

WHOLE WHEAT BREAD

5 1/2 c. water

2/3 c. honey

1 c. canola oil

2/3 c. honey

2 T. salt

4 1/2 T. instant active yeast

12 c. whole wheat 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 Bosch bread mixer. Mix well. Add liquids when they are the right temperature and mix for 2 minutes on low speed. Then add two more cups of flour and mix for 2 more minutes on medium. Add remaining flour a little at a time as you mix for 4 more minutes or until the dough is soft and pliable (like bubble gum.)

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 25-30 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: Gail Smith (Instructions adapted for Bosch bread mixer)