Honey Wheat Bread

NIBBLEDISH CONTRIBUTOR

Ingredients

-2 cups warm water -4 cups whole wheat flour -1 tablespoon active dry yeast -1 teaspoon salt -1 cup honey -1/3 cup Canola oil -3 cups all-purpose flour

Instructions

1. Dissolve yeast in warm water. Add honey, and stir well. Mix in salt, and Canola oil and mix well. Wait until the mix is a little frothy. Work all-purpose and wheat flour in gradually. Turn dough out onto a lightly floured surface or leave in bread bowl, and knead for at least 10 to 15 minutes or use a mixer. When dough is no longer lumpy, smooth and elastic, place it in an oiled bowl (more Canola). Turn it several times in the bowl to coat the surface of the dough, and cover with a damp cloth or paper towel. Let rise in a warm place until doubled in bulk, usually about 45 minutes.
2. Punch down the dough. Shape into two or three loaves (I make 2 large ones), and place into well Crisco'd loaf pans. Allow to rise until dough is 1 to 1 1/2 inches above pans.
3. Bake at 375 degrees F (190 degrees C) for 30 minutes.

You can adjust the ingredients to suit your taste. The most common adjustments are reducing the amount of honey, and altering the ratio of wheat flower to white. This recipe makes a fairly hearty loaf.