

WHOLE WHEAT BREAD

INGREDIENTS:

❖ Yeast	3 TBSP
❖ Sugar	¼ tsp
❖ Water (110°)	½ Cup
❖ Butter	⅓ Cup
❖ Honey	⅔ Cup
❖ Molasses	2 TBSP
❖ Salt	1 TBSP
❖ Whole Wheat Flour	6 – 7 ½ Cups
❖ Non Fat Dry Milk*	⅓ Cup
❖ Water (115 - 120°)	2 Cups

METHOD:

1. Mix yeast and sugar in warm water and set to proof
2. Add Butter, Honey, Molasses, and Salt to mixer and soften using dough hook.
3. Mix in Flour and Non Fat Dry Milk
4. Add Hot water mix in
5. Add Yeast solution and continue to mix until dough pulls away from sides of mixing bowl
6. Knead 5 – 8 minutes DO NOT OVER KNEAD dough will become sticky and hard to handle.
7. Remove bowl from mixer form dough into ball and leave covered in bowl allow to rise to nearly double in bulk.
8. Remove from bowl and place on very lightly floured counter form into 2 equal sized balls cover allow to rest about 15 – 20 minutes
9. Form into loaves and place in well greased backing pans allow to raise to double in bulk
10. Bake 35 minutes in a preheated oven at 350 degrees
11. Roll out of baking pans and grease entire loaf - allow to cool completely before wrapping.

NOTE:

Regular milk can be used but you will not get as fine of a texture, reduce the amount of water by about ¼ cup.

