

100% Whole Wheat Bread

See www.make-your-own-bread.com
for comments and notations

3 1/2 cups (525 grams) 100% whole wheat flour
2 Tbsp. (18 grams) Vital Wheat Gluten
1 1/4 tsp. (7.5 grams) salt
2-3 Tbsp. (25-40 grams) sugar
1 pkg (7 grams) dry yeast
1 Tbsp. (13.5 grams) oil
1 Tbsp. (15.5 grams) liquid lecithin
Warm Water

Using your preferred mixing method, combine all the dry ingredients. If using “regular” yeast, proof it by mixing it in 1/2 cup (115 grams) of warm water with a pinch of sweetener added in. If using “instant” yeast, you may add it dry along with the other dry ingredients.

Add about 1 cup (230 grams) of warm water (ICE WATER if using a food processor to knead) along with the oil and lecithin and begin mixing the ingredients until a thick, gloppy dough begins to form. Add more water as necessary according to the directions on the kneading page of the web site (<http://www.make-your-own-bread.com/kneading.html>) until the proper proportion of water and flour has been achieved.

Knead until the gluten is fully developed (as explained and illustrated on the above kneading page). Let rise until doubled, punch down, and let rise till doubled again (see <http://www.make-your-own-bread.com/rising.html>).

Shape and place in 8 1/2” by 4” greased bread pan and let rise again (see rising page mentioned above).

Preheat oven to 400° F (205° C). Once bread is fully risen in pan (see picture on above mentioned webpage), place in oven, and decrease temp to 375° F (190° C) and bake for 40-45 minutes.

Check if bread is fully baked by removing from pan, and inserting temperature probe into the center of the bread. If bread has reached 195° - 200° F (90° - 93° C) the bread is done.

Place on cooling rack and cover with a clean cotton towel.