

Delicious Whole Wheat Bread

makes 2 loaves

2 cups warm water
1/3 cup honey
1 T (tablespoon) yeast
1/3 cup olive oil
2 t (teaspoon) salt
1/3 cup gluten flour
5 to 7 cups freshly ground whole wheat flour

In a large bowl or in a large mixer (such as a Kitchen Aid or Bosch type) combine the water, yeast and honey. let sit for a few minutes to give the yeast a chance to start working. Add the salt, oil, gluten flour and 3 to 4 cups of whole wheat flour. Continue to add more flour until the dough does not stick to the side of the bowl and does not feel sticky to the touch. Knead for 4 minutes in a Bosch mixer or 7 to 10 minutes in other mixers or 10 to 15 minutes by hand.

When dough has finished kneading let it rise once until doubled in bulk (unless you are using a Bosch type mixer and in this case you can skip the 1st rising). Punch down dough and divide it into 2 pieces and form into loaves and set in bread pans.

Let it rise in a slightly warm oven (this means that you turn the oven on for just 2 or 3 min. or until you can feel the heat and then turn it off, if it is too hot then it will kill the yeast) for 15 to 25 minutes or until the dough is 1/2 inch above top of pan. Turn oven to 350F (without taking bread out) and bake for approx 30 minutes or until golden brown.