

Perfect Whole Wheat Bread

By LeArta Moulton – Used with permission
Makes 5 large or 6 medium loaves

Five factors that can help make this bread recipe perfect:

1. The unique and original recipe itself.
2. Having observed a breadmaking class and knowing what the dough should look and feel like.
3. Not including too much or too little flour.
4. Using a high-gluten (protein) content wheat flour. Ask for Baker's Blend flour or wheat.
5. An electric mixer designed for kneading bread.

5½ cups water
½ cup cooking oil
½ cup lecithin oil (from the soy bean, available at health food stores)
½ cup honey or molasses
1 Tablespoon salt
15-16 cups whole wheat flour
2 cups whey, powdered
3 Tablespoons active yeast (2 Tablespoons if using SAF yeast)
1 Tablespoon honey or molasses

Add all at once in bread mixer bowl the following, then mix thoroughly and let rest:

4½ cups hot water, cooking oil, lecithin oil, honey or molasses, and salt
6 cups whole wheat flour, and whey

In a 2-cup glass measuring cup, put:

1 cup water, 108° to 110° temperature
1 Tablespoon honey, stirred in water
3 Tablespoons active yeast. Empty each spoonful on top of water rather than mixing in. Let yeast rise to top of cup, about 10 minutes.

Add raised yeast to mixture in bowl. Turn on and mix thoroughly. Add 8½ to 9 cups of flour. After 5 minutes the dough should just barely start to pull away from the sides of the bowl.

In 10 to 15 minutes if the kneading action has not cleaned the dough away from the sides, add tiny amounts of flour until it does. You could ruin your bread by adding as little as ½ cup too much flour at this point.

The dough should have an elastic quality, springing back to the touch. Remove from mixer with oiled hands onto oiled countertop or plastic pastry sheet.

Divide into 5 or 6 even parts. Mold individual balls of dough into loaves by kneading with hands a few seconds and then pounding with fist and working dough into tight ball. Place ball in the middle of the greased bread pan.

Cover pan with dishtowel and then a bath towel. If counter is tiled or cold, put bath towel underneath also. Let raise to triple in size or to good size loaf.

Place in preheated hot oven (400° in high elevations, 350° in lower) for 10 minutes.

Cover top of loaves with heavy aluminum foil, shiny side up, and lower heat 50°. Bake for another 35 minutes.

Remove loaves to rack and let cool enough to place in plastic bags without steaming. Close tightly and store in bread box or freeze.

The bread will last several days unrefrigerated and stay more moist.

Making Bread by Hand

When making bread by hand, mix with portable beaters (optional) until dough gets too heavy for beaters. Add remaining flour and work in with hands. Form dough into ball. Knead or pound with rubber hammer vigorously about 10-15 minutes. Use oil on counter and hands for easier handling. Plan on longer raising time when using this method.

Note:

Lecithin, which comes from the soy bean, is very nutritional. When added to bread, it acts as a binder, produces a better crust, and aids in eliminating shell crack and cracked sides. Lecithin oil keeps well on the shelf (the granules must be refrigerated). Whey, a dairy by-product of the making of cottage cheese, is also nutritional, gives bread a light texture, and cuts down on the need for salt and sweeteners.

Hamburger Buns in 30 Minutes

Makes 3 dozen buns

Mix in bread mixer, then let rest 15 minutes:

3½ cups warm water
1 cup vegetable oil
¾ cup sugar or ½ cup honey
6 Tablespoons yeast (4 Tablespoons if using SAF yeast)

Add gradually while mixing:

1 Tablespoon salt
3 eggs (or 3 Tablespoons whole egg powder, sifted with the flour, plus 3 Tablespoons warm water)
10½ cups sifted whole wheat flour

Mix about 8-10 minutes.

Turn out dough onto oiled countertop or pastry sheet. Knead with oiled hands a few times, until dough is smooth and elastic. Roll out to ½" thickness.

Use a wide-mouth canning jar ring to cut circles for hamburger buns, and place them on a greased cookie sheet. 12 hamburger buns will fit on a standard cookie sheet.

For dinner rolls, use a regular canning jar ring or a circle cookie cutter.

Let rise on the cookie sheet about 10 minutes.

Bake 10 minutes at 425° (in a convection oven, bake 6-7 minutes at 400°).

Note:

A yeasty taste does not result from too much yeast, but from the yeast being too warm. Less yeast may be used in this recipe, but there will be a longer rising time in the pan.

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