

Fool Proof Bread

(Peterson's Bosch Store)

This batch will make 3 loafs of bread

4 cups warm water
1 tbsp salt
1/3 cup oil
1/3 cup honey
1 ½ tbsp dough enhancer
3 tbsp vital wheat gluten
2 tbsp yeast
7 to 8 cups wheat kernels
3 bread pans

Freshly grind wheat into flour on medium to course setting. To a Bosch type mixer bowl with dough hook in place add water and several cups of freshly ground flour. Pulse a time or two to slightly mix. Add salt, oil, honey, dough enhancer, gluten and yeast. Pulse a time or two. With your mixer on low speed slowly add flour until dough pulls away from sides of bowl. This will take most of the flour. It is better to add to little flour than too much. Let mix on low speed for 10 to 12 minutes. Turn oven on to lowest temp setting (150 to 170). When oven has reach proper temp turn off. When bread is done mixing shape into 3 loafs and place in greased loaf pans (this will take about 25 to 30 minutes). Place in warm oven and let rise until double in size. When double in size set oven to 350 and turn it on (leaving loafs in oven) and bake for 35 minutes. When loafs are done immediately remove from pans to a wire rack, placing them on there side. Let cool.

Wheat and Rice bowls

1 can Spam
3 cups cooked wheat berries
3 cups cooked rice
1 to 2 tbsp soy sauce
1 tsp salt
¼ tsp pepper
½ tsp sugar
1 ½ to 2 cups mixed frozen vegetables
2 scrambled eggs, optional
Teriyaki sauce, optional

Dice spam and sauté until browned and crispy. Add wheat berries, rice and frozen veggies, heat till warm. Add soy sauce, salt, pepper and sugar. Mix well. When ready to serve, dish into serving bowls and drizzle with teriyaki sauce and some scrambled egg.

I like this because you can make as little or as much as you want. You can also use leftovers from the fridge.

Hot chicken and wheat casserole

½ cup butter

1 cup celery, diced

1 cup onion, diced

1 cup green pepper, diced

2 tbsp butter

6 cups cooked wheat berries

2 cans chicken chunks, drained (costco type)

1 can cream of chicken soup

¾ cup mayonnaise

1 can sliced water chestnuts, drained

1 cup bread crumbs

Saute veggies in ½ cup butter until partially cooked and color brightens. Add wheat berries, chicken chunks, soup, mayonnaise and water chestnuts. Stir to combine. Pour into greased 9x13. Sprinkle with bread crumbs that have been mixed with 2 tbsp butter. Bake uncovered at 350 for 45 minutes. This is best if make a day ahead and then warmed again.