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## Whole Grain Marquis Wheat Bread

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### Ingredients

- 4 cups freshly ground whole grain Marquis wheat flour
- 1 ½ cups warm water
- 2 tablespoons honey or sugar
- 1 packet active dry yeast ( 2 ¼ tsps.)
- 1 ½ teaspoons salt
- 2 tablespoons olive oil (or melted butter)

### Method

In a large bowl, dissolve the honey (or sugar) in warm water. Sprinkle the yeast over the water and let it sit for about 5 minutes until foamy.

Add the flour and salt to the yeast mixture and stir until the dough comes together.

Knead the dough on a floured surface for about 8-10 minutes, until it's smooth and elastic.

Place the dough in a lightly oiled bowl, cover it with a damp towel, and let it rise for about 1 hour or until it doubles in size.

Punch down the dough, then shape it into a loaf and place it in a greased loaf pan.

Cover again and let it rise for 30 minutes.

Preheat the oven to 375°F (190°C). Bake the loaf for 30-35 minutes or until the top is golden and the loaf sounds hollow when tapped.

Let it cool before slicing.

### Notes

Letting the dough rest for a maximum of one hour is best so as not to overproof the dough. .

