

## **Basic Whole Wheat Bread**

Makes 3, 2-lb loaves or 2, 12-in loaves

6 c. warm liquid- water, milk, potato water, etc. (no warmer than 115 degrees)

2 Tbs. yeast

½ c. oil

½ c. raw sugar, honey or molasses (I use honey ☺)

2 Tbs. salt

11-12 c. unsifted whole wheat flour (I used 14 c. fresh, ground wheat flour since it has a lot more air in it)

I separated this recipe into 2 bowls and used my Kitchen Aide to process. It can only handle around 9 c. or so before the motor heats up too much so that's why I did this. Dissolve yeast in warm water. Add remaining liquid ingredients and mix well. Let liquid mixture rest for 10-15 minutes. Add salt and flour slowly to mixture and knead with dough hook until dough just starts pulling away from bowl (it will be slightly sticky). Stop mixer and grease hands with shortening. Shape dough into a ball and place in greased bowl. Cover loosely with plastic wrap and let rise for 1 ½ hours in a warm place or until double in bulk. (I put ours under the fume hood light on the stove).

Punch down dough and separate into number of balls to match your loaf pans. Roll out each ball out on a floured surface into a rectangle the length of your loaf pan. Pull in a third of the dough into the middle of the rectangle from the top and bottom. Pinch down seam of each third pulled in with your finger tips to remove any air bubbles. Tuck in edges under the loaf and pinch down to remove air bubbles. You now have a "loaf." Repeat process for other loaves and place each one in greased loaf pans and rise for another 1 ½ hrs or until double in bulk. Bake loaves at 350°F for 1 hr and 5 min (Time used for 12-in loaves. May need to increase or decrease based on your loaf pan size) or until the internal temperature of the loaf is 200°F. Bread is great with butter and homemade peach jam! ☺

*"Wheat for Man Cookbook, p. 54-55"*

Manual Wheat Grinder (best on market!)

Country Grain Living Mill

[www.survivalunlimited.com/grainmills.htm](http://www.survivalunlimited.com/grainmills.htm)

Electric Wheat Grinder

K-Tec Wheat Grinder

[www.harvestessentials.com/kteckitmil.html](http://www.harvestessentials.com/kteckitmil.html)

Wheat Grinder Comparisons

[www.waltonfeed.com/blog/show/article\\_id/154](http://www.waltonfeed.com/blog/show/article_id/154)

12-in loaf pans

[www.amazon.com/Kaiser-Bakeware-Tinplate-12-InchLoaf/dp/B0009IK170/ref=sr\\_1\\_2?ie=UTF8&s=home-garden&qid=1236434683&sr=8-2](http://www.amazon.com/Kaiser-Bakeware-Tinplate-12-InchLoaf/dp/B0009IK170/ref=sr_1_2?ie=UTF8&s=home-garden&qid=1236434683&sr=8-2)