

WHOLE WHEAT BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
158 cal	29 g	5 g	3 g	0 mg	288 mg	25 mg

Ingredient

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

Weight

1-2/3 oz
 12-1/2 oz
 4-1/8 lbs
 4-1/2 oz
 10-5/8 oz
 2-1/2 oz
 4-1/4 lbs
 3-1/2 lbs
 7-1/4 oz

Measure

1/4 cup 1/3 tbsp
 1-1/2 cup
 2 qts
 1-7/8 cup
 1-1/2 cup
 1/4 cup 1/3 tbsp
 3 qts 2 cup
 3 qts 1 cup
 1 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Stir. Set aside for use in Step 4.
- 2 Place water, milk, sugar, and salt in mixer bowl. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Combine flours thoroughly; add to liquid in mixer bowl. Using dough hook, mix at low speed 1 minute or until the dry ingredients are incorporated into liquid.
- 4 Add yeast solution; mix at low speed for one minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed for 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 6 FERMENT: Cover. Set in warm place (80 F.) 2 hours or until double in bulk.
- 7 PUNCH: Fold sides into center and turn dough completely over. Let rest 15 minutes.
- 8 PROOF: At 90 F. to 100 F. for about 1 hour or until double in size.
- 9 BAKE: 35 to 40 minutes at 375 F. or 30 to 35 minutes in a 325 F. convection oven until bread is done on high fan, open vent.
- 10 When cool, slice 25 slices, about 1/2-inch thick, per loaf.