



Westrup Whole Wheat Bread

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2 hrs 10 mins

Description

I developed this recipe over the years when I was trying to provide good nutrition for my children Now my husband and I eat half a loaf the minute it comes out of the oven We havent bought bread at the grocery in years

Ingredients

- - 1 ½ tablespoons active dry yeast - 2 ¾ cups warm water (110 degrees F) - 3 cups whole wheat flour - 1 cup wheat bran - 5 cups bread flour
- divided - 1 cup wheat germ - 1 cup dry non-fat milk powder - ½ cup brown sugar - ½ cup vital wheat gluten - 2 tablespoons sesame seeds - 1 tablespoon salt - ¼ cup vegetable oil - 2 eggs

Instructions

1. In a small mixing bowl
2. dissolve yeast in warm water. Let stand until creamy
3. about 10 minutes. In a large mixing bowl
4. combine the whole wheat flour
5. wheat bran
6. 3 cups of the bread flour
7. wheat germ
8. milk powder
9. brown sugar
10. wheat gluten
11. sesame seeds
12. and salt; stir well. Mix in the yeast mixture
13. oil and eggs. Add the remaining bread flour
14. 1/2 cup at a time
15. stirring well after each addition. When the dough has pulled together
16. turn it out onto a lightly floured surface and knead until smooth and elastic
17. about 8 minutes. Lightly oil a large bowl. 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
18. about 1 hour. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into three equal pieces and form into loaves. Place the loaves into three lightly greased 8x4 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume
19. about 40 minutes. Preheat oven to 375 degrees F (190 degrees C). Bake at 375 degrees F (190 degrees C) for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped.