

## Whole Wheat Bread

Wheat is calming to the spirit – again, a great comfort food. Home made whole wheat bread is nutritious and a great accompaniment for winter soups and stews. This recipe is adapted from the recipe for “Deaf Smith County Wheat Bread”, p.72 in Bread in Half the Time by Linda West Eckhardt and Diana Collingwood Butts. Unlike the original recipe, it requires standard rising times. The adaptation was made because there is not enough space here to explain the techniques for quick-rising yeast breads in the microwave, which is the premise for their book. If you like home made breads, this is a great book with some neat short cuts for faster bread.

1 ½ cup bread flour  
1 ½ cup whole wheat flour  
1 cup hot tap water (120 degrees F)  
1 tsp. salt  
4 tsp. 50% faster active dry yeast  
2 Tbsp. honey  
1 ½ Tbsp. unsalted butter  
1 ½ Tbsp. toasted sesame seeds

Glaze: 1 egg white, beaten

Sesame seeds for sprinkling on top

In a food processor or electric mixer, combine flours, salt, yeast, honey, butter and toasted sesame seeds. Pulse until mixed.

With the motor running, very slowly drizzle the hot water in to the flour mixture (if you are using a food processor, drizzle the water through the feed tube) until the dough forms a ball. (You may not need all of the water.)

When the dough leaves the side of the bowl and forms a ball, knead with the machine running on high speed for 60 seconds. Add the last bit of water only if the dough seems too dry. It should be soft but not sticky.

Remove the dough from the bowl, knead by hand for a minute or so. Shape the dough into a ball and place it in a large bowl which has been lightly oiled. Cover with a moist towel or plastic wrap, and set in a warm and draft-free place to rise for about 1 hour. (I usually place my rising bread on my stove-top, over the pilot light.)

Lightly grease an 8 ½ x 4 ½ x 2 ½ loaf pan.

After about an hour (dough should have doubled in size), punch down the dough.

Knead for about a minute, then use a rolling pin to roll the dough into a rectangle. Starting at one end, roll the dough like a jelly-roll. Tuck the ends under, and place in the loaf pan. Cover lightly with a moist towel or plastic wrap, and leave to rise for another hour or until doubled in size. The dough should now fill the loaf pan, rising over the top of the pan.

Pre-heat your oven to 375 degrees.

Brush the top of your loaf VERY gently with the egg white and sprinkle with additional sesame seeds.

Place the loaf pan in the center of the oven, and bake for 25-30 minutes. Bread is done when it is lightly browned and sounds hollow when tapped.

Remove the loaf from the pan and cool on a rack. It will keep for about a week wrapped in aluminum foil.