

Farmer's Easy Honey Wheat Bread Whole Grain / Whole Seed Flour

- 1) **1 ½ cups warm/hot water**
 - a. Think hot bath water. Tap, distilled, RO water.
 - b. Pour into glass mixing bowl
- 2) **2 level teaspoons dry yeast**
 - a. Add to water in bowl mix and set until foamy. A few minutes if yeast is good.

- 3) **2 cups American Heritage Whole Seed/Whole Wheat Flour.**
 - a. Add whole wheat flour into water and yeast mix. Stir and make into an oatmeal like batter.
- 4) **¼ cup raw honey or brown sugar**
 - a. Stir into batter
- 5) **3 teaspoons melted butter or olive oil**
 - a. Stir into batter
 - b. Let sit and ferment/autolease for at least ½ hour to 1 hour.

- 6) **2 heaping teaspoons Diastalik Malted Barley Flour**
 - a. Helps with ferment and softness
- 7) **2 heaping teaspoons of Celtic Sea Salt**
 - a. Salt with natural minerals
 - b. Mix into batter dough

- 8) **1.5 cups organic Bob's Redmill flour**
 - a. Use a good quality sifted store flour this will help with sponge and softness of bread. The whole wheat flavor and health benefits will still shine but not be so dense.
 - b. Mix and work dough ball with spatula, hands, or stand mixer to create initial dough ball. Note how dry, sticky or stretchy it is. This will determine how much more flour needs to be added. This takes practice but the basic is a ball that is sticky but doesn't stick to your hands. Use hands to learn this. Squish, smoosh and stretch and fold to learn the dough feel. Record this in your mind and compare to the loaf after baking and eating.

9) **¼ plus ¼ cup Bob's Redmill Flour**

- a. Add more flour a little at a time if needed from the above step. This is where the art of making bread comes in. It's a feel instead of exact content of ingredients.
 - b. When dough ball is at where you feel happy roll it in some oil or butter back in the glass bowl. Same bowl makes less dishes! Cover the dough and let sit 2 hours or so to ferment at room temp. This brings out flavor and softness.
 - c. Alternative method... take the same dough ball above and instead of two hour room ferment. Cover the bowl and put it in the refrigerator or 12 to 24 hours for a cold ferment. This brings out flavor even deeper. It also helps you manage time spent making bread. Make the dough one night and bake it later the next day from the fridge. Have dough balls already the size you want to bake.
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10) **Stretch and Fold final rise.**

- a. With the 2 hour room temp rise dough dump it out onto a floured surface. Roll around and coat with flour and stretch and fold and work together back into a nice final ball. Place that ball into the baking pan of your shape choice. Or cut into four balls for four mini loafs. Shape to match pan and put the dough into the pan. Let the dough rise again until a little above the pan. Maybe an hour give or take.
 - b. With the cold ferment dough dump the dough on the counter to warm up and start to rise a little. Maybe an hour or so. Then shape and place into whatever shaped and sized pans you have selected. Let sit and rise in the pans until rise is a little above the pan.
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11) Preheat oven to 460 degrees for an hour.

- a. Make sure the temp inside the oven matches the setting. Need an oven thermometer and many times setting is not hot enough for actual temp.
- b. Bake for 22-25 minutes. Dark golden brown and have a clunk when you thunk them.
- c. Place on cooling rack free from pans. Let cool an hour or four to finish bread inside.