

WHOLE WHEAT BREAD

4 c. water
2 c. skim milk
1 c. canola oil
3/4 c. honey

1 1/2 T. salt
4 1/2 T. instant active yeast
6 c. whole wheat flour
6-8 c. white flour

Pour water, milk, oil, and honey in a medium sized saucepan. Place on medium heat until the temperature of the liquids inside the saucepan reaches 120-130 degrees F—usually 10 minutes. While liquids are heating up, add salt, yeast, and 6 cups of whole wheat flour in an extra large mixing bowl. Mix well. Add liquids when they are the right temperature and beat with an electric mixer for 2 minutes on low speed. Then add 1 1/2 cup white flour. Beat another 2 minutes on medium speed. Using a wooden spoon, add only enough of the remaining white flour to make dough soft and pliable (like bubble gum.)

Knead dough on a floured surface for 10 minutes—adding white flour as needed to keep the dough from sticking to your hands and to the surface. When finished, place dough back into the extra large mixing bowl. Cover with a towel and place in a warm location that is free from cold drafts of air. Let dough rise until it is double in size—usually 45-60 minutes.

Punch down raised dough. Place onto an oiled surface. Divide dough into 6 portions. Oil your hands and knead each portion to remove air bubbles. Then shape into a round ball and place in a greased bread pan. Cover pans with a towel and place in a warm location that is free from cold drafts of air. Let loaves rise until they are double in size—usually 45-60 minutes. Preheat oven to 350 degrees.

Bake in oven for 25 minutes. Cool bread for at least 10 minutes before removing loaves from bread pan. Place loaves on a dish towel or paper towel to cool. EAT! Makes 6 loaves.

SOURCE: adapted from recipe from Gail Smith

CHEESE BREAD

7-8 c. all-purpose flour

1/3 c. sugar

1 T. salt

2 pkg. dry active yeast

2 c. water

2/3 c. milk

3 c. shredded sharp cheddar cheese

In a large bowl thoroughly mix 2 1/2 cups flour, sugar, salt, and undissolved yeast. Combine water and milk in a saucepan. Heat over low heat until liquids are very warm (120-130 degrees F.). Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add cheese and 1/2 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down; turn out onto board. Cover; let rest 15 minutes. Divide dough in half. Roll each half to a 14 x 19-inch rectangle. Shape into loaves. Place in 2 greased 9 x 5 x 3-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk about 1 hour. Bake on lowest rack position at 375 degrees about 40 minutes or until done. Remove from pans and cool on wire racks. Brush tops with melted butter.

NOTE: I only cook my bread at 350 degrees for 25 minutes. When cook it longer it BURNS!