



100% Whole Wheat Bread



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Introduction

100% whole wheat bread is a nutritious and wholesome option for anyone looking to incorporate healthier choices into their diet. This bread is not only delicious but also brimming with fiber and essential nutrients. Baking your own bread at home allows for customization and ensures that you know exactly what ingredients are going in.

Detailed Ingredients with measures

Whole Wheat Flour – 3 cups
Water – 1 1/2 cups
Yeast – 2 1/4 teaspoons (1 packet)
Salt – 1 teaspoon
Honey – 2 tablespoons
Olive Oil – 2 tablespoons

Prep Time

The preparation time for this whole wheat bread recipe is approximately 10-15 minutes.

Cook Time, Total Time, Yield

Cook time is about 30-35 minutes. The total time for making this bread, including prep and cooking, is approximately 1 hour. This recipe yields one loaf of bread, perfect for slicing and serving fresh to your family or enjoying on your own.



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Detailed Directions and Instructions

Step 1: Prepare the Dough

In a large mixing bowl, combine whole wheat flour, salt, yeast, and sugar. Mix until well combined. Gradually add warm water to the flour mixture and mix until a shaggy dough forms.

Step 2: Knead the Dough

Transfer the dough onto a lightly floured surface. Knead the dough for about 10-15 minutes until it becomes smooth and elastic.

Step 3: First Rise

Place the kneaded dough in a clean bowl coated with oil. Cover it with a damp cloth or plastic wrap and let it rise in a warm place for 1-2 hours, or until it has doubled in size.

Step 4: Shape the Loaf

Once the dough has risen, punch it down to release the air. Shape the dough into a loaf by flattening it and rolling it tightly. Tuck the ends underneath.

See also Sausage and Tortellini Soup

Step 5: Second Rise

Place the shaped loaf into a greased loaf pan. Cover it again and allow it to rise for about 30-45 minutes, or until it has risen above the rim of the pan.

Step 6: Preheat the Oven

Preheat your oven to 190°C (375°F) while the bread is undergoing its second rise.

Step 7: Bake the Bread

Once the dough has risen, place the loaf in the preheated oven and bake for 30-35 minutes, or until the bread is golden brown and sounds hollow when tapped on the bottom.

Step 8: Cool the Bread

Remove the bread from the oven and let it cool in the pan for about 10 minutes. Then, transfer it to a wire rack to cool completely before slicing.

Notes

Note 1: Water Temperature

Make sure the water is warm but not hot, ideally around 40°C (105°F) to 45°C (115°F), to properly activate the yeast.

Note 2: Flour Type

Using 100% whole wheat flour will give the bread a denser texture; you may consider using a combination of all-purpose flour and whole wheat for a lighter loaf.

Note 3: Storing Bread

Store the bread in an airtight container at room temperature for up to 3 days, or in the refrigerator for a longer shelf life.

Note 4: Adjusting Sweetness

Feel free to adjust the amount of sugar based on your preference for sweetness in bread.



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Cook techniques

Kneading

Kneading is essential for developing gluten in the dough, which helps in giving the bread its structure and chewiness. Use the heel of your hand to push the dough away, then fold it back over itself and repeat.

See also Everything Bagel Cheesy Bacon Pull Apart

Proofing

Proofing allows the dough to rise and develop flavor. Keep the dough in a warm, draft-free environment, covering it with a damp cloth to retain moisture.

Baking

Preheat your oven for even heat distribution. Baking the bread at the right temperature ensures it rises properly and develops a crusty exterior while keeping the inside soft.

Cooling

Once baked, allow the bread to cool on a wire rack. This prevents the bottom from getting soggy and helps maintain its texture.

FAQ

Can I use all-purpose flour instead of whole wheat flour?

Yes, you can substitute all-purpose flour, but the texture and nutrition of the bread will differ.

What should I do if my dough is too sticky?

If the dough is too sticky, add a little more flour, a tablespoon at a time, while kneading until you achieve the desired consistency.

How do I know when the bread is done baking?

A good indicator is tapping the bottom of the loaf; it should sound hollow. Additionally, the bread should be golden brown on the top.

How long can I store the whole wheat bread?

Store the bread at room temperature in a bread box or a paper bag for up to three days; it can be frozen for longer storage.



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Conclusion

The 100% Whole Wheat Bread is not only a healthier option but also a delicious and versatile addition to your meals. It provides an excellent source of fiber and nutrients, making it a great choice for those looking to enhance their diet. Enjoy the rich flavor and texture while knowing you're making a positive choice for your health.

See also Candy Cane Blizzard Shake

More recipes suggestions and combination

Whole Wheat Sandwich Bread

Transform your wholesome loaf into delectable sandwiches, perfect for lunches or picnics.

Whole Wheat Garlic Bread

Add a twist to your whole wheat bread by infusing it with garlic, making it a delightful accompaniment to pasta dishes.

Whole Wheat French Toast

Use slices of your whole wheat bread to create a sweet and satisfying breakfast with this classic recipe.

Whole Wheat Bread Rolls

Make smaller rolls using the same dough and serve them warm with soups or salads.

Whole Wheat Bread Pudding

Repurpose stale bread into a sweet and comforting dessert by creating a warm bread pudding.

Whole Wheat Avocado Toast

Top slices of whole wheat bread with mashed avocado, spices, and toppings of your choice for a nutritious snack.

Whole Wheat Pizza Base

Use whole wheat dough to create a healthy pizza base loaded with your favorite toppings.

Whole Wheat Bread Crumbs

Blend stale bread into crumbs to use as a healthier coating for fried or baked dishes.



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