

Whole Wheat Bread

5 C hot water (or organic milk)

2/3 C oil

2/3 C raw honey

3 T yeast

10 C organic whole wheat flour (can replace some with unbleached w.w. flour)

2 C gluten flour

1 T salt

Preheat oven to 250°. Pour hot water or milk into a large bowl. Add honey & oil. Mix. When lukewarm add yeast & let it “sponge.” (or you can wait until half the flour is mixed in before letting the “sponge” rise (10-15 minutes).

Add 6 cups flour & beat at least 200 times. Add salt now. Add 4-5 cups of flour then more in small amounts along the sides of bowl until it cleans the sides. Divide into 4 sections and knead each section for 5 minutes (use the jelly roll method to form into loaves). Oil bread pans. As loaf is put into bread pan turn once so oiled side is up, and seam is down. Slice three ½ inch slits across the top of the loaf. Turn oven OFF. Put pans of dough into oven. Let rise for approximately 30 minutes. Turn oven back on to 350°. Bake 25-30 minutes. Thump the top of the loaf and listen for a hollow sound and look for browned sides and bottom of loaf. Butter the tops of loaves when you remove from the oven to keep bread softened.

Raisin bread variation: When kneading the bread using jellyroll method, when loaf is flattened out, sprinkle generously with cinnamon/sugar mixture and organic raisins. Then roll bread loaf like a jelly roll and bake as stated above.