



Sweet Molasses Bread

Recipe Source: www.melskitchencafe.com

Yield: 2-3 loaves

Ingredients:

- 2 ½ cups warm water (about 110°)
- 1 ½ Tbsp instant yeast
- 5 Tbsp molasses
- 2 Tbsp unsweetened, natural cocoa powder
- 3 Tbsp canola oil
- 5 Tbsp honey
- 2 tsp salt
- 3 Tbsp vital wheat gluten (optional, but it will make the bread lighter and softer)
- 4 cups white whole wheat flour
- 2-3 cups all-purpose flour (use bread flour if not using the wheat gluten)
- 1 Tbsp butter

Steps:

- In the bowl of an electric stand mixer fitted with a dough hook (or in a large bowl with a wooden spoon if making by hand), combine the water, yeast, molasses, cocoa, honey, salt, gluten (if using), and 2 cups of the whole wheat flour. Mix until combined.
- With the mixer running, slowly add 1 more cup of whole wheat flour. Start adding the remaining whole wheat flour then the white flour gradually until the dough pulls away from the sides of the bowl. Knead for 7-10 minutes (about 15 if kneading by hand). The dough should be soft and slightly tacky but shouldn't leave much residue on your fingers if you grab a piece.
- Turn dough into a large, lightly oiled bowl, cover with greased plastic wrap or light towel. Let rise until doubled.
- Lightly punch down the dough and divide into three equal pieces. Form into tight oval loaves and place on lightly greased baking sheets (use two baking sheets to avoid crowding bread). Lightly cover with greased plastic wrap or a light towel. Let rise until puffy and doubled in size.
- Preheat the oven to 375°. Bake the loaves for 25-35 minutes, rotating partway through if using 2 sheets. Remove from oven and brush 1 tsp of butter over each loaf to soften crust. Remove from sheets to wire rack to cool.

Tips from the Test Kitchen: Be sure to knead the bread long enough to let the gluten develop. Add the flour gradually in step 2 to avoid over-flouring, which would make the bread tough. This could be made with all whole wheat flour but you would want to knead the dough for a few minutes longer.



Nutritional Facts (per serving): Calories: 146, Carbohydrates: 28 grams, Protein: 5 grams, Total Fat: 3 grams, Saturated Fat: 0 grams, Cholesterol: 1 mg, Sodium: 160 mg, Fiber: 2 grams, Total Sugars: 5 grams.