

My Bread

Ingredients:

5 Cups Hard White Whole Wheat Flour (I use Wheat Montana Praire Gold)
1.5 tsp sea salt (I use pink Himalayan)
1 Tbsp Fast-rise yeast (I buy the Kroger Brand in a jar - with bread flour you might need to cut this down to 3/4 Tbsp)

Place all dry ingredients into mixer bowl, and mix with dough hook until evenly dispersed.

Ingredients Cont'd:

approx. 2 to 2.5 Cups milk, heated to 95 degrees or so.

With mixer running, pour milk into flour mix, and allow to mix through. If dough seems too stiff, add approx 1/2 Cup water, a little at a time. (I find at our elevation of 3400 feet, I need 1/2-3/4 additional water depending on room humidity). You want a soft, lightly sticky to the touch dough. Knead dough from 5-10 minutes depending on type of flour used (for 100% whole wheat, I do 10 minutes).

Roll into ball, lightly greased and place in bowl. Cover with damp cloth to let rise approx 45 minutes. Shape into desired loaf (I used a loaf pan lined with parchment), and place the loaf into your pan. Cover again with damp cloth until 3/4 of an inch or so above the top edge of your pan. Preheat oven to 450* F. When ready, place loaf into oven, then reduce heat to 375 and bake for 35-45 minutes. Serve hot, or allow to cool slightly to slice more evenly.

Notes:

This one is the simplest of my bread recipes and I have a habit of tossing it together first thing in the morning so bread is usually done by lunch. OH!!! AND you can use this recipe to make soft pretzels, bagels, dinner rolls, garlic knots, pizzas, Galette, HB and HD buns and...SO MUCH MORE! ANYTHING you would use a yeast dough for, you can use this dough. We even use it for sweet rolls because we are not heavy into sugars.