

This one of those recipes that took years to develop. I lost count of how many loaves of bread I made that just didn't quite work out. Each time I made this I would slightly change the recipe until one day I finally got that exact rise and texture that I wanted.

This bread is great sliced thick and toasted for breakfast. I prefer to put honey or peanut butter on mine. The girls prefer a lot of butter.

Ingredients

- 2 cups warm water (100 to 110 °F)
- 3 tablespoons molasses
- 1 packet active dry yeast ($\frac{1}{4}$ ounce or 1 tablespoon)
- 3 cups all-purpose flour, divided
- $2\frac{1}{2}$ cups whole wheat flour
- 1 cup uncooked regular oats
- 2 tablespoons vital wheat gluten
- 1 tablespoon salt
- $\frac{1}{4}$ cup honey
- 3 tablespoons olive oil
- 6 tablespoons all-purpose flour (four dusting)
- vegetable shortening

Directions

Combine first three ingredients in a 2-cup glass measuring cup; let yeast mixture stand for five minutes.

Combine 2 cups all-purpose flour, whole wheat flour, oats, wheat gluten, and salt in a large bowl.

Beat yeast mixture, 1 cup all-purpose flour, honey, and olive oil at medium speed with a heavy-duty electric stand mixer

until well blended. Gradually add whole wheat flour mixture, one cup at a time, beating at a low speed until a soft dough forms.

Switch to your bread hook and continue kneading the dough on a low (I use setting 2) speed for 8 minutes until the dough is smooth and elastic. Place the dough into a large bowl that's been lightly oiled or sprayed with a vegetable cooking spray.

Cover bowl of dough with plastic wrap, and let rise in a warm place (85 °F), free from drafts, for at least one hour or until doubled in size.

Punch down dough and divide in half. Roll each portion into a 13x8-inch rectangle on a lightly floured surface. Roll up each dough rectangle, starting at the short side, jelly-roll fashion; pinch ends to seal. Place loaves, seam sides down, into 2 ($8\frac{1}{2}\times 4\frac{1}{2}$ -inch) loaf pans greased with the vegetable shortening.

Cover loosely with plastic wrap and let rise in a warm place (85 °F), for another 45 to 60 minutes, or until almost doubled in size. Remove and discard the plastic wrap.

Bake at 350 °F for 30 to 35 minutes or until loaves sound hollow when tapped on the bottom. Cool in pans on wire racks for 10 minutes. Remove loaves from pans and cool on the wire racks.

Note: If you don't have a heavy-duty stand mixer you may mix or beat the dough by hand with a wooden spoon. You will also want to turn the dough out onto a floured surface and knead by hand for 9 minutes. Keep the work surface lightly floured as the dough will be quite sticky.