



Whole Wheat Bread

By: Tracy Oldfather

"Give us this day our daily bread."

There must be a reason we are to have bread in our diet everyday; bread made from freshly milled 100% whole wheat. Let's live healthy!



Makes: 3 – 1 lb 5 oz bread loaves (9" x 5" pan)
or a combination: 1 loaf, cinnamon rolls, buns

Ingredients:

3 Loaf Recipe – Bosch & Artiste Mixer May be doubled

3 cups **Warm Water**
1/3 cup **Raw Sugar**, Sucanat* or Honey
1 Tablespoon **Sea Salt**
2 Tablespoons **Sunflower Lecithin** (optional)
1 Tablespoon **Gluten** (optional)
7-9 cups **Fresh Milled Whole Wheat Flour**: HR or HW*
2 Tablespoons **Instant Yeast**
1/3 cup **Olive Oil**
1/2 cup **Fresh Ground Flax Seed** (optional)

2 Loaf Recipe – KitchenAid Mixer

2 cups **Warm Water**
1/4 cup **Raw Sugar**, Sucanat* or Honey
1-1/2 teaspoons **Sea Salt**
1 Tablespoons **Sunflower Lecithin** (optional)
1-1/2 teaspoons **Gluten** (optional)
5-6 cups **Fresh Milled Whole Wheat Flour**: HR or HW*
1 Tablespoons **Instant Yeast**
1/4 cup **Olive Oil**
1/4 cup **Fresh Ground Flax Seed** (optional)

Instructions

1. **In large mixer bowl** stir together **first 5 ingredients**.

2. **Add half the flour & yeast**: Add **half the flour** and **sprinkle the yeast on top**. **Mix well** with a wooden spoon or rubber spatula.

3. **Resting**: **Cover bowl** and allow to **rest for about 10 minutes**. This process is very important. It allows the fresh flour to absorb moisture.

4. **Add oil and flax seed**: After the resting period, remove the covering and add the oil and flax seed

5. **Adding Remaining Flour**: **Turn mixer on low**; **begin adding additional flour 1/2 cup at a time**, allowing the **dough hook to work in the flour** a few turns. **Continue adding flour UNTIL** dough pulls away or **CLEANS** the side of the bowl **ONE** time, then **STOP** adding flour.

Start your timer and knead for 8 minutes. Knead until gluten is fully developed. Hand kneading may take about 10-15 minutes. Step 5 continued on page 2.

Dough may be slightly sticky, may stick to the sides or pool at the bottom of the bowl; but, DON'T be tempted to add more flour. Just let the dough hook do it's thing, working in all the flour.

6. Well grease your hands, work surface and pans; olive oil will do. Remove dough from bowl and divide into equal portions and weigh:

Pan size = Dough by weight:

8.5" x 4.5" pan = 1 lb. dough 9 x 5 pan = 1 lb. 5-6 oz dough

7. Shape into loaves and/or buns, etc..

10" x 5" = 1 lb. 8 oz dough

8. Place dough into greased pans, cover with plastic wrap or a light-weight damp towel, **place pans on a cooling type rack*** and **let rise in a warm space until doubled in size.** *See tips below.

9. Bake at 350° for 30-40 minutes or until **internal temperature reaches 190°-200°.**

10. Remove pans from oven, let rest on cooling rack 5-7 minutes. Remove loaf from pan and continue to cool on cooling rack. Too long in the pan and the loaf can become soggy on the bottom.

After cooling, **turn loaf on it's side to slice.** A serrated knife works best for slicing breads.



Tips

- Fresh milled whole wheat flour: I mix half & half Hard White and Hard Red wheat berries when I mill.
- Oil: My oil of choice for bread making is extra virgin olive oil. You may use coconut oil or melted butter as well. I do not recommend refined vegetable, corn or soybean oil; they are not good for you.
- Dried beans: For added protein & nutrients, add dried beans in with your grain when milling. I like to use navy or baby Lima beans. Simply add about 1 to 2 tablespoons of dried beans per every cup of grain. Have no fear, once you bake the bread you won't taste the beans, just extra nutrition.
- Oily hands & work surface: I use olive oil on my hands & work surface when shaping. Do not use flour; the extra flour adds more dry ingredients which can make your bread dense & heavy.
- Weighing your dough: Each bread pan requires a certain amount of dough for dough to pan ratio. Plus, when baking multiple loaves at the same time, all loaves should weigh about the same for even cooking. Use a kitchen scale.
- Rising the dough: When rising the dough place pans on a cooling rack so there is good air circulation all around pan or place pans in an unheated oven – door closed, light on. Do not rest pans directly on stone, etc. type surfaces – they are naturally too cool and the top of your dough may rise before the lower half.
- Storing Bread: Cool completely, then wrap in plastic wrap. Wrap securely and store in freezer if it will not be consumed within a few days. It is best not to store fresh bread in refrigerator; it tends to make the bread go stale faster.
- Freezing Bread: The bread freezes beautifully. Best to freeze on the baked day. Cool completely before wrapping. Securely wrapped loaves may be stored in the freezer; about 1 month. To thaw: Leave wrapped and place on a cooling rack.
- More info & explanation go to: [Tips for Making Bread](#) & the [Healthy Ingredients](#) pages on my website: BreadRoots.com