

Jim's 100% Whole Wheat Bread

Mixed in the BOSCH

Start by softening the yeast:

½ cup warm water

1 Tablespoon dry yeast

½ teaspoon sugar

Put the water in a pint bottle and add the dry yeast and sugar. Stir. Let stand while preparing the other ingredients.

Fresh ground wheat flour is used in the recipe. **Grind 8 cups of hard red wheat.**

In the mixing bowl put:

6 Tablespoons oil

1 Tablespoon salt

2 Tablespoons honey

Prepare the milk and water:

One can evaporated milk mixed with enough **water** in a pan to make **4 ½ cups liquid**.

Heat the liquid to about 120 degrees. (Just hot enough you don't want your finger in it.)

Add the liquid to the mixing bowl.

Add :

6 cups whole wheat flour

¾ cup Vital Wheat Gluten

Stir for 2 minutes, speed 2

Add the softened yeast

Stir for 2 minutes speed 2

Add:

4 ½ - 5 cups whole wheat flour, more or less. Add until the bowl comes clean.

Stir until the flour is mixed in, speed 2

Turn off the mixer and let it rest for 2 minutes

Knead the dough for 5 minutes, speed 2

Put ½ teaspoon of oil in the bowl you will let the dough rise in, and spread it around the bottom and sides. Place the dough in the bowl. Now turn it over. This will oil the surface to prevent drying. Cover the bowl and let the dough rise until double in bulk. (50 minutes to an hour). Punch the dough down and let rise 30 minutes. Punch the dough down and let rise 20 minutes.

Prepare 4 loaf pans. Use loaf pans that are 3.5 X 7.5 inches on the bottom and 2.5 inches deep. Oil the pans.

Now divide the dough into 4 equal parts and form each part into loaves. Put the loaves in the pan smooth side down then turn it over. This leaves a film of oil on the loaf so it doesn't dry out too much while rising. Cover the loaves with a cloth or paper towel and let rise. Set your timer for 20 minutes to remind you to preheat the oven. Preheat the oven to 450 degrees. When the dough is one inch higher than the pan put it in the oven. (If you use a gauge, make the legs 3 ½ inches tall.) Bake the bread 10 minutes at 450 degrees, reduce heat to 400 and bake another 15 minutes. When the bread is done, turn the loaves out on a rack to cool.