



Basic Whole Grain Bread

– Makes 5 loaves

Ingredients:

6 cups warm water
2/3 cup canola oil
2/3 cup honey (or 2/3 cup sugar)
3 Tbsp. instant yeast
3 Tbsp. dough enhancer
2 Tbsp. salt
10 - 12 cups Hard Red Wheat flour
2 cups white flour

Procedure:

Use your bread mill to grind 6-8 cups of wheat. (*Hard white wheat works well for this recipe too*). This will yield 10-12 cups of flour.

Using a heavy-duty mixer with a paddle attachment, mix water, oil, honey, yeast, salt, dough enhancer, and white flour on low speed. Add Hard Red Wheat flour until dough cleans the sides of the bowl and comes up from the bottom. Do not add more flour at this point. The dough should be very sticky.

Knead on speed 1 for 8 minutes or until the gluten has been developed. Slightly oil hands and counter and turn dough out onto counter. Divide dough into loaves. Shape loaves (about 5) and place in well-greased or sprayed pans. Cover and let rise until doubled.

Bake at 350°F for 30-35 minutes or until inside temperature is 180°F (use Instant Read Thermometer).

For best results allow your wheat bread to cool for about 45 minutes before cutting.

