

Honey Wheat Bread

Servings: 2 loaves (8 1/2" x 4 1/2" pans)

Ingredients:

2 1/2 teaspoons active dry yeast or instant yeast
3/8 cup lukewarm water (98-105 degrees)
1 1/2 cup whole wheat flour
1/3 cup uncooked steel cut oats
1/2 cup instant non-fat dry milk
2 teaspoons salt
1/3 cup honey
6 tablespoons butter (cut into small pieces)
1 1/2 cups water (very hot - boiling)
1 egg, (at room temperature)
4 – 4 1/2 cups flour (all-purpose or bread flour)
1 teaspoon of melted butter (for loaf top)

Additional Note:

This recipe is also excellent for making dinner rolls or hamburger buns.

Directions:

1. Put lukewarm water in a small bowl, stir in 1/2 teaspoon of white sugar, sprinkle yeast on top; set aside.
2. In a large mixing bowl, combine whole wheat flour, steel cut oats, powdered milk and salt.
3. Add butter pieces and honey.
4. Pour hot water over the mixture.
5. Beat on medium speed until all the butter is melted and mixed well.
6. Let mixture cool 5 minutes until lukewarm.
7. Add egg and the yeast mixture; mix well.
8. Gradually beat in up to 4 cups of flour and mix about 5 minutes. At this point, dough should be pulling away from the sides of the bowl to form a shaggy ball.
9. Transfer dough to a lightly floured board; knead for 3- 5 minutes, adding just enough of the remaining flour to create a smooth, elastic ball of dough.
10. Grease a large bowl with non-stick cooking spray or oil; place dough in the bowl, turning to coat all sides. Put in a warm place until doubled in bulk - about one hour.
11. Punch down the dough and transfer it to a lightly oiled work surface. Divide into two equal parts and shape into two 8-inch loaves; put them into greased or parchment lined 8 1/2" x 4 1/2" bread pans.
12. Let loaves rise 1-2 hours - until dough has crowned 1 - 1 1/2 inches above the edge of the pan. Toward the end of rising time, preheat oven to 350 degrees.
13. Bake for 30-35 minutes until golden brown. (If a thermometer is inserted in the center, it should reach 190 -200 degrees.
14. Remove bread from oven, turn it out of the pan onto a rack to cool. Then, brush tops with melted butter and cover with a paper towel or cloth to keep the crust soft while it cools.
15. Store the bread well-wrapped at room temperature, or freeze for longer storage.