

## BASIC WHOLE WHEAT BREAD

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Preparation Time; 10 Minutes.

Cooking Time; 30 to 35 Minutes.

### MAKES 1 BIG LOAFS

#### DRY INGREDIENTS:

- 5 Cups of Whole Wheat Bread Flour.
- 1 1/2 Tea Spoon of salt

First in a large mixing bowl mix the above dry ingredients together and then go to the next step below.

#### WET INGREDIENTS:

- 2 1/2 CUPS OF LUKEWARM WATER (110 to 120 Degree F.)
- 2 Tea Spoon of White Sugar.
- 1 Envelop of Fleischmann's Active Dry Yeast

**Use hot Tap Water that is close to 110 degree F. and only use 1/2 of a cup of that water to mix with the sugar and the yeast. Mix and let sit for 10 minutes.**

After 10 minutes pour in the rest of the water with it, mix and pour the liquid over the dry flour mixture. Add the water gradually to the dry ingredients in the Center of the bowl while mixing to the flour with a large spatula. Mix well and finish mixing by hand by folding it on itself with your fist until everything is mixed well. Do not add too much flour or your bread will be heavy and hard.

The dough should be sticky to your fingers and a little bit to the surface you are working on. Do not add too much flour. Knead for about 5 minutes and form a ball and cover the dough with some water with you hands and place the dough in a bowl. Cover with a damp cloth or a plastic wrap and let rise for 1 hour in a warm and non drafty place.

I use the two bowl technique because I like to keep my place on the cool side and it would be too cold to make bread, so I use a larger bowl and fill it half way with hot tap water and I sit the smaller bowl holding the bread dough on top of the water in the larger bowl and cover it with a damp cloth.

After 60 minutes or doubled in size, remove the dough from the bowl and on a lightly floured surface press it down with your hands and roll lightly to about one inch and a half thick without working the dough too much, roll the dough with your hands and shape into a loaf and pinch each ends and turn in. Transfer the dough in the cooking pan previously greased with Crisco grease.

Shake the pan left and right and back and forth so that the Dough will shape itself more evenly to the pan. You can brush a Mixture of 1/2 cup of Milk with 1 Tea Spoon of sugar on top of the bread to prevent burning. Cover with a damp cloth and let rise until double in size or about 45 to 60 minutes.





**Preheat the oven at 350 F and Bake your bread 30 to 35 Minutes.**

**I place two Aluminum pie plates at the bottom of my oven and fill them  $\frac{3}{4}$  full with water to raise the humidity level in the oven.**

Turn your bread pan around after 20 minutes so that the bread will cook more evenly.

After 30 to 35 minutes your bread should be golden brown and should sound hollow when you tap the bottom. Remove the bread from mold and place on a rack. Allow the bread to cool down at room temperature for about 20 minutes and then cut and slices the bread with an electric carving knife and serve.

This recipe will produce a thin crispy crust on the outside and soft dough on the inside.

**BON APPÉTIT.**

