



FLUFFY WHEAT BREAD

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A soft, fluffy, whole wheat loaf that is perfect for sandwiches, toast, or just fresh with butter. This recipe makes three loaves, so I like to bake one off immediately and freeze the other two portions to use later.

Yield: 3 loaves

PROOFING YEAST INGREDIENTS:

¾ cup water
1 tsp. honey
2 packages of yeast (or 4 ½ tsp.)

BREAD DOUGH INGREDIENTS:

8 cups whole wheat bread flour
1 tbsp. salt
2 cups water
1 egg
2 tbsp. honey
¼ cup canola oil

DIRECTIONS:

1. Combine the water and honey from the proofing yeast ingredients in a microwave safe bowl and heat in the microwave for 30 seconds. Stir in the yeast and set the mixture aside to proof for 10 minutes.
2. Combine the whole wheat bread flour and the salt in a large bowl or the bowl of a stand mixer fitted with a dough hook, and briefly stir the salt into the flour. This does not need to be perfect, just to combine the salt enough that it won't hit the yeast in a large clump and slow the yeast formation.
3. Add the rest of the bread dough ingredients to the flour and salt mixture, and then add the proofed yeast. If using a stand mixer, stay on Speed 1 (or manufacturer's directions) until the ingredients are almost combined. Once the ingredients are nearly combined switch to Speed 2 and "knead" the dough for 6 minutes. If making the bread by hand, scrape the contents of the bowl out onto a lightly floured board and knead by hand for 15 minutes. Dough will likely be slightly sticky, but avoid adding extra flour as much as possible.
4. Once the dough has been thoroughly kneaded, place it in a large, warm bowl that has been lightly coated with oil. Flip the dough ball over and cover the bowl lightly with plastic wrap. Then cover this with a clean towel and place it somewhere warm to proof. This should take 45 minutes to an hour, or as long as it takes for the dough to double in size.
5. Once the dough has doubled, gently press down on it to release the built up gasses, and let it rest for 8 minutes before continuing.
6. After the dough has rested, divide it into three roughly equal pieces. On a lightly floured board shape one piece into a roughly 8x6 inch rectangle. Tightly roll the rectangle into a long cylinder, tucking the ends in as you go. Seal the cylinder along its base so that no seams are visible. Set the cylinder aside and repeat this step with the remaining two pieces of dough.
7. **To bake immediately:** Place each piece of dough into its own oiled loaf pan. Cover the pan(s) loosely with plastic wrap and a clean kitchen towel. Set the pan(s) aside to let the dough rise for about 45 minutes. Proceed to baking instructions.
8. **To freeze for future use:** Wrap each piece of dough in plastic wrap and then place them into large, resealable plastic bags. Seal the bag and place it on a flat surface in the freezer. The dough can be frozen for 2-3 months. Remove the dough from the freezer and thaw in a well-buttered loaf pan for a few hours or overnight and then proceed to baking instructions.
9. **Baking Instructions:** Preheat your oven to 350°F and bake the bread for 20 minutes. The bread is done when it is brown on top and sounds hollow when tapped on the bottom. You can also check its internal temperature to ensure that it has reached 190°F. Cool on wire racks and enjoy!