

WHOLE WHEAT BREAD

Matrix Code CB303 for StartOver.xyz (revised 8 December 2018 by Clinton Callahan)

Makes 3 loaves, bake for 25-30 min at 175°C (350°F)

INGREDIENTS:

Step 1: (let set for 30 min)

700ml (3 cups) warm water

2 packets x 14 grams (2 x 0.25 oz.) yeast

75 ml (1/3 cup) organic bio local honey

650 grams (5 cups) bread flour (wheat or dinkel)

Step 2:

3 Tablespoons melted butter

75ml (1/3 cup) organic bio local honey

1 Tablespoon salt

260 grams (2 cups) whole grain wheat or dinkel flour

Plus knead in 260-520 grams (2-4 cups) more whole grain wheat or dinkel flour.

INSTRUCTIONS:

1. In a large bowl, mix warm water (45°C / 110°F), yeast, and 75ml honey. Add 650 grams white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly.
2. Mix in 3 tablespoons melted butter, another 75ml honey, and 1 Tablespoon salt. Stir in 260 grams whole wheat or dinkel flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 260-520 grams of whole wheat flour. Place in a buttered bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled.
3. Punch down, and divide into 3 loaves. Place in greased 22x13 cm (9x5 inch) bread loaf pans, and allow to rise until dough has topped the pans by 2 cm.
4. Bake at 175°C (350°F) for 25 to 30 minutes; do not overbake. Lightly brush the tops of loaves with 2 tablespoons melted butter when done to prevent crust from getting hard. Cool completely.



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