

Theresa's Whole Wheat Bread

Cuz there's nothing like the smell of home-baked bread

Yeast starter mix:

- 3/4 cup warm water (100-110 °F)
- 1 tbsp honey— dissolved in water
- 1 tbsp yeast

Let yeast dissolve and start to work

In Bosch bread mixer insert wire beaters. Add:

- 4 cups warm water (100-110 °F)
- 1 tbsp honey
- 4 cups organic whole wheat flour
- Yeast mixture



Cover and turn on speed 1 for 5-7 min.

Remove wire beaters; place pre-warmed dough hook in mixing bowl.

Let the mixture rest and rise to the top of the center pivot.

Add:

- 1/3 cup olive oil (I use light oil)
- 1-2 tbsps honey
- 1 tbsp salt

Turn mixer on speed 1.

Slowly add:

- 4-5 cups organic whole wheat or white unbleached flour

Use white or whole wheat flour for a lighter or more dense loaf. Add flour until the dough pulls away from the side of the bowl. Mix 10-15 minutes more on speed 1. When done mixing, remove dough from the mixer, shape loaves, and place in greased loaf pans. Let rise 1/2"-1" above the top of the loaf pan. Bake in a 350°F oven for 25 to 30 minutes to desired crust.