

Recipe for

Whole Wheat Bread

Submitted by:

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Serves:

Prep time:

Total time:

Oven temp:

Ingredients:

6-10 C whole wheat flour (amount will depend on temperature, humidity, and the flour)	2 C hot water (not boiling)	1/3 C honey
1/3 C olive oil	2 t yeast	2 t salt

Directions:

1. Mix hot water, yeast, olive oil, honey, and 1-2 cups of wheat flour in your large mixing bowl. Let it sit for around 10 minutes to let the yeast activate.
2. Mix in the salt.
3. Mix in small amounts of the wheat flour until it forms a sticky ball.
4. Dump the dough out onto a lightly floured countertop and knead for a few minutes. The dough should form a nice ball and when pushed on with a finger to dent it, it slowly bounces back into shape.
5. Put the dough into a lightly oiled bowl and cover with a clean dishtowel. Let it sit to rise for about 45 - 60 minutes or until it is doubled in size.

Recipe directions continued:

6. Split the dough in half and form a loaf shape to fit into your loaf pan. You can also set the dough on a cookie sheet, but it will not hold a loaf shape.
7. Put loaf pans with dough into a warm oven (on your lowest setting). Let it rise.
8. Once risen, raise the oven temperature to 350 and bake for about 20-30 minutes. The bread should be golden brown and sound hollow when you tap on the top of the loaf.
9. Take the loaves out of the pans and let them cool before slicing.

Most of this can be done in a stand mixer. If you do not have a stand mixer, use a wooden spoon to mix the dough until you cannot stir it, then use your hands to mix and knead the dough.

You can add small amounts ($\frac{1}{3}$ – $\frac{1}{2}$ cup) of ground flax to add a warm nutty flavor to your bread. This will affect the amount of flour you will use.