

Honey Whole Wheat Loaf

Ingredients:

1/2 cup start (stir before measuring)
2 ½ cups lukewarm water
2 tsp salt
1 tbsp coconut oil
¼ cup honey
5-6 cups whole wheat flour

Setting up the dough: (At least 10 hours before baking)

Combine water, start, coconut oil, honey and salt in mixer.

Add flour 2 cups at a time, allowing mixer to incorporate flour before adding more. Continue adding flour until dough “cleans” the sides of your mixer bowl.

(There may be residual bits near the top, and here and there along the sides, but the lower half of the bowl should be clean)

Once the sides have cleaned, allow the dough to knead for 10 minutes.

Dampen a large work surface with water and pull the dough out of the mixer bowl onto your work surface. (You want just enough water to keep the dough from sticking, but not enough to water-log your dough)

Wet your hands with water, and knead the dough a few times, until the texture is uniform.

Place dough smooth side up into a pre-greased bowl or container (remember to choose a container that allows your dough room to double in size. You can also split your dough and use two smaller bowls)

Cover your bowl with greased plastic wrap or with a thick, damp kitchen towel (thin towels dry out too quickly and stick to the dough).

Place on countertop to rise overnight, (or all day) for 6-14 hours.

Feed your start, and place in refrigerator

Shaping and Final Rise

After a minimum of 6 hours, turn dough out of bowl onto wet work surface.

Wet hands and use dough scraper or sharp serrated bread knife to cut the dough into 2 equal pieces.

Set pieces aside on a damp surface and grease your pans. (This gives your dough time to “relax” before shaping)

Take one dough section and pat it out on your damp work surface.

Shape each piece individually into sandwich loaves, artisan boules or rolls.

Allow the loaves to rise in a warm place for 2-2 ½ hours, or until the dough slowly returns a gentle fingerprint.

Preheat the oven to 375 degrees

Bake for 25 minutes, or until a thermometer inserted into the bottom of the loaf reads at least 170 degrees.

Remove from pans and allow to cool completely before cutting.