



Classic 100% Whole Wheat Bread

Recipe Source: www.kingarthurfLOUR.com

Yield: 1 loaf

Ingredients:

1 - 1 1/8 cups lukewarm water*

1/4 cup canola oil

1/4 cup honey, molasses, or real maple syrup

3 - 3 1/2 cups whole wheat flour (use white whole wheat for a lighter texture)

2 1/2 tsp instant yeast (or 1 packet active dry yeast dissolved in 2 Tbsp of water from the recipe)

1/4 cup nonfat dried milk

1 1/4 tsp salt

* Use the greater amount of water in winter or in a dry climate, the lesser amount in summer or a humid climate.

Steps:

- In a large bowl, combine all ingredients (using the lesser amount of flour) and stir until the dough starts to leave the sides of the bowl. Add more flour if necessary, being careful not to over-flour. Transfer the dough to a lightly greased surface, oil your hands, and knead it 6-8 minutes until smooth and supple. (You can also do this step in an electric mixer.)
- Transfer the dough to a lightly greased bowl, cover, and let rise until puffy (not necessarily doubled), 1-2 hours.
- Transfer dough to lightly oiled surface and shape into a 9-inch log. Place in a lightly greased 9x5 loaf pan, cover lightly with greased plastic wrap or a light towel, and allow to rise for 1-2 hours, or until the center has crowned about 1 inch above the rim of the pan. Towards the end of the rising time, preheat the oven to 350°.
- Bake the bread 30-40 minutes, checking after about 20 minutes and covering with foil if needed to prevent over-browning.
- Remove the bread from the oven and turn it out onto a wire rack to cool. Cool completely before slicing, and store in a plastic bag at room temperature.

Tips from the Test Kitchen: Measure your flour by sifting it lightly then spooning it into your measuring cup before leveling. Otherwise it's easy to use too much flour. Also, even if the bread recipe says to add all ingredients at once, it's good practice with bread or other yeast doughs to start with just part of the flour then add more, gradually, until the dough is the right texture. (This just takes practice to know by feel when your dough is the right texture.) Molasses is delicious as the sweetener but honey will be a milder flavor if that is your preference. Consider combining equal parts of two different sweeteners!

Nutritional Facts (per serving): Calories: 223, Carbohydrates: 38 grams, Protein: 6 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 296 mg, Fiber: 5 grams, Total Sugars: 7 grams.