

100% WHOLE WHEAT BREAD

[THREE LOAVES]

A lovely brown-flecked and plump loaf, this 100% whole wheat bread rises well above the pan level to demonstrate that this grain has almost the same gluten power as white flour. It is sweetened with honey. There is a quarter of a stick of butter in each loaf, and melted butter is brushed on the hot crust to give it a subdued glaze.

INGREDIENTS

9 to 10 cups whole wheat flour, approximately
4 teaspoons salt
2 packages dry yeast
1½ cups milk } or 3 cups hot tap water, 1 cup non-fat
1½ cups water } dry milk
½ cup honey
6 tablespoons (¾ stick) butter or margarine

BAKING PANS

Three medium (8½ x 4½) loaf pans, greased or Teflon, glass or metal. If glass, reduce oven heat 25°.

PREPARATION

15 mins.

In a large mixing bowl, thoroughly blend 3 cups of whole wheat flour, salt and yeast.

In a saucepan, over low heat, combine milk, water, honey and butter or margarine. When the liquid is warm, gradually add to dry ingredients in the bowl, and beat at medium speed in electric mixer for 2 minutes, scraping bowl once or twice. Add 1 cup of flour, or enough to make a thick batter. Beat at high speed 3 minutes. Stop the mixer and add additional flour, stirring with a spoon, and then by hand, until a soft mass is formed.

RESTING

10 mins.

Turn the soft dough onto a lightly floured work surface, cover with the inverted bowl and let rest.

KNEADING

8 mins.

Knead the dough until it is smooth and elastic, adding ¼ cup or more additional flour if the dough is moist or slack. Knead for about 8 minutes (5 minutes if using a dough hook).

FIRST RISING

50 mins.

Drop the dough into a greased bowl, cover the top tightly with plastic wrap and move to a warm (80°-85°), draft-free place until the dough has doubled in bulk.

SHAPING
10 mins.

Turn back the plastic wrap, punch down the dough and turn it out on the work surface. Divide into thirds and shape each into a loaf. This can be done by simply flattening each piece into an oval, folding in half, pinching tight the seam and placing with seam down in the baking pan.

SECOND RISING
50 mins.

Cover the pans with wax paper and let the loaves rise in the warm place until they have doubled in bulk and the centers have risen about 1 inch above the level of the edge of the pans.

BAKING
375°
40 mins.

Preheat oven to 375°. Place the pans in the oven. When the loaves are a deep brown and tapping the bottom crust yields a hard and hollow sound, they are done. If it has a dull thud, it is underdone, so return to the oven without the pan for an additional 10 minutes.

FINAL STEP

Remove bread from the oven, turn from the pans and place on a wire rack to cool. Brush with butter.