

# Holden Village Whole Wheat Bread

## Ingredients:

Water	2 cups (A little warmer than body temperature)
Yeast	1 tbsp
Sweetener	3 tbsp
Canola oil	3 tbsp
Salt	2 tsp
Flour	4-5 cups. (Up to 1/2 wheat, the rest white)

## Mixing - 20 minutes

Put all but the flour and salt in a bowl.

Add the salt with the first cup of flour.

Mix (by hand or in a mixer with a dough hook) and add a cups or so of flour at a time, until the dough comes away clean from the side of the bowl or until little bits of dough stick to your hand.

The amount of flour you need depends on how much the flour has settled and how slack (wet) or tight (dry) you would like the dough to be.

If mixing by hand, give the dough a deep massage, rotating and folding it over itself until the dough is smooth and elastic (3-7 minutes). Otherwise, the mixer will knead the dough as you mix.

## First Rise ~ 1 hour

Cover the bowl with a damp cloth and let sit in a warm place for about an hour, or until the dough is doubled in size.

## Second Rise ~ 5-10 minutes

Lightly dust a work surface with flour, cut the dough in half, and form each chunk into a ball by stretching the dough in the middle toward the outside edges with your palms and tucking the sides underneath. Stretch and tuck a few times, rotating as you do. Let the dough sit and think about life for a few minutes.

## Third Rise ~20-30 minutes

Flatten the dough balls a bit and tightly roll them into fat cylinders. Drop them into greased pans, seam down, cover with a damp cloth, and let rise for 20-30 minutes, or until they are almost doubled in size. If you lightly poke the dough after it has risen enough, your finger will leave an impression. If you are making rounds, form the dough into two balls and put them on a greased cookie sheet. Preheat your oven to 350 degrees.

## Baking, 30-40 minutes.

The bread is done when the crust is brown, or the bread sounds hollow when you thump the bottom, or the internal temperature is 195 degrees. Take the bread out of the pan to cool on a rack.

Makes two loaves.

## Notes:

Liquid: substitute 1/2 of the water with milk, potato stock, beer, applesauce, etc. The total temperature must be a little warmer than body temperature (100-110 degrees) but not hotter.

Sweetener: Honey, brown sugar, and molasses are great.

Oil: Try canola, olive, walnut, butter, or shortening.

Flour: Add some oat, rye, semolina, or bran. If you use more than 1/2 whole wheat, add 1-2 tsp of gluten per cup of liquid to help the bread rise. A cup of leftover hot cereal will make the bread chewy (but adjust for the extra water) or cornmeal will add texture.