

Classic 100% Whole Wheat Bread

PREP 12 mins

BAKE 35 to 40 mins

TOTAL 3 hrs 17 mins

YIELD 1 loaf

Ingredients

- 1 to 1 1/8 cups (227g to 255g) lukewarm water*
- 1/4 cup (50g) vegetable oil
- 1/4 cup (85g) honey, molasses, or maple syrup
- 3 1/2 cups (397g) King Arthur Premium 100% Whole Wheat Flour, White Whole Wheat Flour, or Organic White Whole Wheat Flour
- 2 1/2 teaspoons instant yeast, or 1 packet active dry yeast dissolved in 2 tablespoons of the water in the recipe
- 1/4 cup (35g) Baker's Special Dry Milk or nonfat dried milk
- 1 1/4 teaspoons salt

*Use the greater amount in winter or in a dry climate; the lesser amount in summer or a humid climate.

Instructions

- ① In a large bowl, combine all of the ingredients and stir until the dough starts to leave the sides of the bowl. For easiest, most effective kneading, let the dough rest for 20 to 30 minutes in the bowl; this gives the flour a chance to absorb some of the liquid, and the bran to soften. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 6 to 8 minutes, or until it begins to become smooth and supple. (You may also knead this dough in an electric mixer or food processor, or in a bread machine programmed for "dough" or "manual.") Note: This dough should be soft, yet still firm enough to knead. Adjust its consistency with additional water or flour, if necessary.
- ② Transfer the dough to a lightly greased bowl or large measuring cup, cover it, and allow the dough to rise till puffy though not necessarily doubled in bulk, about 1 to 2 hours, depending on the warmth of your kitchen.
- ③ Transfer the dough to a lightly oiled work surface, and shape it into an 8" log. Place the log in a lightly greased 8 1/2" x 4 1/2" loaf pan, cover the pan loosely with lightly greased plastic wrap, and allow the bread to rise for about 1 to 2 hours, or till the center has crowned about 1" above the rim of the pan. Towards the end of the rising time, preheat the oven to 350°F.
- ④ Bake the bread for 35 to 40 minutes, tenting it lightly with aluminum foil after 20 minutes to prevent over-browning. The finished loaf will register 190°F on an instant-read thermometer inserted into the center.
- ⑤ Remove the bread from the oven, and turn it out of the pan onto a rack to cool. If desired, rub the crust with a stick of butter; this will yield a soft, flavorful crust. Cool completely before slicing. Store the bread in a plastic bag at room temperature.

We're here to help. King Arthur Flour Baker's Hotline: (855) 371 2253