

Quick, Easy, No Fail Recipe for Honey Wheat Bread



Ingredients

1c + 4 tbsp Filtered Warm Water (85° - 115°F)
¾ tsp/1 Package Active Dry Yeast
3 tbsp Honey (best is locally sourced)
1½ c Whole Wheat Flour
1 tsp Baking Powder
1½ tsp Salt
2 tbsp Shortening / vegetable oil / olive oil
¼ tsp Sugar
1½ - 2 c All Purpose Flour (unbleached is best)

Kitchen Tools

Measuring cups	Measuring spoons
Large mixing bowl	Small oven safe bowl
Hands / Rollingpin	Bread pan
Cook thermometer	Saran wrap
Wire cooling rack	Bread knife
Gallon zipper bag	Baking sheet pan
Large Pastry Mat	Basting Brush
Fork / Stand Mixer w/hook / Bread Machine	

Directions

In a large bowl or your bread machine, dissolve the yeast and sugar in ½ c of luke-warm filtered water no hotter than 110°F. Let sit for 5 minutes or until the yeast mixture is frothy.

In a gallon Ziploc bag, add the whole wheat flour, all purpose flour and salt. With air in the bag zip it closed. Shake to mix together the ingredients until well combined.

Add remaining warm water, honey, and oil or shortening to the yeast mixture. If using a stand mixer or mixing by hand, add the flour and salt mixture 1 c at a time to the yeast mixture, mixing on medium speed until dough starts forming a ball. Still mixing on medium speed, add ¼ c of the flour mixture at time until the dough is only slightly sticky. If using a bread machine, add the flour mixture and start the bread machine.

Turn onto lightly floured surface and knead until smooth and elastic, no more than 15 minutes. If using a bread machine, leave the

dough in the machine and it will do this part for you. Remove dough to remove the mixing attachment when the bread machine has stopped. Oil, grease, or butter the bread machine or large mixing bowl. Place dough back in the bread machine or mixing bowl. Bread machine users are finished now.

Cover with saran wrap, making sure to have extra wrap to allow the dough room to rise. Press the saran wrap against the sides of the bowl to prevent air from going in and drying out the dough. Let rise in warm, draft free area until doubled in size; 40 -60 mins.

Punch down the dough and turn onto lightly floured large surface Flatten with hands or a rolling pin into a 18x9 inch rectangle.

Fold into thirds, bringing the 9 inch side over ⅓ of the rectangle. Then bring the other 9 inch side on top of the first, overlapping one end with another.

Beginning at the top / open end, roll dough

tightly towards you. Pinch the edge of the dough into the roll to seal well. With seam underneath roll, press the ends of the roll to the table with the sides of your hands to pinch the ends together. Then fold the ends under the loaf; same side as seam on the dough roll.

Grease / butter a loaf pan and place the loaf seam side down in the pan. Optionally you can brush the loaf with butter or olive oil, and sprinkle with whole wheat flour, crushed, or rolled oats. Cover as before with the syran wrap making sure there's plenty of room for the loaf to rise while not letting any air in to dry it out. Let rise until double; about 35 to 50 minutes.

Heat oven to 375°F. Once the oven has reached temperature place an baking sheet or bowl with an inch of water on the lowest shelf. Place loaves low enough in the oven so that the top of the pan is in the center of the oven. At 20 minutes into baking remove the baking sheet of water / bowl of water, and continue to bake. Bake until loaves are a deep golden brown (40-45 minutes in all).

Remove from the pan and cool on a wire cooling rack. Once cool, slice with a bread knife and store in an airtight container.

This recipe makes 1 loaf with 24 slices of sandwich bread.