



Classic Whole Wheat Bread

Jacob · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

A tasty nourishing whole wheat bread thats easy to make

Ingredients

- - 2 tablespoons white sugar - 1 tablespoon active dry yeast - $\frac{3}{4}$ cup warm water - $\frac{1}{4}$ cup milk - 1 tablespoon vegetable oil - 1 cup whole wheat flour - 2 cups all-purpose flour - 1 teaspoon salt - 1 egg
- beaten

Instructions

1. In a small mixing bowl
2. dissolve the sugar and yeast in warm water. Let stand until creamy
3. about 10 minutes. In a large mixing bowl
4. combine the yeast mixture with the milk
5. vegetable oil
6. whole wheat flour
7. 1 cup of the all-purpose flour and the salt; beat well. Add the remaining flour
8. 1/2 cup at a time
9. stirring well after each addition. When the dough has pulled together
10. turn it out onto a lightly floured surface and knead until smooth and elastic
11. about 10 minutes. Oil a large bowl
12. place the 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
13. about 1 hour. Grease two 8x4 inch bread pans. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves. Place the loaves into the pans. Cover with a damp cloth and let rise until doubled in volume
14. about 40 minutes. Meanwhile
15. preheat oven to 400 degrees F (200 degrees C). Brush the risen loafs with lightly beaten egg. Bake at 400 degrees F (200 degrees C) for 30 minutes
16. or until the bottom of the loaf sounds hollow when tapped.