

Whole Wheat Bread Recipe

# of 1 1/2 lb Loaves	2 lb	2 - 2 lb	1	2	4	6	8
Water	1 1/2 cups	3 cups	9 oz	18 oz	36 oz	54 oz	72 oz
Yeast	3/4 Tbs	1 1/2 Tbs	1/2 Tbs	1 Tbs	2 Tbs	3 1/2 Tbs	4 1/2 Tbs
Olive oil	2 1/2 Tbs	1/3 cup	2 Tbs	2 oz	4 oz	6 oz	8 oz
Honey	2 1/2 Tbs	1/3 cup	2 Tbs	2 oz	4 oz	6 oz	8 oz
Dough enhancer (Opt)	3/4 Tbs	1 1/2 Tbs	1/2 Tbs	1 Tbs	2 Tbs	3 1/2 Tbs	4 1/2 Tbs
Salt	2 tsp	4 tsp	1 1/4 tsp	2 1/2 tsp	1 2/3 Tbs	2 1/2 Tbs	3 1/2 Tbs
Flour	1 lb 1oz	2 lb 2 oz	12 3/4 oz	25 1/2 oz	51 oz	76 1/2 oz	102 oz
Flour - 5oz tapped	3 1/2 c	7 c	2 1/2 c	5 c	10 c	15 1/3 c	20 1/2 c

Directions for Kitchenaid:

- 1) Add yeast to 10 to 15 oz. very warm tap water (depends on recipe size) with 2 Tbs of flour & small bit of honey; whisk & cover for 10 minutes.
- 2) After yeast is activated, add the rest of the warm water to mixer bowl. Put in other ingredients & 1/2-2/3 the flour amount except for salt.
- 3) Allow mixture to sponge (sit) for 10-15 minutes.
- 4) Add remaining flour and salt until sides of bowl start to clean well.
- 5) Knead time depends on recipe size; for 2 2 lb loaves, after dough forms a ball, knead for 5-7 minutes in Kitchenaid.
- 6) (Opt) Allow 1 or 2 bowl rises before going to the pan for the final rise. 25-45 min per rise.
- 7) Knead out bubbles, form loaf, and place in pan. Use warm draft free location.
- 8) Final rise in a warm place for 20-30 minutes. Be careful not to over rise. Preheat oven to 350 degrees.
- 9) Bake for 25 to 30 minutes. Loaves are done when brown and "hollow" when tapped.
- 10) Place on cooling racks for 1.5-3 hours and slice or eat. Freeze any not to be used within 2 days.

Tips:

- A) 1cup fresh ground hard wheat is almost 4 oz unless tapped 6-9 times and refilled once or twice then will be 5 oz; a cup of store flour is usually
- B) For best nutrients & flavor, grind same day as making bread or freeze flour--breakdown occurs within 1-3 days. Be careful with cold flour, it a
- C) If grind same day, flour will be hot; use the procedure above with lukewarm water to moderate the high temperature of the flour.
- D) If using frozen flour, let it warm overnight or for a few hours on the counter. Use warmer water so that the dough is 75-90 degrees after mixin
- E) If the dough is too hot from water or fresh ground flour, it will rise less evenly because the room temperature is too cool & the crust will be dei
- F) Rising in enclosed, moist place is preferred.
- G) Active Dry Yeast must be activated in 115 deg water for at least 5-10 min.
- H) Olive oil may be regular, virgin, or extra virgin depending on flavor tastes.
- I) Kitchen Resource dough enhancer adds good flavor, texture, & rise.
- J) Ground flaxseed gives add'l fiber & good omega 3 fatty acids. Only 1/2T-1oz per loaf will have an effect. Reduce flour by amount of flax or a
- K) Flaxseed should be ground fresh--use a \$10 coffee grinder.