

Basic Whole Wheat Bread

(Bosch Kitchen Center in Sandy)

The original recipe makes 5 medium-sized loaves. It has been broken down for smaller quantities to accommodate different needs.

Ingredients	5 Med. Loaves	3-4 Loaves	2-3 Loaves	1 Loaf
Warm water (105-115°)	6 cups	4 cups	3 cups	1 ¼ cup
SAF Instant Yeast	2-3 Tbsp	1 1/3 – 2 Tbsp	1 – 1½ Tbsp	1 ½ tsp
Salt	2 Tbsp	1 1/3 Tbsp	1 Tbsp	1 ¼ tsp
Honey	2/3 Cup	½ cup minus 1 Tbsp	1/3 cup	3 Tbsp
Vital wheat gluten	3 Tbsp	2 Tbsp	1 ½ Tbsp	2 tsp
Dough enhancer	2 Tbsp	1 ½ Tbsp	1 Tbsp	1 ¼ tsp
Oil	2/3 cup	½ cup minus 1 Tbsp	1/3 cup	3 Tbsp
Lecithin	1 Tbsp	2 ½ tsp	2 tsp	½ tsp
Whole Wheat Flour	10-14 cups (10-11 c. wheat)	8-11 cups (8-9 c. wheat)	5-7 cups (5 ½ c. wheat)	3 cups (2 ½ c wheat)

Using a Bread Mixer

In mixer, combine water, yeast, gluten, salt, honey, oil, and about a quarter of the flour. “Jog” the mixer on and off to mix these ingredients. Continue to add flour one cup at a time jogging it to mix until the dough is thick enough to mix it continually on the first speed. While on the first speed, continue to add a few cups of flour. When you almost have all the flour added, turn to speed 2 and continue to add flour until dough is beginning to clean the sides of the bowl. Mix on speed 2 for 10 minutes (if you are using a Bosch Bread Mixer). Dough should be soft and slightly sticky. Shape into greased loaf pans and let rise until double. Bake at 350° for 35 minutes. Remove from pans and cool on wire rack.

Kneading Dough by Hand

in a large bowl, combine ingredients together as above with a spoon. Gradually add flour and continue to stir with spoon well. The stirring will help develop the gluten, so stir a lot—it’s easier than kneading! You should be able to stir with the spoon until you have all but 10-20% of the flour left. Evaluate the dough consistency (whether you have the correct proportion of water and flour) and adjust as necessary. Once the dough is well mixed and the right consistency, turn it out onto your kneading surface. Whole wheat bread dough is very sticky to work with. Wetting the kneading surface and hands through the first part of the kneading process may help. Knead about 10 minutes. Let the dough rest until it doubles in bulk (about an hour). Shape into loaf pans and let rise until double. Bake at 350° for 35 minutes. Remove from pans and cool on wire rack.

Helpful bread making information and tips

- Don't add too much flour--your dough will be too stiff and dry. Dough should not be stiff but should have enough flour to hold its shape. You can adjust the water/flour ratio by adding a few tsp. of water or a dusting of flour to get the right consistency.
- Make sure you develop the gluten properly. Problems may occur by both over or under kneading. The window-pane test is the easiest way to determine if the gluten is formed properly. Take a small handful of dough and stretch the dough into a square until it is very thin but won't break. If the gluten isn't developed enough, the bread won't be able to rise well.
- When kneading by hand, it is almost impossible to knead long enough to get the gluten fully developed in whole wheat bread. Spend more time mixing with a spoon before all the flour has been added in will help. Allowing the dough to rest for a period of time allows the gluten to develop naturally on its own.
- If you are not used to using whole wheat, start with hard white wheat. Hard White Wheat has a sweeter taste, lighter color, higher gluten content compared to hard red wheat.
- Any natural sweetener can be substituted for honey: 2/3 cup molasses or other natural syrup, ½ cup agave, or 1 cup sugar.
- SAF Instant Yeast is fast acting and easy to use since it can be added directly to the other ingredients. Dry Active Yeast can be substituted, however, it will need to be proofed by mixing it in ½ cup of warm water (from the recipe) with a pinch of sweetener added in for 10 minutes before adding to the other ingredients.
- Bread conditioners (gluten, dough enhancer, oil, and lecithin) may be helpful to put in your bread, but they can be omitted. Water, flour, yeast, salt, & sweetener are the only essentials for this recipe.
- Optimal water temperature is 105-115°. Water temperature over 130° will kill the yeast. If the water is too cold, the dough will not rise properly.
- The website www.make-your-own-bread.com is an excellent resource. It has pictures and very descriptive information to help you make great whole wheat bread.
- You don't need to wash pans every time. Just wipe them out with a paper towel and put away until next baking.
- If your bread doesn't rise, test your yeast. Place 2 ¼ tsp yeast in a glass measuring cup with 1 tsp. sugar and ½ cup warm water (115°). Wait 10 minutes. Yeast should absorb water and bubble up to the one-cup mark forming a foamy crown. If you get close to one-cup mark the yeast is good and active.