



Easy 100 Whole Wheat Bread

Jacob · 28/09/2024



Prep Time

2 hrs 35 mins

Difficult

Medium

Servings

3 hrs 50 mins

Description

This is a foolproof beginner 100 whole wheat bread easy to make with a stand mixer like a Kitchenaid

Ingredients

- - 1 $\frac{3}{4}$ cups warm water - 2 tablespoons honey - $\frac{3}{4}$ teaspoon active dry yeast - 3 $\frac{1}{2}$ cups whole wheat flour
- or more as needed
- divided - 1 tablespoon olive oil - 1 teaspoon sea salt

Instructions

1. Mix the warm water
 2. honey
 3. and yeast in a stand-mixer bowl until mixture becomes foamy
 4. about 5 minutes. Add 1/2 of the whole wheat flour
 5. along with the olive oil and salt. Mix with a spatula or wooden spoon until incorporated. Let sit for 1 to 2 minutes. Mix with a dough hook attachment on low speed
 6. slowly adding the remaining whole wheat flour
 7. increasing the speed to high. Mix on high until the batter is combined and not sticking to the sides of the bowl
 8. about 7 minutes. Cover the bowl with a towel and let rest for 15 minutes. Meanwhile
 9. prepare a 9x5-inch loaf pan with parchment paper. Flour a surface to work the dough. Place the dough onto the floured work surface and shape into a loaf. Use more flour if necessary. Place into the prepared loaf pan. Let shaped dough sit in a warm place until it has risen over the top of the pan
 10. about 1 hour. Meanwhile
 11. preheat the oven to 350 degrees F (175 degrees C). Bake in the preheated oven until top of the loaf sounds hollow when tapped
 12. about 35 minutes. Remove from the oven and let cool for 15 to 20 minutes before removing from the pan and transferring to a wire rack. Let cool an additional hour before slicing; otherwise it will feel doughy.
- Recipe Tips To make this vegan
13. use agave nectar or maple syrup instead of honey. Use good-quality olive oil
 14. and be generous with your pour. Don't let the dough sit in a place that's too hot to proof
 15. as this will kill the yeast.