag on counter or in the freezer.