



Whole Wheat Bread

By: Tracy Oldfather

adapted from: thegrainpantry.com BOSCH recipe

Makes: 6 – 1 lb bread loaves (8"x4" pan)

Ingredient:

- 6 cups **Warm Water**
- 2/3 cup **Coconut Oil** or EVOO
- 2/3 cup **Honey** or raw sugar
- 2 Tablespoons **Real Salt Sea Salt**
- 3 Tablespoons **Lecithin** (optional)
- 2 Tablespoons **Gluten** (optional)
- 1 cup freshly ground **Flax Seed** (optional)
- 2 Tablespoons **Instant Yeast**
- 14-18 cups **Whole Wheat Flour**, divided
(I use freshly milled hard white wheat)



“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!

(3 Loaf - Half Original Recipe)

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

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

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

Instruction:

In your large mixer bowl (*I use the BOSCH Universal Plus mixer*) with the dough hook in place, add: water, oil, Sucanat, 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. Cover bowl and allow to rest for about 10 minutes.

Now, 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. Start timer and knead until gluten is fully developed, about 6-8 minutes. (*Hand-kneading may take about 10 minutes.*)

Healthy Home Principles

Well grease your hands and work surface (olive oil will do). Remove dough from bowl and divide into equal portions* and shape into loaves. 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.)*

Bake at 350° for 30-40 minutes or until internal temperature reaches 190°-200°. Remove 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 10 oz dough

9 x 5 pan = 1 lb 12 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 expeller-pressed coconut oil or melted butter as well.
- **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 granite, 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](#) & the [Ingredients](#) pages on my website: www.HealthyHomePrinciples.com

This dough is great for:

Dinner Rolls

Hoagie Rolls

[Cinnamon Rolls](#)

Pizza Rolls