

Marilyn's Whole Wheat Bread Recipe

*Credit to The Urban Homemaker

Hand Method:

Yields 2 loaves

1/3 C honey
1/3 C oil
2 1/2 C Warm Water
1 1/2 [TB Saf Instant Yeast](#)
2 1/2 tsp Real Salt
6-7 C Fresh whole wheat flour
1 1/2 TB [Dough Enhancer](#)

Large Mixer Method:

Yields 5-6 loaves

2/3 C honey
2/3 C oil
6 C warm water
3 TB [Saf Instant Yeast](#)
1 1/2 - 2 TB Real Salt
16-20 C fresh whole wheat flour
3 TB [Dough Enhancer](#)
1/3-1/2 Cup [Vital Wheat Gluten](#)

Zojirushi Bakery Supreme (Auto Baker Method)

2 TB honey
2 TB oil
1 1/2 C water (90 - 100F)
1 1/2 tsp Real Salt
3 1/2 C fresh whole wheat flour
2 [tsp Dough Enhancer](#)
3 TB [Vital Wheat Gluten](#)
1 1/2 tsp Saf [Instant Yeast](#)

Combine the warm water, yeast, and 2 Cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. Add the honey, oil, dough enhancer, salt and 4-5 C (12-16 C if using the Mix N Blend or **Bosch Universal Plus**) additional flour until the dough begins to clean the sides of the mixing bowl. Do not allow the dough to get too stiff (too dry). Dough should be smooth and elastic. It is a common mistake for the beginning bakers to add too much flour.

Knead the bread by hand 7-10 minutes or until it is very smooth, elastic, and small bubbles or blisters appear beneath the surface of the dough. Six to ten minutes of kneading by electric mixer (Use speed 1 on the **Bosch Universal Plus**, and use speed 4 on the Mix n Blend - or use the Auto-Knead function) should be sufficient to develop the gluten if you are using fresh flour. If you are kneading by hand, be sure to add the minimum amount of flour to keep the dough soft and pliable by using a tsp of oil on your hands and kneading surface.

Form the dough into 2 loaves if using the hand method or 5-6 loaves if using the Mix N Blend or **Bosch Universal Plus**, method. Place the dough into greased loaf pans. Allow to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes).

Bake loaves for 25-30 minutes in a 350 degree oven. Bread is cooked through when it sounds hollow when tapped on the bottom, and when the top and sides are a golden brown color.