

Easy Honey Wheat Bread

*There is only one rise with this simple and easy recipe for soft whole wheat loaf with no egg. Oil should be at room temperature and **always** aerate your flour before measuring.*

***Please watch the below videos before baking.** They are quick and will give you an idea of consistency and technique. In the video Jenny Jones is making a wheat bread. However, it is not exactly the same as ours. Please follow the recipe below.*

Prep time: 15 minutes

Cook time: 25 minutes

Total time: 2 hour 15 minutes

Makes: 2 loaves

Ingredients:

3 1/3 cups whole wheat flour

2/3 cup all-purpose flour or bread flour

2 packages active dry yeast (4 ½ tsp) or 3.37 tsp instant yeast

2 cups 1% or 2% milk heated to 110 degrees (do not go over 110 degrees, it can kill yeast)

2 tsp salt

6 TBS olive oil

4 TBS honey

About ¼ cup -1/3 cup additional all-purpose flour or bread flour

Old fashioned oats for topping

Instructions:

1. Place both flours, yeast and salt in large mixing bowl (bowl of stand mixer)
2. Stir in milk, followed by oil and honey
3. Beat on med/high for 2 minutes with a paddle attachment (Speed 3-4)
4. Add about ¼ cup all purpose flour or bread flour until dough forms a mass. Add this additional flour 1-2 TBS at a time, you may not need the whole ¼ cup or you may need slightly more. Dough will be slightly sticky but should start to pull away from bowl.
5. Place dough on floured surface, knead 50 times, it will still be sticky, use a pastry card or spatula to knead and scoop it up. You may need a bit of flour on your fingers. After kneading 50 times the dough may still be slightly sticky but manageable.
6. Cover with plastic wrap or a clean towel and let rest for 10 min
7. Divide dough into 2 equal halves and with each half press into a rectangle about 9 "wide and roll up the loaf starting at short end. Keep seam side down. You may need to flour your hands and use the pastry card to keep dough from sticking to your hands. Don't add too much flour, bread will be heavy.
8. Brush top of each loaf using a pastry brush with water or honey and roll top of bread in a jelly roll pan lined with oatmeal.

9. Place each loaf in a greased 8.5 X 4.5 inch loaf pan seam side down
10. Cover with plastic wrap or towel and let rise in warm spot until doubled in size, about 90 minutes
11. Preheat oven to 375 degrees and bake for a total of 25 minutes. After the first 15 minutes, I cover the top of the loaf with a foil tent to prevent over-browning. Check bread temperature to be sure it is 190 degrees.
12. Cool for 10 minutes in pan, then remove breads from loaf pan and place on cooling rack to cool. Do not place breads in a plastic bag until completely cooled.

VIDEOS:

<https://youtu.be/xiDKw4eEubQ>

<https://youtu.be/WWsY8laoAV8>

Inspired by www.jennycancook.com