



WHOLE GRAIN BREADS AND ROLLS

WHOLE-WHEAT BREAD

Great for sandwiches and toast. Kids love this bread. Mild wheat flavor.

YIELD

Two 9x5-inch loaves or 12 large or 15 medium rolls

1. CHECK YOUR YEAST

If you store your yeast in an airtight container in the refrigerator, write the expiration date of the yeast on the container with a permanent marker. Use the yeast before the expiration date.

If you are unsure of the expiration date of the yeast, in a small bowl measure 1 cup warm water, 1 tablespoon yeast and 1 tablespoon sugar. Stir until the yeast and sugar dissolve.

Allow the mixture to sit for 10 minutes. If the mixture does not bubble, you must get new yeast before making the bread.

INGREDIENTS YOU WILL NEED FOR WHOLE-WHEAT BREAD

- 2 cups warm water
- 2 tablespoons instant yeast
- 1/3 cup honey
- 1/3 cup canola oil
- 2 level teaspoons salt
- 3 1/4 cups whole-wheat flour
- 2 to 3 cups bread flour

Glaze (optional) with 1 beaten egg **for loaves** or **for rolls** or 1 tablespoon melted butter **for loaves** or 2 tablespoons melted butter **for rolls**.

2. GETTING READY

As you stay focused on making the bread, your mind will quiet. Enjoy the peacefulness.

Read the entire recipe.

Gather all the equipment and ingredients necessary to make the bread.

Clean a counter space or a tabletop to work on.

For loaves, spray two 9x5-inch non-stick loaf pans with canola cooking spray.



For rolls, spray a 16½x11½-inch heavy-duty aluminum-baking sheet with canola cooking spray.

3. MEASURING AND STIRRING

Use a large spoon for stirring and measuring.

Pour 2¼ cups warm water into a large mixing bowl. Sprinkle 2 tablespoons yeast over the water. Stir until the yeast dissolves.

Add ⅓ cup honey and ⅓ cup canola oil to the yeast mixture. Stir until well blended.

Flour

Keep the whole-wheat flour and bread flour in large metal or plastic containers. Before measuring the flour, sift through the flour several times in the flour container with the large spoon. If the flour is packed together, you will get too much flour in each cup.

With the large spoon, scoop the flour into the measuring cup until it is overflowing. This takes about 3 to 4 spoonfuls to do.

With the straight side of a dinner knife, remove the excess flour so that the flour is level with the top of the cup.

Add 2 level teaspoons salt and 3¼ cups whole-wheat flour to the yeast mixture. Stir until mixture is thick and smoothly blended.

Gradually, ½ cup at a time, add about 2 more cups of bread flour to the mixture. Continue stirring after each addition of flour. This is important in forming the dough. When the dough sticks together and pulls cleanly away from the sides of the bowl, stop adding flour.

4. PREHEATING

When you turn the oven on to preheat it, place an oven thermometer in the center of the middle shelf of the oven.

After 20 minutes, read the oven thermometer. You may need to adjust the temperature. Many ovens do not bake at the temperature the dial indicates. Check your oven temperature once every 6 months.

Preheat the oven to 350 degrees. The oven needs to preheat for 20 minutes.

5. KNEADING

Measure 1 more cup bread flour for kneading and shaping.

Lightly flour the work surface. Place the dough on the work surface. Lightly flour the dough



Fold the dough in half.

Using the heels of your hands, push the dough down and away from you with a rolling motion.

Turn the dough a quarter turn.

Repeat this sequence of folding, pushing and turning for 5 minutes, until the dough is smooth, elastic and easy to handle. The dough will get firmer as you knead.

As you knead, continue to lightly flour the work surface and the dough with flour so the dough does not get sticky.

Knead gently so that you stretch the dough, but do not tear open the smooth surface of the dough.

If dry clumps of flour stick to your hands, wash and dry your hands. Your hands and the work surface should be smooth to knead and shape the dough.

Do not try to mix lumps of dry dough from the bowl or work surface into the dough. They will not blend in.

6. SHAPING

Place the dough to the side and scrape the work surface clean with a metal spatula or dough scraper before shaping.

Take the time to shape the loaves or rolls nicely. Beautiful bread that tastes good is a work of art.

For loaves, lightly flour the work surface and place the dough on the work surface. Lightly flour the dough.

Cut the dough in half.

With the first piece of dough, place the smoothest side face down on the work surface. Next, press the air out of the dough with your hands and form it into a rectangle, approximately 5x4-inches. You are shaping the loaf.

Starting with the 4-inch side nearest you, tightly, but without tearing the outer surface of the dough, roll the dough away from you into a log. Pinch the seam together and push it into the dough. Push in and tuck under the two ends of the dough.

Place the loaf in the loaf pan, seam side down. Adjust the shape so the loaf is symmetrical. It will not fill the entire pan.

Repeat with the second piece of dough. Keep the work surface and the dough lightly floured.

For rolls, lightly flour the work surface and place the dough on the work surface. Lightly flour the dough.

Cut the dough into 12 to 15 equal pieces.

To make rolls, use the smoothest part of the dough as the outside of the roll. Without tearing the outside surface of the dough, stretch and tuck the dough under to form a ball.

Place on the baking sheet.

Repeat with each piece of dough. Leave space between the rolls.

7. RISING

Let the loaves rise until they *almost* double in size. This usually takes about 10 to 15 minutes. Instant yeast raises the dough in half the time of regular yeast.

Let the rolls rise until they double in size. This usually takes about 10 to 15 minutes. Instant yeast raises the dough in half the time of regular yeast.

8. GLAZING (OPTIONAL)

Cook the top crust as is or brush with a beaten egg for a shiny golden crust or brush with butter for a soft crust.

9. BAKING

Place the loaf pans or baking sheet in the center of the middle shelf of the oven.

On the oven shelf, leave space all the way around and between the loaf pans or all the way around the baking sheet to allow the heat to circulate.

Do not open the oven during the first ten minutes of baking because the dough is completing the rising process.

Some ovens are warmer in the back, front, or on one side. Halfway through the baking time, rotate the loaf pans or baking sheet.

Check the loaves and the rolls 5 minutes before the suggested minimal baking time.

Bake the loaves for 25 to 35 minutes or until golden-brown on tops, sides and bottoms. There should be a hollow thump sound when each loaf is tapped on the bottom with your finger. Do not over bake.

Bake the rolls for 15 to 18 minutes or until golden-brown on the tops and bottoms. Do not over bake.

