

WHOLE WHEAT BREAD (WHOLE WHEAT FLOUR SHRT TM FORM)

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
158 cal	29 g	6 g	3 g	0 mg	218 mg	24 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 WATER
 MILK,NONFAT,DRY
 SUGAR,GRANULATED
 FLOUR,WHEAT,BREAD
 FLOUR,WHOLE WHEAT
 SHORTENING,SOFTENED
 FLOUR,WHOLE WHEAT
 SALT
 COOKING SPRAY,NONSTICK

Weight

3 oz
 1 lbs
 3/4 oz
 4-1/8 lbs
 3-5/8 oz
 5 oz
 2-1/4 lbs
 3-2/3 lbs
 6 oz
 2-1/8 lbs
 1-7/8 oz
 2 oz

Measure

1/4 cup 3-1/3 tbsp
 2 cup
 1 tbsp
 2 qts
 1-1/2 cup
 1/2 cup 3-1/3 tbsp
 1 qts 3-1/2 cup
 3 qts 2 cup
 3/4 cup 1-1/3 tbsp
 2 qts
 3 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar. Stir until dissolved. Let stand 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk, sugar, and yeast food. Using dough hook, mix at low speed until smooth.
- 3 Combine flours, add to bowl. Mix at low speed 2 minutes or until flour is incorporated; add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed for 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until dough is smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.), for 25 to 30 minutes or until double in bulk.
- 8 MAKE UP: Scale into 8-28 ounce pieces. Roll scaled dough to pan size; place 1 loaf into each lightly greased pan.
- 9 PROOF: At 90 F. for 25 to 30 minutes or until double in bulk.
- 10 BAKE: 5 minutes at 450 F. Reduce temperature to 375 F. and bake 40 to 45 minutes or until done or in a convection oven 3 to 5 minutes on high fan, open vent. Reduce temperature to 325 F., bake 22 to 26 minutes or until done on high fan, open vent.
- 11 When cool, slice 25 slices, about 1/2-inch thick, per loaf.