

HONEY WHOLE WHEAT BREAD

Prep: 20-30 minutes. Rise time: 30-60 minutes

Cook time: 30 minutes

Total time: 1 hour 30 minutes

Ingredients:

- 4 cups water
- 3/4 cup honey
- 3 Tbsp. instant active-dry yeast
- 1 tbsp. salt
- 10-11 cups* whole wheat flour



Directions:

For the Bosch machine: (bread or rolls)

1. Turn on your water faucet to warm/hot. I check the temperature with my hand before I measure out the water for the bread. You don't want it too hot though, or it can kill the yeast.
2. After the water is warm enough, measure out the water, pour it into the Bosch bowl, and add the honey, yeast, and salt. Turn the Bosch machine on for a few seconds to mix ingredients. Let it rest for 3-5 minutes, or until the yeast begins to foam. (If the mixture foams it means the yeast is working! It's important to wait and see if the yeast is working so the bread turns out well.)
3. Turn on the Bosch machine to speed 1. Add the flour 1 cup at a time, allowing the Bosch to incorporate it in along the way. You know you have added just enough flour when the dough starts to pull away from the sides. (You can also turn off the machine, use a spatula to scrape off the sides, and turn on the machine again and see if the dough sticks to the sides of the bowl again. If so, add just a little more flour.)
4. Pre-heat oven to the lowest heat setting (around 170°F).

Nutrition Facts

Servings: 40

Amount per serving

Calories **128**

% Daily Value*

Total Fat 0.6g **1%**

Saturated Fat 0.1g **1%**

Cholesterol 0mg **0%**

Sodium 177mg **8%**

Total Carbohydrate 28.5g **10%**

Dietary Fiber 4g **14%**

Total Sugars 5.4g

Protein 4.3g

Vitamin D 0mcg **0%**

Calcium 12mg **1%**

Iron 1mg **7%**

Potassium 131mg **3%**

5. While oven is preheating, Divide the dough: spray the counter table with non-stick cooking spray. Lay dough on the sprayed counter, and divide into 4-5 smooth mounds. Place into greased loaf pans.
6. Place dough into preheated oven, and turn off the oven. Let the dough rise in the oven for 20-30 minutes, or until the dough doubles in size.
7. Set oven temperature to 350°F, and then bake the loaves for 30 minutes.
8. Remove from pans immediately and let cool completely on a cooling rack.

Make by hand: (best if made as rolls)

1. Turn on your water faucet to warm. I check the temperature with my hand before I measure out the water for the bread. You don't want it too hot though, or it can kill the yeast.
2. After the water is warm enough, measure out the water, pour it into the largest bowl you have. (This will help prevent making a mess on the counter....) Add the honey, yeast, and salt. Let it rest for 3-5 minutes, or until the yeast begins to foams. (If the mixture foams it means the yeast is working! It's important to wait and see if the yeast is working so the bread turns out well.)
3. Once the yeast has done its thing, add the flour 1 cup at a time, kneading it in along the way. Knead for approximately 5-10 minutes. (I find that when making the dough by hand, it's better to use less flour than more.) The dough will be very sticky, but only add enough flour so the dough barely pulls away from the bowl. You can spray your hand with oil to help you knead the dough.
4. Pre-heat oven to the lowest heat setting (around 170°F). Turn off oven, and place dough in a large oven-safe bowl and let rise in oven for 20-30 minutes. Keep an eye on it, or it can overflow the container.
5. Spray the counter table with non-stick cooking spray. Take out dough, and punch it down.
6. Lay dough on the sprayed counter, and divide dough into 4-5 smooth mounds. (I use my hands to smooth it out and pinch the bottoms together.) Place into greased loaf pans.
7. Place dough into preheated oven, and turn oven off. Let the dough rise again in the oven for 20-30 minutes, or until the dough doubles in size. (Be patient! The timing can vary based on elevation, humidity, etc.)
8. Set oven temperature to 350°F, and then bake the loaves for 30 minutes.
9. Remove from pans immediately and let cool completely on a cooling rack.

Make into rolls:

1. Make dough either in Bosch machine (steps 1 through 4) or by hand (steps 1 through 5).
2. Separate dough into balls: golf-ball size for smaller rolls, or tennis-ball size for larger rolls for hamburger buns. Place rolls on greased baking sheets (I use anywhere from 5 to 6 pans for a full batch).
3. Place in oven on warm setting to rise for 20 minutes, or until double in size. Turn on oven to 350°F and bake for 10-12 minutes, or until lightly golden brown.
4. Let cool on pans. Store in plastic bags.



Notes:

1. *Freshly ground flour is preferable. If you have any leftover freshly ground flour, store the remaining flour in the freezer — this helps preserve the nutrients longer.*
2. *I prefer using WHITE whole wheat instead of red whole wheat. It results in a lighter, softer bread.*
3. *You can also add a crushed Vitamin C tablet to help the bread's texture. The yeast I get has vitamin C in it, so I don't always add the crushed vitamin C tablet to the bread.*
4. **The amount of flour you use will depend on the climate, humidity and elevation of the place you live. I use less flour when making it by hand than when I make it in the Bosch.*
5. *You can either make an entire batch of bread in rolls, or you can do half-and-half loaves and rolls. Just keep an eye on the rolls when baking both together, as the rolls will cook faster.*
6. *Bread will cook faster in metal pans than in glass pans, and it will turn golden brown faster than when baked in glass pans.*
7. *This bread stores really well in the freezer when kept in Ziploc Freezer plastic gallon baggies. When you finish a loaf, take another out of the freezer and let it thaw for a few hours before cutting.*
8. *Nutritional facts for recipe made with 10.5 cups flour, separated into 5 loaves, and each loaf cut into 8 slices.*

Created by Kat at Kat's Health Corner

<http://www.katshealthcorner.wordpress.com/2017/10/11/honey-whole-wheat-bread/>