



Whole Wheat Bread

By: Tracy Oldfather

adapted from: thegrainpantry.com BOSCH recipe

"Give us this day our daily bread." There must be a reason we are to have bread in our diet everyday; bread made from freshly milled 100% whole wheat. Let's live healthy!



Makes: 3 – 1 lb 5 oz bread loaves (9"x 5" pan) or
a combination: 1 loaf, dinner rolls & cinnamon rolls

Ingredient:

(3 Loaf Recipe) *(May be doubled in Bosch mixer)*

3 cups **Warm Water**
1/3 cup **Olive Oil** or Coconut Oil
1/3 cup **Sucanat**, raw sugar or honey
1 Tablespoon **Real Salt Sea Salt**
2 Tablespoon **Lecithin** (optional)
1 Tablespoons **Gluten** (optional)
1/2 cup freshly ground **Flax Seed** (optional)
2 Tablespoon **Instant Yeast**
7 - 9 cups **Fresh Milled Whole Wheat Flour**,
divided

Freshly milled **Bean Flour*** (optional)

(For Stand Mixers: i.e. KitchenAid, etc.)

(2 Loaf Recipe)

2 cups **Warm Water**
1/4 cup **Olive Oil** or Coconut Oil
1/4 cup **Sucanat**, raw honey or raw sugar
2 1/2 teaspoons **Real Salt Sea Salt**
1 Tablespoon **Lecithin** (optional)
2 teaspoons **Gluten** (optional)
1/4 cup freshly ground **Flax Seed** (optional)
1 Tablepoon **Instant Yeast**
5 – 6-1/2 cups **Fresh Milled Whole Wheat Flour**, divided

Instruction:

- 1) In your large mixer bowl *(I use the BOSCH Universal Plus mixer)* with the dough hook in place, add: **water, oil, sweetener, salt, lecithin, gluten, ground flax seed and half of the flour**; sprinkle the yeast on top of the flour. Turn to speed 1 or 2 (medium speed) and mix until smooth, about 30 seconds.
- 2) Cover bowl and allow to rest for about 10 minutes.
- 3) After resting, **start adding the remaining flour, 1/2 cup at a time, until the dough cleans the sides of the bowl, then stop adding flour.** *(Even if the dough pools to the bottom of the bowl, do not add more flour.)* Dough will be soft and slightly sticky. Adding too much flour will result in heavy dough.
- 4) As soon as it pulls away from the sides of the bowl, **start timer and knead until gluten is fully developed, about 6-8 minutes.** *(Hand-kneading may take about 10 minutes.)*

Healthy Home Principles

- 5) Well grease your hands and work surface (olive oil will do). Remove dough from bowl and divide into equal portions* and shape into loaves.
- 6) Place dough into greased pans, cover with plastic wrap or a light-weight damp towel, place pans on a cooling type rack* and let rise in a warm space until doubled in size. *See tips below *(If you have dough left over you can make dinner rolls or hoagie buns.)*
- 7) Bake at 350° for 30-40 minutes or until internal temperature reaches 190°-200°. Remove pans from oven, let rest on cooling rack 5 min. Remove loaf from pan and continue to cool on cooling rack.

Pan size = Dough by weight:

8 x 4 pan = 1 pound dough

8-1/2 x 4-1/2 pan = 1 lb 4 oz dough

9 x 5 pan = 1 lb 5 oz dough

Tips:

- **Fresh milled whole wheat flour:** I mix half & half Hard White and Hard Red wheat berries when I mill. Also, I add whole dried navy, northern or baby lima beans in with my grain when I mill for added protein and nutrition. Mill about 1 Tablespoon dried beans per every cup of grain.
- **Oil:** My oil of choice for bread making is extra virgin olive oil. You may use coconut oil or melted butter as well. I do not recommend refined vegetable, corn or soybean oil.
- **Dried beans:** For added protein & nutrients, add dried beans in with your grain when milling. I like to use navy or baby Lima beans. Simply add about 1 to 2 tablespoons of dried beans per every cup of grain. Have no fear, once you bake the bread you won't taste the beans, just extra goodness.
- **Oily hands & work surface:** I use olive oil on my hands & work surface when shaping. Do not use flour; the extra flour adds more dry ingredients which can make your bread dense & heavy.
- **Weighing your dough:** When baking multiple loaves at the same time, all loaves should weigh about the same for even cooking and dough to pan ratio. Use a kitchen scale.
- **Rising the dough:** When rising the dough place pans on a cooling rack so there is good air circulation all around pan or place pans in an unheated oven – door closed, light on. Do not rest pans directly on stone, etc. type surfaces – they are naturally too cool and the top of your dough may rise before the lower half.
- **To store:** Cool completely, then wrap in plastic wrap. Wrap securely and store in freezer if it will not be consumed within a few days. It is best not to store fresh bread in refrigerator; it tends to make the bread go stale faster.
- **To Freeze:** Securely wrapped loaves may be stored in the freezer. To thaw: Leave wrapped and place on a cooling rack.
- **More info & explanation** go to: [Tips for Making Bread](http://www.HealthyHomePrinciples.com/Tips-for-Making-Bread) & the [Ingredients](http://www.HealthyHomePrinciples.com/Ingredients) pages on my website: www.HealthyHomePrinciples.com

This dough is great for:

Dinner Rolls

Pizza Dough

Hoagie Rolls

[Cinnamon Rolls](#)