

Idiot's Kitchen Recipe – Honey Whole Wheat Bread

Recipe from www.idiotskitchen.com – Adapted from St. Martin's Table in Minneapolis



Ingredients:

1¾ cups lukewarm water – 110-115 degrees
¼ cup + 1/8 cup vegetable or canola oil
¼ cup + 1/8 cup honey
1 Tablespoon Active Dry Yeast
1 Tablespoon salt
2 Cups Unbleached White Flour
3 Cups (plus up to 1 cup extra for kneading) Whole Wheat Flour

Gently heat 1¾ cups water until lukewarm. Check the temperature with an instant read thermometer to ensure that it is between 110 and 115 degrees Fahrenheit.

Pour the water into a large bowl or the bowl of a stand mixer. Add ¼ cup + 1/8 cup vegetable oil and ¼ cup + 1/8 cup honey. Sprinkle 1 Tablespoon Active Dry Yeast over the liquids and stir once or twice just to combine. Allow this mixture to rest for 10 minutes until frothy and foamy. (If for some reason, after 10 minutes rest your yeast fails to foam up, discard and start again as the bread will not rise if the yeast has not activated.)

Add 1 Tablespoon salt and 1 cup white flour to the yeast mixture and mix to combine all of the flour. With the mixer on low, add 1 additional cup of white flour and 3 cups of whole wheat flour. Mix just until the flour is combined. The dough should be starting to form a ball but will still be quite sticky.

Turn the dough out on a surface coated with wheat flour. Knead the bread, adding flour as necessary to keep from sticking, for 10 minutes.

After 10 minutes of kneading, put the dough in a large bowl that has been lightly coated with vegetable oil. Turn the dough ball a few times to coat with the oil. Cover with plastic wrap and let stand in a warm, draft free place for 90 minutes until doubled in size. Poke your finger into the middle of the risen dough. If the hole remains, the dough is ready. If the hole fills in, allow the dough to continue rising.

Turn the risen dough out onto a very lightly floured board and “punch down” or knead a few times to remove the air from the dough. Shape into a loaf and place in a large, greased bread pan. Cover lightly with a kitchen towel and allow the dough to rise a second time for 30 – 45 minutes.

Preheat the oven to 350 degrees. Bake the bread for 45 minutes until golden brown. Allow the bread to cool for a few minutes in the pan and then remove to a wire rack. Best served warm with lots of creamy butter.