



Whole Wheat Bread

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 Tbs Sugar
- 1 Tbs Yeast
- 2 C Warm Water
- 2 3/4 C Whole Wheat Flour
- 2 1/2 C All Purpose Flour
- 1 Tbs Salt
- Boiling Water
- Oil

Instructions

Add sugar and yeast to warm water, stir a few times and then let sit for 10 minutes. In a large bowl, combine flours and salt. Add in yeast mixture when ready. Mix with wooden spoon until dough begins to come together. Turn dough out onto lightly floured surface and knead for 10 minutes or until dough becomes smooth and elastic.

Place dough in a bowl greased with oil, turn over once to coat the top with oil. Cover with plastic wrap or damp towel and let it rise for about 1 1/2 to 2 hours.

Punch down dough and knead briefly, maybe 3 minutes. Cut in half and shape two loaves, or cut into 8 pieces and make rolls, as I have done. Place on baking sheet and cover, let rise for 45 minutes.

Preheat oven to 450 F. Pour boiling water into a roasting pan and place on bottom rack. Place bread on the above rack and bake for 20 minutes or until crust is golden and hollow when tapped.
