

Basic Whole Wheat Bread

Makes 2 loaves

Ingredients

2¼ cups warm water

2 tablespoons yeast

3 tablespoons honey

3 tablespoons olive oil

6-7 cups whole wheat bread flour

⅓ cup flax seed, ground (I use a coffee grinder)

⅓ cup cracked wheat

1 tablespoon salt

Directions

1. Mix yeast with water to dissolve. Add the oil and honey and mix to dissolve.
2. Mix half the flour and all of the flax seed and cracked wheat and salt in KitchenAid bowl.
3. When the yeast mixture has developed a significant frothy head, start the mixer at Speed 2 and add liquid mixture. Mix until well blended.
4. Begin adding remaining flour a ½ cup at a time and blend until incorporated. Stop adding flour when dough ball begins cleaning the walls of the bowl and forms a slightly sticky ball on the hook. Knead at Speed 2 for 20 minutes.
5. Place dough in a greased bowl, cover with plastic wrap or a wet towel, and then allow to rise until doubled, about one hour.
6. Transfer the dough to the counter and flatten, maintaining the gluten skin. Divide into two and form into balls, always maintaining the gluten skin. Let sit ~5 minutes, flatten, and then form into loaves. Place loaves into greased bread pans that have been dusted with cornmeal or flour or onto a well-floured oven peel or cutting board. Cover with moistened paper towels and allow to rise until doubled, about 30-45 minutes.

Preheat oven to 425°F.

7. Bake loaves for ~35 minutes, turning the oven down to 375°F when the loaves are placed in the oven. Loaves should be lightly browned and sound hollow when tapped on the bottom.
8. Place the loaves on a cooling rack and wrap with towels while cooling. For a softer crust, brush lightly with butter before wrapping.

Recipe from The Savage Feast: <http://www.thesavagefeast.com/2011/02/whole-wheat-bread/>