

CLASSIC 100% WHOLE WHEAT BREAD

(from King Arthur Flour website)

8 to 10 ounces lukewarm water
1 + 3/4 ounces vegetable oil
3 ounces honey
14 ounces whole wheat flour
2 + 1/2 teaspoons instant yeast
1 ounce dried milk
1 + 1/4 teaspoons salt



In a large bowl, combine all of the ingredients and stir till the dough starts to leave the sides of the bowl. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 6 to 8 minutes, or until it becomes smooth. Alternatively, knead it in a KitchenAid type machine for about 7 minutes on speed 2.

Transfer the dough to a lightly greased bowl or large measuring cup, cover it, and allow the dough to rise till puffy though not necessarily doubled in bulk, about 1 to 2 hours.

Transfer the dough to a lightly oiled surface, and shape it into a loaf. Place it in a lightly greased 8 1/2 x 4 1/2 loaf pan, cover the pan loosely with lightly greased plastic wrap, and allow the bread to rise for about 1 to 2 hours, or till the center has crowned about 1 inch above the rim of the pan. Towards the end of rising time, heat your oven to 350F.

Bake the bread for 35 to 40 minutes, tenting it lightly with aluminum foil after 20 minutes to prevent over-browning. The finished loaf will register 190 F on an instant-read thermometer inserted into the center.

Remove the bread from the oven, and turn it out of the pan onto a rack to cool. If desired, rub the crust with a stick of butter; this will yield a soft, flavorful crust. Cool completely before slicing.