



Cracked Wheat Bread

Jacob · 28/09/2024



Prep Time

1 hr 40 mins

Difficult

Medium

Servings

2 hrs 30 mins

Description

This cracked wheat recipe is light nutty moist and makes great toast

Ingredients

- - 1 ¼ cups warm water - ½ cup cracked wheat - 1 (.25 ounce) package active dry yeast - ? cup warm water (110 degrees F/45 degrees C) - 2 tablespoons butter
- softened - 1 tablespoon salt - 2 tablespoons molasses - 2 tablespoons honey - 1 cup milk - 1 cup whole wheat flour - 4 cups all-purpose flour

Instructions

1. In a small saucepan
2. bring water to a boil. Stir in cracked wheat and simmer for 10 minutes; let cool to lukewarm. In a small bowl
3. dissolve yeast in 1/3 cup of warm water. Let stand until creamy
4. about 10 minutes. Pour cracked wheat mixture into a large bowl. Stir in butter
5. salt
6. molasses
7. honey
8. milk
9. yeast mixture
10. whole wheat flour
11. and 2 cups of all-purpose flour; stir well to combine. Stir in remaining flour
12. 1/2 cup at a time
13. beating well after each addition. When dough has pulled together
14. turn it out onto a lightly floured surface and knead until smooth and elastic
15. about 10 minutes. Lightly oil a large bowl
16. place dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume
17. about 1 hour. Deflate dough and turn it out onto a lightly floured surface. Divide dough into two equal pieces and form into loaves. Place loaves into two lightly greased 9x5-inch loaf pans. Cover loaves with a damp cloth and let rise until doubled in volume
18. about 40 minutes. Meanwhile
19. preheat the oven to 375 degrees F (190 degrees C). Bake in the preheated oven
20. 30 to 35 minutes
21. or until loaves sound hollow when tapped on top and bottom. Cool on racks.