

WHOLE WHEAT BREAD

Equipment

None

Ingredients

| | | |
|-------|------|---------------------------------|
| 21 | oz | wholemeal flour |
| 15 | oz | lukewarm water (104 F) |
| 2 | tsp | yeast, instant or active dry |
| 1 | tsp | sugar |
| 1 | tsp | salt (or 1 1/2 tsp Kosher salt) |
| 1 1/2 | tbsp | vegetable oil |



Directions

- add 1 tsp sugar to lukewarm water. Add yeast and mix. Set aside to make sure it is active and well.
- Warm up the mixing bowl by rinsing under warm water. Add whole wheat flour to the mixing bowl and add salt. Whisk together. Add the yeast mixture. Add oil. Mix it all together but just until mixed (about 90 seconds).
- Cover the dough and leave in a warm, dry spot for 45 minutes. It should double in size.
- Slightly wet a clean surface and with wet hands knock the dough back.
- Place it back in mixing bowl and cover. Let rest and rise another 30 minutes.
- Grease a 2 lb loaf tin with butter.
- Wet surface and flatten to 10 x7 inch. Roll and tuck into loaf tin shape. Put in loaf tin and press edges to fill in.
- Sprinkle flour and cover with damp tea towel and put in warm, dry place for 30-60 minutes. (Or, use a proving box in sink.) Don't let it rise more than 1 inch above tin.
- Pre-heat oven to 375 F.
- Place tin in oven for 30 minutes. Halfway through, turn the pan around for even cooking.
- Take bread from tin and put back in oven for another 5 minutes to make crust crispy.
- Let the bread cool before slicing to retain moisture.

Conversions

21 oz flour = 4 3/4 cup flour

17 oz water = 2 1/8 cup water