



BASIC WHOLE WHEAT BREAD

2 Loaves

1 tablespoon dried yeast + $\frac{1}{4}$ cup water
2 cups warm water
 $\frac{1}{2}$ cup sugar
2 teaspoons salt
 $\frac{1}{4}$ cup oil or butter
7-8 cups **hard** whole wheat flour

1 Loaf

1 $\frac{1}{2}$ teaspoon yeast + 2 TBS warm water
1 cups water
 $\frac{1}{4}$ cup sugar
1 teaspoon salt
2 tablespoons fat
3 $\frac{1}{2}$ to 4 cups whole wheat flour

Soften yeast in warm water (110 degrees) for 5 minutes. Add additional water, sugar, salt, shortening, + 2 cups flour. Stir until well blended. Add remaining flour, 1 cup at a time, until your dough will not absorb more flour. Turn out on a clean, well floured surface, and start kneading. Add only as much flour as necessary to keep the dough from being sticky. Knead 5-10 minutes. When the dough is soft and elastic, place in the mixing bowl and cover with plastic until it has risen to double in size, about 1-1 $\frac{1}{2}$ hours.

When dough has doubled in size, punch down dough and shape into loaves. Place each loaf in a greased, floured bread pan and cover lightly with plastic wrap, and allow it to rise in a warm place until doubled in bulk. Bake in a preheated 374 degree oven for 35-40 minutes, until nicely browned, it pulls away from the edges of the pan, and the bread sounds hollow when you thump the top of the loaf. Remove from the oven and cool on racks.

Optional ingredients: substitute milk or buttermilk for water, $\frac{1}{2}$ 1 cup oatmeal replacing part flour, 2 tablespoons sesame seeds, additional sugar for sweet bread, spices & herbs for specialty breads, additional fat for tenderness.