

## Basic Whole Wheat Bread (yields 3 loaves) - page 1 of 3

### Ingredients:

- 4 cups lukewarm water
- 2/3 cup powdered milk
- 3 heaping tablespoons shortening (melted or 1/3 cup oil)
- 2 tablespoons yeast
- 1/2 cup honey
- 2 teaspoons salt
- 1 1/2 tablespoons dough enhancer (optional)
- 1 1/2 tablespoons gluten (if you are using old wheat)
- 11 cups whole wheat flour

Step # 1: Mix all ingredients except salt and flour. Stir until dissolved. Let the yeast mixture grow for about 10 minutes. Add the salt and half the flour and mix it up until it looks like batter. Let that stand for 10 minutes. Add most of the remaining flour slowly until you have a ball of dough that cleans the bowl and bounces back when you touch it. Knead the bread dough until it turns smooth (approximately 10 minutes). The bread dough should be kneaded on a floured surface such as a counter top or plastic cutting board.

(cont. on page 2)