

Jim's 100% Whole Wheat Bread (hand kneaded)

Makes 4 loaves.

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 ingredients. Let stand while preparing the other ingredients.

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

In a large 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 ¼ 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

2/3 cup Vital Wheat Gluten

Stir for 2 minutes

Add:

the softened yeast

Stir for 2 minutes

Add:

5 cups whole wheat flour

Stir until the flour is mostly mixed in. Prepare your kneading board or canvas.

You will use approximately ½ cup more flour. Put part of it on the canvas. Now turn the dough out on the canvas.

Knead the dough until the dry flour is all mixed in. Let the dough rest while you wash the mixing bowl. Put ½ teaspoon of oil in the bowl and spread it around the bottom and sides.

Knead the dough more. It takes about 15 minutes total kneading time. Place the dough in the bowl smooth side down. This will oil the surface. Now turn it over, 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 400 degrees. When the dough is one inch higher than the pan put it in the oven. Bake the bread 25 minutes at 400 degrees.

When the bread is done, turn the loaves out on a rack to cool.

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