

Homemade Wheat Bread

A slightly sweet, healthy half-whole-wheat bread – our #1 favorite wheat bread recipe! *(Scroll down for instructions on making this a 100% whole wheat loaf!)* Yield:

1 loaf Ingredients:

1 cup warm water (110-115 degrees F)

1 tablespoon milk

2 tablespoons oil

2 tablespoons honey

2 tablespoons brown sugar

1 teaspoon salt

1 1/2 cups all-purpose flour (see additional notes for a 100% whole wheat version)

1 1/2 cups whole wheat flour

2 teaspoons instant active dry yeast (active dry yeast will work also;

Instructions:

1. *Combine first 6 ingredients in a large mixing bowl; stir.
2. Add flours and yeast, and knead until dough is smooth and elastic, about 10-15 minutes. Place dough in a greased bowl, turning once to grease top. Cover with a clean towel and let rise until doubled, about 40 minutes.
3. Punch dough down; knead for a few minutes until smooth and then form into a loaf. Place in greased loaf pan and cover. Let rise in a warm place until almost doubled in size, about 30 minutes.
4. Bake at 350 degrees for 30-35 minutes. If loaf starts browning too soon, lightly lay a piece of foil on top of the loaf to prevent too much darkening.
5. Remove bread from oven and allow to rest in pan for a few

minutes. Remove to a wire rack and cover with a cloth. Slice and enjoy while still warm! Leftover bread can be stored in an airtight bag or frozen until needed.



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This recipe is from Tammy's Recipes.

This recipe also makes very delicious 100% whole wheat bread. The bread in this picture was made with Prairie Gold hard white wheat. Follow the recipe as written above, adding **these dough conditioning ingredients to this recipe for better texture and softness:**

- 3 tablespoons vital wheat gluten (replace 3 tablespoons of the flour called for in the recipe with this)
- 1/2 teaspoon soy lecithin (we use granules of lecithin, and add it to the water at the beginning)
- a pinch of citric acid (use sparingly!!)
- a sprinkling of ginger

You could also purchase pre-mixed dough conditioners, which contain some of these ingredients but are more costly. We found our citric acid, soy lecithin, and wheat gluten at a bulk foods store. A little goes a long way!