

# WHOLE WHEAT BREAD

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(My modified version of 2 recipes. This recipe makes smoother-grained bread – more like white bread.)

$\frac{1}{2}$  c. gluten  
7  $\frac{1}{2}$  c. flour  
 $\frac{1}{4}$  c. yeast  
1 T. salt  
4 c. hot water (about 115-120 degrees)  
1 c. honey  
1 c. oil

Combine flour, gluten, and yeast – mix together.

Mix hot water (about 115-120 degrees), honey, oil and salt. Mix a bit then add to dry ingredients. Beat at low speed with electric mixer then 3 minutes at high speed. (Or mix by hand with a spoon.)

- Begin adding 3 to 6 c. more flour (5 is just about right) one cup at a time. Stir or mix with hands until not too sticky and dough is moderately stiff.
- Turn out onto floured or oiled surface.
- Knead about 15 minutes until smooth and elastic.
- Let rise until about double. Punch down.
- Let rise 2<sup>nd</sup> time. Punch down.
- Cut into 4-5 loaves (for my pans – 4 is just right).
- Let rise a 3<sup>rd</sup> time until bread is above the rim of the pans.

Bake 350 degrees for 30 minutes.

# Whole-Wheat Bread

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Bottled lemon juice in this recipe acts as a dough enhancer, giving bread a fine, light texture. A high-quality brand stores well beyond its shelf-life, if stored in a cool, dark place, or the refrigerator (after opening).

Gluten, a natural protein derived from wheat, provides elasticity, helps retain moisture, prevents crumbling and extends the shelf life of bread. If desired, whole-wheat flour may be substituted in its place.

Makes two 8x4-inch loaves (double amounts for 4 loaves).

3-1/2 c. whole wheat flour  
1/3 c. gluten flour, sifted  
1-1/4 T. instant yeast  
2-1/2 c. steaming hot tap water (120-130° F)  
1 T. salt  
1/3 c. oil  
1/3 c. honey or 1/2 c. sugar  
1-1/4 T. bottled lemon juice  
2-1/2 c. whole wheat flour

Mix together first three ingredients in mixer with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 minutes. Add salt, oil, honey or sugar and lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from sides of the bowl. This makes a very soft dough.

Pre-heat oven for 1 minute to lukewarm and turn off. Turn dough onto oiled counter top; divide, shape into loaves. Place in oiled bread pans. Let rise in warm oven for 10-15 minutes until dough reaches top of pan. Do not remove bread from oven; turn oven to 350° F and bake for 30 minutes. Remove from pans and cool on racks.

If you do not have a mixer with a dough hook and are kneading this by hand, gradually add the last cup of flour to keep dough from sticking to the counter. You will add more flour when kneading by hand than when using a mixer simply to be able to handle this moist dough. With wheat bread, always add the least amount of flour possible to keep bread moist. Knead 10 minutes; shape into loaves.

Bake at 350 degrees for 30 minutes.