

Basic Whole Wheat Bread - page 2 of 3

Step # 1 continued: Rub a little flour on your hands. The least amount of flour you can use and still form a ball of dough is the best. Add more flour if it becomes sticky. Form the dough into a round ball. Fold it towards you using the heels of your hands. Push the dough away with a rolling motion. Turn dough a half turn and repeat until the dough is smooth and elastic (about ten minutes). If the dough becomes sticky, sprinkle with a small amount of flour and keep kneading it. Place the dough in an oiled bowl so the dough doesn't stick.

Step # 2: Put a clean towel over the bowl and let the dough rise until doubled.

Step # 3: Punch it down and remove all the air bubbles.

Step # 4: Shape it into three regular sized loaves or 6 small loaves and place them in greased bread pans.

Step # 5: Let the dough rise again until it reaches about one inch above the pan. The dough will rise faster if placed in a warm oven preheated to 150°.

(cont. on page 3)