



## Perfect Homemade Whole Wheat Bread

|                        |            |
|------------------------|------------|
| Warm Water             | 6 Cups     |
| Whole Wheat Flour      | 12-15 Cups |
| Instant Yeast          | 2½ Tbsp    |
| Real Salt              | 2 Tbsp     |
| Honey                  | 2/3 Cup    |
| Liquid Soy Lecithin    | 2 Tbsp     |
| Vegetable or Olive Oil | ½ Cup      |
| Vital Wheat Gluten     | 2 Tbsp     |
| Dough Enhancer         | 2½ Tbsp    |

Combine 8-9 cups of fresh wheat flour & 6 cups warm water. Using the dough hook, mix to paste consistency. Mix in 2½ Tbsp yeast, then add salt, honey, lecithin, oil, and gluten. Turn machine to speed 1 and increase to speed 2 as the motor bears down. Add additional flour until dough pulls away from the sides of the bowl (careful not to add too much flour). Let knead 7-8 minutes, then add dough enhancer, knead 2 more minutes. (Total 10 minutes). Use shortening or olive oil on your hand to form loaves. Take dough immediately from bowl, fill non-stick pans 1/2 to 2/3 full, cover with plastic or put in plastic shopping bags to keep moist. Let raise until doubled, about 1 hour, or until dough is 1½" above top of pan. Place in 350 degree oven for 35-40 minutes.

\*\*\*Please note: this recipe is for freshly ground whole wheat flour, and uses mixer instructions specific to a Bosch mixer.

Recipe compliments of: Bosch Kitchen Center  
176 West Center Street  
Orem, UT 84097