**WHOLE WHEAT BREAD**

**INGREDIENTS:**

2 pkgs active dry yeast

1 cup warm water (110-115)

1 cup warm milk (110-115)

1/3 cup honey

2 eggs

5 ¼ - 5 ½ cups all whole wheat flour divided

2 tsp salt

¼ cup shortening

**Directions:**

1. Preheat oven to 400
2. In a mixing bowl, dissolve yeast in warm water. To the dissolved yeast, add the warm milk, honey, eggs and 3 cups flour.
3. Using an electric mixer, beat 3 minutes on medium speed. Cover and allow sponge to rest for 30 minutes.
4. Stir in salt and enough of the remaining flour to form a soft dough. To avoid adding extra flour in the kneading process, gradually knead in shortening by hand. If using dough hooks add shortening, knead dough by hand or with hooks for 12 – 13 minutes or until smooth and elastic.
5. Place dough in lightly oiled bowl, turn the dough to coat the top. Cover and place in an 80 degrees environment until the dough has risen and doubled in size. Punch down. Cover and let rise again until doubled. Punch down, remove from bowl and divide the dough in half. cover and let rise for 10 minutes.
6. Roll each half into a 14x7 inch rectangle. Starting at the shorter side, roll up tightly, pressing dough into roll. Pinch edges and ends to seal.
7. Place in a greased 9x5 inch loaf pan. Cover with damp cloth. Let rise in an 80 degrees environment until doubled in size and indentation remains after touching.
8. Bake for 10 minutes at 400. Lower oven temperature to 375 and continue to bake for 25 to 30 minutes.
9. Remove from pans and cool.

**NOTE:** To scald milk, heat milk until tiny bubbles form around the edge and the milk reaches about 180 degrees.