
A BEGINNER'S GUIDE TO BAKING BREAD



by Marilyn Moll
The Urban Homemaker

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Whole Grain Basics

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www.urbanhomemaker.com

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About the Author

As a young girl, I vividly and fondly remember walking into my grandmother's Depression-era kitchen greeted by the tantalizing and unforgettable smells of spicy ginger snap cookies, homemade apple-sauce, and assorted other kitchen creations. I remember, too, waking up to the fragrant smell of homemade blueberry muffins baking in the oven to be served hot for breakfast on colorful Fiestaware plates.

I have been a passionate lover of anything old-fashioned ever since, and I seek to pass on to others the timeless skills of cooking for family.

I quit a full-time job in 1985 to stay home with my twelve month old daughter. I then learned to mill my own flour, bake my own bread, and began teaching bread baking classes. In 1991, together with my husband, we started **The Urban Homemaker** to teach the old-fashioned skills of baking and cooking with basic whole food ingredients, and offer practical, quality tools and equipment in the spirit of Titus Two. **The Urban Homemaker** offers top-of-the-line products and related books that we use and recommend.

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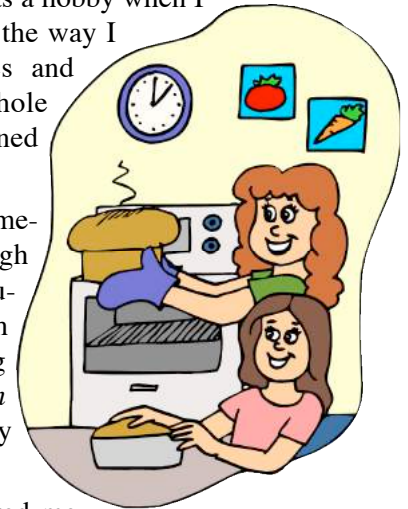
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Introduction

I have been baking most of our family's bread, muffins, biscuits, pancakes and waffles for over twenty years. My experiments and experiences with whole grains started out as a hobby when I became a stay-at-home mom. Along the way I have tried out many, many recipes and learned a lot about baking with whole grains, and eventually my hobby turned into a family business.

I have been a very busy mom homeschooling three children (two are high school graduates), and teaching thousands of women how to get started with basic whole grain bread baking through our business, *The Urban Homemaker*, over the past twenty years.



Many women who have contacted me over the years want to know how to get started with a better way to feed their families - but bread baking has never been part of their life, and just getting started seems a bit overwhelming to them. Perhaps you can identify with the writer of the following letter:

Dear Marilyn,

I'm ready to stop shopping at (a national chain) thrift store for my bread... I want healthy snacks for my kids... There has to be a better way. I need to know everything I'm going to need. Where does one find unground grain? I need a plan for purchases and an idea of how much storage I'm going to need. I live in Tampa,, FL so humidity, heat, and bugs are always a concern. Do you have a beginner's guide to bread making checklist? I do a lot of cooking and am good at following directions as well as being creative. Bread baking has just never been a part of my life. I'm just overwhelmed with the



idea of getting started with something I know nothing about.
Thanks for any help you can provide. Carol Paine, FL

Possibly, you are like this writer from Florida and many other women who have contacted me over the years, who are looking for a beginner's guide to baking with whole grain flour. You want to know what equipment and supplies you will need, where to find grain, how to store it, and how to get started.

When I first started baking whole grain breads over twenty years ago, baking bread was my hobby. This hobby evolved into an avid interest and love for using a wide variety of God's amazing grains. Eventually it became my entry point into a pursuit of sound nutritional principles, taking responsibility for my family's health and mastering other home-making skills such as gardening, canning and dehydrating.

Whatever your motives for learning, I believe that baking your own bread fulfills a deep, natural inborn desire within every man and woman to return to a simpler, slower life where the fundamental act of breaking homemade bread with family and others is the beginning of fulfilling these deep longings within, and a natural way to establish relationships with mankind from any culture around the world.

Those with busy schedules might enjoy baking for the fun of it. This will give you the opportunity to enjoy blessing your family, and it is also a great activity to share with children who love to eat what they make.

Sometimes, husbands and children will be a bit, shall I say, resistant to new foods, especially if they are considered healthier! One lady wrote to me saying:

For years my husband thought the idea of buying a flour mill was 'out there' and he didn't okay my purchasing it - I can't tell you how gratifying it is that he became a convert so quickly. We have all felt much more energetic since making the switch to home-milled, home-baked bread. Susan Davis, MN

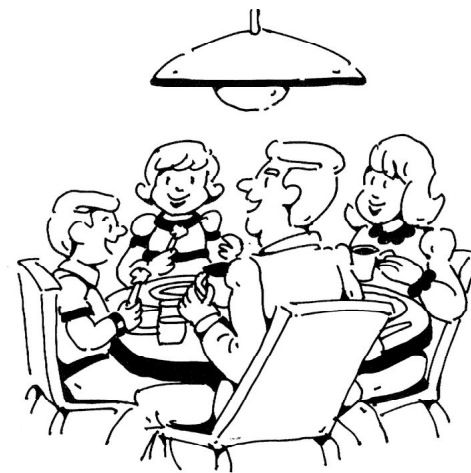
Baking bread need not be complicated, either. My basic whole wheat bread recipe has very few ingredients, and once the recipe is mastered there are dozens of easy bread variations. Here is what another client wrote:

I've been reading some other websites and recipes but they all

sound difficult and scary. I'm not much of a baker or cook, so I'm sticking with Marilyn's Famous Whole Wheat Bread Recipe for good! I've found it is the easiest and tastiest bread recipe we have ever tried. There is no need to look any further. Thanks.

This book is my attempt to put together a basic beginner's bread baking guide. It includes background information regarding ingredients, supplies and equipment, along with basic and reliable recipes to get you started. Many of you, as I am, are busy people who do not have all day to nurture their baking efforts. As such, you will find my instructions and techniques are designed to fit in with today's busy lifestyles.

My recipes for yeast breads depend on basic ingredients, freshly milled flour (if possible), basic skills, and a willingness to learn. Armed with modern equipment and a little know-how, you can set aside a weekly time slot for family baking, and you will learn to incorporate this practice into your routine with minimal disruption.



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Benefits Of Bread Baking

If you are reading this book, then it's a fair assumption that something has motivated you to bake your own breads. Let me introduce you to a few of the benefits of baking with basic ingredients. The satisfaction of making something that is economical, nutritious, and taps into our creative side is truly heart warming and encouraging to us as moms.

I had been baking our family's whole grain baked goods for a few years when my oldest daughter, at the time about 5 years old, asked my husband, Duane, who was filling in for a friend's newspaper route, if she could help on the route. He told Laura that he would take her out to breakfast if she wanted to get up early (4 AM!) and accompany him on the route. After the route was completed that morning, Laura ordered pancakes at the restaurant. After taking a couple bites, she said, "Daddy, this tastes funny. I can't eat it." White flour pancakes were no longer appetizing to her; she wanted the real thing - mom's whole grain pancakes!

There are two ways to react to this restaurant vignette; disappointment at the wasted breakfast, or pleasure, fulfillment and contentment that your efforts to provide nourishing foods resulted in a young daughter who naturally preferred the superior whole grain taste. If you've tried to bake your own bread before and met with less than desirable results, or if you have a family that was not receptive to the new tastes, take heart! It can be accomplished gradually with patience and determination.

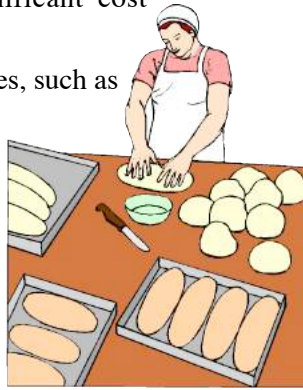
Superior Nutrition

Did you know that whole grain wheat has 26 naturally occurring vitamins and minerals, along with quality fiber, wheat germ, and oil? Unfortunately the refining process removes these powerful nutritional ingredients. White refined flour has four B-vitamins added back in which are not even in the original proportions. That's it! Consuming white flour products is like being robbed of necessary vitamins and minerals.

Your body needs nutrient dense foods for good health. The term "nutrient dense" refers to foods that naturally contain a high spectrum of

vitamins, and minerals. Other than calories, refined flour baked goods contain little nutritional value. Many of us have grown accustomed to spending our family's precious grocery dollars on items that do not satisfy the body nutritionally, or that are largely manufactured and processed foods made of inferior ingredients at significant cost because that is the way we were raised.

A number of common degenerative diseases, such as hemorrhoids, constipation, arthritis, cancer, diabetes, heart disease, obesity, and allergies are associated with low fiber diets along with the consumption of refined and processed foods. I, too, have been guilty of buying junk foods as a treat and convenience foods at a whim, or because my children would beg for nutritionally deficient cheesy curls or chips.



My heart's desire is to spend precious grocery dollars on nutritionally superior foods and learn to make them a delicious alternative. And it's not that hard. My husband, who grew up loving white bread with peanut butter and jelly, now thinks it's disgusting. It's a matter of what you become accustomed to eating. Taste buds that have been accustomed to tasteless foods gradually accommodate the change to more flavorful whole foods.

Taking responsibility for your family's health by cooking most of your meals from basic whole food ingredients seems like a huge undertaking to modern homemakers who have been raised on the convenience of over-processed commercial breads, cereals, crackers, muffins, rolls, etc. Our goal is to take this nutritional adventure one step at a time **always remembering that gradual change is permanent change;** quick changes generally are neither lasting nor effective.

Economy

Recently, I calculated the cost of making *Marilyn's Famous Whole Wheat Bread*. My cost came in at under one dollar, at the time of this writing, for a 1 1/2 pound loaf of whole grain goodness. Depending on the cost of your ingredients you will be able to make superior tasting bread for a similar cost because you will be eliminating the cost of the plastic disposable packaging, the bakery's overhead for producing the bread, the transportation costs to ship the bread from the bakery to the

store, the bakery manager's salary, and other costs of purchasing ready-made breads.

Depending on the size of your family and how many loaves of bread yours consumes each week, you can calculate the annual savings. For example, in my family, we consume four loaves of sandwich bread a week. Commercial equivalent bread costs \$4.25 in my area, and below are the savings you can realize by making your own bread:

\$3.25 savings per loaf	\$15.00 savings per week
<u> </u> x4 loaves per week	<u> </u> x52 weeks per year
\$15.00 savings per week	\$780.00 savings per year

If I make cinnamon rolls, dinner rolls, homemade pancakes, waffles, biscuits etc., I can increase the savings.

Several years back, a customer told me that she quit baking her homemade bread for a while, and that is when her son had an appendicitis attack. She believes it was related to returning to a white bread diet. The emergency surgery and hospital bills were covered by insurance, but their portion of the bill would have more than paid for a brand new mill and mixer.

The point I'm making is that when we take responsibility for our family's health, medical bills can diminish dramatically. Another customer contacted me recently and reported that making nutritional changes in her family's diet during a one year time period had cut their medical expenses in half that year compared to the previous year. This resulted in savings of over \$1,000 for her family in medical and pharmacy bills. Our family has not needed to see a doctor for other than emergencies (a broken arm, a bike accident) or sports and camp physicals for many years.



Satisfaction

A mother who is busy at home cooking and baking from scratch for her family will enjoy the fruit of her labors not only financially and nutri-

tionally but also in terms of better health. Her children will arise and call her blessed. Her husband will also. She will enjoy the intrinsic rewards of knowing that she has been a wise steward of her family's resources and provided well for her family (Prov. 31).

The purpose of this book is to teach you, step-by-step, how to learn to bake delicious and nutritious foods from scratch. As you succeed with your efforts you will be rewarded with the best tasting baked goods available. Can you just smell the spicy cinnamon rolls coming out of the oven right now?

3

Know Your Basic Ingredients

If you want to have success at baking you need to know your ingredients. Wheat is the number one cereal grain produced worldwide and used widely in the United States. When Cyrus McCormick invented a mechanical reaper around 1831, it made a much higher production of grain possible than could be accomplished previously with hand scythes or sickles. As a result, grains, including wheat, became a much more versatile commodity.

Wheat breads are unique from most other cereal grains used in bread making because wheat contains a much higher percentage of a protein called gluten. The benefit of gluten is that it becomes stretchy after kneading, which enables the bread dough to hold its shape during and after rising.

Think of stretchy gluten like a blowing up a balloon. As the yeast ferments or "consumes" the starch in the flour, carbon dioxide is created and becomes trapped in the gluten strands or "balloons" of the bread dough. Gradually, the carbon dioxide raises the bread similar to blowing up a balloon. Historically, societies have preferred yeast leavened breads when they are available.

In America today, 42 of the 50 states produce some form of wheat. The types of wheat produced vary by climate and growing conditions.

Hard wheats are grown in the northern half of the US. The cold temperatures and dry conditions contribute to the enhanced protein content. Hard red winter, hard red spring, durum, and hard white wheats are primarily produced west of the Mississippi.

Soft wheats are grown predominately east of the Mississippi River. In general, soft wheats are used for baked goods that **do not** contain yeast, and hard wheats are used for yeast breads.

Use the following ingredient information as a guide to understanding the nutritional differences and common uses for the various types of



flour and grains. Note that all-purpose and bread flours are refined flour products with very little nutritional content that primarily are used for commercial baked goods. Select flour or grains that meet your criteria for nutritional content and cost when considering bulk purchases from food co-ops.



Types of Wheat and Flours Used in Home Baking

A diagram of a kernel of wheat is depicted below. The bran layers contain B-Vitamins and fiber, the germ contains Vitamin E which is an anti-oxidant and the endosperm contains the starch.

The wheat kernel, sometimes called the wheat berry, is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour. The kernel of wheat is a storehouse of nutrients essential to the human diet.

Bran

The bran contains 14 1/2 percent of the kernel weight. Bran is included in whole wheat flour and is also available separately. Of the nutrients

in whole wheat, the bran contains a small amount of protein, larger quantities of the B-complex vitamins, trace minerals, and indigestible cellulose material also called dietary fiber.

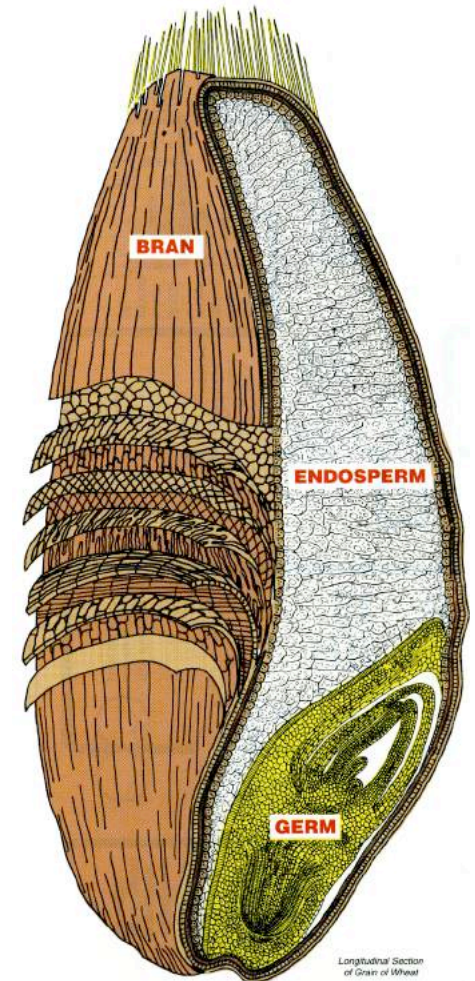
Germ

The germ contains about two and a half percent of the kernel weight. The germ is the embryo or sprouting section of the seed, usually separated because of the fat that limits the keeping quality of flour. Of the nutrients in whole wheat, the germ contains minimal quantities of protein, but a greater share of B-complex vitamins, Vitamin E, and trace minerals. Wheat germ can be purchased separately.

Endosperm

The endosperm contains 83 percent of the kernel weight. It is the source of white flour. The endosperm contains the greatest share of the protein in the whole kernel, carbohydrates, and iron as well as many B-complex vitamins, such as riboflavin, niacin, and thiamine.

Refined flour loses between 48-98% of the many naturally occurring vitamins and minerals. There are estimated to be 26 vitamins and minerals in a kernel of wheat. Only Vitamins B-1, B-2, and B-3 and folic acid and iron are added to white flour in a synthetic form, which classifies it as “enriched flour”.



All-Purpose Flour - The finely ground endosperm of the wheat kernel minus the bran and the germ (which contain the highest concentrations of B-vitamins and Vitamin E). The flour is widely used for all home baked goods but is devoid of good nutritional content. It is generally enriched with four B-vitamins although not in the original proportions.

Bread Flour - Contains greater gluten strength and is generally used for yeast breads produced by commercial bakeries. It is now widely available in grocery stores for bread machine enthusiasts. It too has had the vast percentage of nutrients removed.

Pastry Flour - Has lower protein or gluten content. It is milled from soft white wheat. Pastry flour is used for baked goods that contain baking powder and can be substituted, cup for cup, for all-purpose flour in any recipe.

Whole Wheat Flour - Commercially ground whole wheat flour is coarse-textured and should be stored in the freezer to protect against rancidity. Whole wheat flour is rich in B-complex vitamins, vitamin E, protein, and contains significantly more trace minerals and dietary fiber than white flour, however oxidation of the flour (the combining of oxygen with nutrients in the flour) results in a tremendous loss of nutritional content within just a few days. Fresh milled whole wheat flour is therefore best nutritionally.

Hard Winter Wheat - Planted in the fall; usually dry-land wheat grown without irrigation. Often grown for animal feed. Tends to be lower in protein than hard spring wheat, resulting in lowered performance. Both hard red and hard white winter wheats can be used for yeast breads.

Hard Spring Wheat - Planted in the spring. Both hard red and hard white wheats are grown this way. It is not irrigated, thus yielding a high protein and low moisture content wheat kernel. This wheat tends to be more expensive because of the higher quality protein content and because it is known to make the lightest whole wheat bread. We have found that Montana grown wheat is generally the best quality. Many husbands and children prefer the milder flavor and lighter

color of hard white wheat made into yeast bread. Hard white spring wheat makes up about 95% of our grain sales.

Soft Spring Wheat - Usually this wheat is irrigated. It has a larger yield than hard wheat but is lower in protein. It is used for making cakes, cookies, muffins, pancakes, pie crusts, pastries and baked goods that use baking powder. When home milling soft wheat, be sure to pack freshly milled pastry flour into a measuring cup, just like when measuring brown sugar, to get accurate measurements.

Durum Wheat - Used for making pasta. Semolina is a refined grade of milled Durum wheat used in homemade pasta.

Obtaining Whole Grain in Bulk

Buy grains in bulk, in a 25- or 50-pound bag for the best pricing and convenience. Store grain in food grade plastic pails for best economy. The pails are like having the convenience of a grocery store right in your home. Bulk grains are widely available from local food coops, health food stores, The Urban Homemaker, Montana Milling, and other bulk food providers. Below, I have listed the names, phone numbers, and web addresses of a few bulk grain suppliers you could contact if you don't have a local source:

The Urban Homemaker - 1-800-55 BREAD - (1-800-552- 7323) - www.urbanhomemaker.com

Walton Feed - 1-800-532-9800 www.waltonfeed.com

Montana Milling - 1-800-548-8554 - www.montanamilling.com

Jaffe Brothers - 619-749-1133 - Will ship small quantities

Emergency Essentials - 1-800-9963 - www.beprepared.com

Grain Storage Basics

In the day and age of well-stocked, convenient grocery stores, it can seem a little strange to be storing more than a few weeks worth of grain. Many home bakers store bulk grains in 5-6 gallon food grade buckets or pails. These are quite handy as they enable you to store

grains in a garage or shed without the concern of rodents getting into the grain. Smaller amounts of grain can be stored in glass canning jars or other high quality one-gallon or larger storage containers.

I have used leftover sprouting seed containers to store small, handy amounts of grain in my kitchen, but I store the balance of the 25- or 50-pound bag of grain in six gallon food grade plastic buckets in my downstairs pantry. Then, instead of going to the store when I run out of grain, I go to my pantry grain storage for re-stocking. Bulk purchases of grains are not only convenient, but very economical per pound compared to smaller amounts.

Wheat, spelt, and Kamut™ (an ancient non-hybridized, organic wheat) can last almost indefinitely as long as they are stored cool and dry in moisture/vapor proof containers. Never store grain in the original paper bags on a cement basement floor because the grain may absorb moisture through the floor and deteriorate.

If you live in a humid climate, store the grain in plastic pails with a Gamma Seal screw-on lid which provides an air-tight/moisture proof seal. These lids make access to your grain quite convenient. Gamma Seal lids and plastic food grade pails/buckets may also be used over and over for grain storage.

Whole grain flours should be used freshly milled. If you need to store flour it should be stored in a freezer and used within approximately 3 weeks. However, when making yeast breads, flour must be brought up to room temperature for best results.

What to Store

Store a variety of grains that you think your family will enjoy including hard wheat, soft wheat, 7-grain, oatmeal, millet, brown rice, barley, Kamut™ or spelt. Brown rice should not be stored long-term as it will tend to go rancid after a few months. Remember the rule of thumb for food storage: Store what you eat, eat what you store. Rotate, rotate, rotate!

For more detailed information about food storage, the following books are helpful: *Making The Best of Basics* by James Talmadge Stevens and *Cookin' With Home Storage* by Vicki Tate.

Basic Ingredients for Yeast Bread

Only four ingredients are really essential to making yeast breads: **yeast, salt, flour, and water**. All other ingredients are optional but most bakers include additional ingredients in their basic bread recipes such as eggs, oil, honey or sugar for taste, texture, variety, nutrition, and flavor.

Below, I have described the function and purpose of common ingredients found in yeast bread recipes.

High quality flour

To get started, purchase or mill the best quality whole wheat flour you can. Don't wait until you get a grain mill. There is lots to learn about yeast bread making, so get started now.

Liquids

Water, preferably filtered, is the most commonly used liquid in yeast bread, followed by milk. Fruit juice or combinations of water and milk are also called for in many bread recipes. Filtered water removes chlorine and other contaminants found in tap water. Filtered water is not only healthier, it also removes contaminants that can interfere with yeast activity. Milk adds richness, nutritional value, and flavor to the bread.

Yeast

Although there are many brands of yeast available, I have found SAF or Fermipan Instant Yeast to be the most reliable, heat tolerant, concentrated, and economical yeast available for bread making. In fact, both SAF and Fermipan are used by commercial bread makers and institutions.



Instant yeast can be added directly to the dough mixture without proofing, saving time and extra steps. It is also known as Rapid Rise. Active Dry Yeast is another type of yeast that is widely available and economical, but generally has a shorter shelf life and fewer live yeast organisms per teaspoon. Additionally, active dry yeast should be proofed before being added to the bread dough. Proofing is done to activate the yeast by mixing the yeast with 1/2 cup warm water and a teaspoon of sugar or honey and allowing it to sit for 10 minutes before using it.

Salt

Salt is an essential ingredient in yeast bread making. It controls yeast activity so the bread doesn't rise too quickly and eliminates the "flat" taste that will result if you forget this ingredient. If you forget to add salt, you will immediately notice the flat taste of the bread and know instinctively that something is missing. The only bread I have ever thrown away lacked salt!

Not all salt is the same. Real Salt™ and some sea salts do not contain additives, nor have they been heat processed to excessive temperatures. Check the labels on salt containers for additives, including aluminum compounds used for anti-caking and avoid such salts.

Fats

Oil or butter produce a more tender crumb or texture in the bread, which also promotes shelf life. French breads have little or no oil and usually go stale within a day. Use the highest quality oil or butter you can afford. Expeller pressed oils which require refrigeration have not been heat processed to high temperatures to make the oil shelf stable. Expeller pressed oils, extra virgin olive oil (does not require refrigeration), coconut oil, safflower oil, or butter are considered the healthiest choices.



Sweeteners

Honey and sugar are the sweeteners that are most frequently called for in yeast breads. Sweeteners promote yeast activity by feeding the yeast as well as enhancing the flavor. Honey can be substituted, cup for cup, for sugar and I have found bread made with honey will not stale as quickly.

All my yeast bread recipes call for honey.

Dough Enhancer

This ingredient does not have a strict definition. Some dough enhancers are mostly vital gluten while others contain ingredients (usually natural such as whey, Vitamin C, and lecithin) that increase dough strength, lightness, and shelf life. This is an optional ingredient that many home bakers have found to improve the quality of their breads.



Eggs

Primarily are added to improve the texture and flavor of the bread.

Vital Gluten

This optional ingredient really makes a difference in helping a family transition from refined flour bread to whole grain bread because it boosts the protein content of the bread (gluten) and strengthens the bread dough, giving the dough the ability to rise nicely. The resulting bread will be much softer, not crumbly, and will rise nicely so the whole grain bread won't be heavy or dense.



Unless you are one who prefers heavy dense breads, your husband and children will appreciate your first whole grain baking experiences more if you add vital gluten. Depending on the quality and protein content of the flour and personal preferences, you may want to use vital gluten in a recipe.

Premium wheats may not need vital gluten. A good place to start is to add one half tablespoon vital gluten per cup of flour. Adjust this amount up or down based on your preference. Whole grain breads prepared in a bread machine require 3-4 tablespoons of vital gluten per loaf, regardless of the quality of the wheat.



Nuts, seeds, or grains other than wheat

Sunflower seeds, flax seeds, and cracked grains are the most common ingredients added to yeast breads to add nutty and crunchy appeal, as well as nutritional value.

Other grains such as millet, cracked seven grain blend, corn, or oatmeal can be added up to one fourth of the total amount of flour called for in a basic recipe. Since most of these additions do not contain gluten, the bread will rise more slowly and possibly result in a slightly heavier, chewier product. Compensate by adding a little extra vital gluten. It is best to soak the grains or seeds before adding it to the yeast dough.

Reasons to Use Freshly Milled Flour in Baked Goods

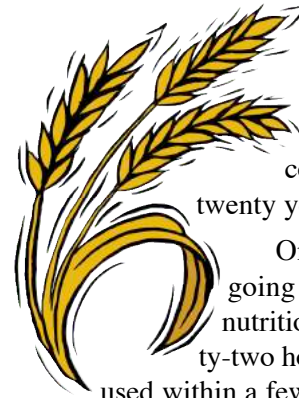
1. Fresh flours taste better and perform much better in whole grain recipes.
2. Fresh flour contains all the vitamins and minerals missing in commercial white flours. It includes the bran which is vital for a healthy colon and weight control. Fresh flours are also more nutritious than store-bought whole grain flours because oxidation of the flours causes a great percentage of nutritional loss soon after milling.
3. Fresh flour is economical! It only costs about 50¢ to \$1.00 per pound when freshly milled.
4. If you mill only the amount of flour needed, essential nutrients are preserved. Within 24 hours up to 40% of the nutrients have oxidized. In three days up to 80% of the nutrients have oxidized.
5. Stale flours become rancid because the germ oils in the grain combine with oxygen in the air when the seed coat is broken. Rancid oils and flours strain the immune system, speed the aging process and contribute free radicals into our bodies. I have had many people tell me that their bread tastes better after milling it fresh.
6. When you mill your flour fresh you may enjoy various grains such as rye, corn, oats, rice, amaranth, spelt, quinoa, and Kamut™, as well as beans. Different varieties of flours are good for rotation diets, economy, and for variations in taste.



4

Selecting A Grain Mill and Mixer

When I purchased my first grain mill, I was the stay-at-home mom of a 22-month-old daughter and money was extremely tight. In fact, before my husband gave his OK for this purchase, he asked me, “If I buy you this grain mill, will you commit to making all of our family’s bread?”



Yes, that question threw me for a loop and I had to carefully count the costs and see if I was that committed or if this was just a passing fancy. Eventually I said, “Yes, I will commit to baking all our bread.” That was over twenty years ago and I have never looked back.

Once whole grain is milled into flour, it begins going rancid and loses a significant portion of the nutritional value and baking properties within seventy-two hours of milling. Freshly milled flour should be used within a few hours or frozen for future use. When frozen, it should be used within three weeks. An added benefit to using freshly milled flour is the flour temperature is ideal for yeast activity. Bring frozen flour to room temperature before starting bread making.

Maybe you are wondering if you are really willing to commit to baking for your family. Possibly you have already enjoyed the benefits of freshly milled flour, courtesy of a friend or relative, and you are ready to invest. Regardless, you already know that you will be much more satisfied with your baking results when you are able to use high quality home milled flour.

Electric vs Non-Electric Grain Mills

There are many good electric and non-electric grain mills on the market in various price ranges. The advantage of non-electric mills is that they are quiet to run, usually require a lower initial investment and offer the ability to adjust the fineness of the flour from fine to coarsely cracked.

The disadvantages of hand cranked grain mills is the amount of time

and effort required to mill one cup of flour. Usually it takes about five minutes of hand cranking to produce one cup of flour, making hand grain mills the ideal choice for emergencies when electricity fails, but they are usually not practical for everyday family use, especially if you are baking for a large family.

In my 20 years of experience with grain mills, I have found there is no "perfect" or "best" grain mill that meets all the criteria of every customer. The "best" grain mill, is the mill that meets your personal criteria for price, noise level, storage space requirements, warranty, and versatility. Many of the more popular grain mills are used for grains and dry beans and typically should not be used for oily seeds, nuts, or coffee.

Following is an outline of the three major categories of grain mills - electric, stone, and micronizer - with a few of the advantages and disadvantages of each.

Check the manufacturers recommendations for what it is designed to mill.



Stone Mills

Stone Mills can be both electric or non-electric and are capable of milling fine flours and will also adjust to produce coarse flour and cracked grains. In general, stone mills are good for milling most grains, but not dry beans. The stones need periodic cleaning and ultimately wear down. Certain grains, like corn, have a tendency to glaze the stones which means the milling stones will need to be cleaned.

Whereas stones were at one time typically mined and cut for milling purposes, most stones today are produced in factories which use aluminum as a binder to hold the stone particles together. Consider that stone mills generally are heavier in weight and usually take up much storage space. In addition, stone mills tend to be more expensive than modern mills that use a newer technology and, depending on the speed of operation, may heat the flour to higher temperatures and destroy nutrients.

Steel-Cone Burr Mills

This type of grain mill can sometimes be operated by both hand or

electric power and offers the ability to adjust the fineness of the flour from fine to cracked. Generally, the steel-cone burr will produce flour at a relatively slow speed, but the electric version is also relatively quiet to run. Steel cone burr mills can make fine flours suitable for breads, muffins, pastries, etc, but the flour may not be as fine as stone or micronizing mills. These grain mills can also mill most whole grains and beans, but larger grains such as corn and beans will need to be cracked first, and then run through again on a fine setting if you want flour. Examples include the Family Grain Mill, Back to Basics hand mill, Jupiter Grain Mill, and Kitchen Aid Grain Mill.



Micronizing Grain Mills

Micronizing mills are exclusively powered by electricity and utilize technology that originally was developed for the pharmaceutical industry to derive fine, uniform powders. Modified for milling grains, micronizers are fast and capable of milling grains into very fine, powdery flour at low temperatures. These mills tend to be louder and may take up more space than some of the previously mentioned mills. Although they will mill a wide variety of dry grains and dry beans, they generally will only mill a range of flours from very fine to slightly coarse as in cornmeal. My personal preference and baking experience has been exclusively with micronizing grain mills. Micronizing mills include The Kitchen Mill, Wonder Mill, and NutriMill.



Selecting A Mixer

Rather than hand mixing and kneading, many homebakers prefer to let the mixing and kneading of bread be done with a mixer. Whole grain bread dough is quite heavy and can easily burn out low powered mixers, hand mixers, and food processors in a short period of time. The first heavy duty mixer I ever saw was owned by a gal who proudly told me she burned out three food processors before investing in the current mixer which was a Bosch Universal. I realized then that it

makes sense to invest in quality equipment that will stand up for many years.

A good way to gauge the quality of a mixer is by the wattage rating and manufacturer recommendations. For example, a 325 watt Kitchen Aid is suitable for making two small bread loaves, and a 700 watt Bosch Universal is designed for preparing up to ten pounds of bread dough, according to the manufacturer. The DLX mixer can make 11-12 pounds of bread dough. An automatic bread machine such as the Zojirushi can make 1 - two pound loaf at a time.

Heavy duty mixers come with not only dough hooks and mixing capability but may also have an high powered blender, and other assorted optional attachments including a meat grinder, slicer/shredder, citrus juicer, food processor, and more. If you already have these appliances, versatility may not be a benefit to you whereas if you don't already have these extra appliances/attachments one motor base powering a variety of attachments will be a benefit.

Each mixer has pros and cons and the best mixer will meet your criteria for capacity, length of warranty, versatility, space requirements and price that meets the needs of your family and budget. Smaller families usually select smaller capacity machines, but even with only three people left at home in our family, I like the larger capacity and versatility of the Bosch Universal. My philosophy is why not bake a large batch and freeze that which isn't immediately being consumed.

Over the years I have been privileged to use a wide assortment of mixers. Here is a brief review of the advantages and disadvantages of the most popular mixers I am familiar with.

Bosch Universal

Advantages:

Powerful, reliable, versatile, runs quietly. Prepares up to 10 pounds of bread dough in one batch (enough for 5 large loaves of bread), and has an optional 6-cup blender which is great for smoothies, blender batters, dressings, and many other applications. It includes a three year motor warranty and is powered by a Bosch motor with German engineering. It only requires an 11"x8" space on the counter top, and is lightweight and easy to move.

Disadvantages:

The center cone of the mixing bowl is difficult to clean without a vegetable brush. When improperly used on the wrong speeds or a wet counter, the motor base will walk on the counter while kneading large batches of bread. Cookie whips are sold separately.

Mix 'n Blend by Blendtec

Advantages:

Auto-knead feature determines when the gluten is fully developed. Multiple speeds have a timing feature. A large capacity, very powerful 2 quart blender comes standard. French and Cookie Whips are standard. It will knead up to 10 pounds of bread dough. Digital controls. American made.

Disadvantages:

Runs noisier than some other mixers and has fewer accessories available.

Electrolux Assistant (Formerly DLX)

Advantages:

Six-hundred watt motor will knead up to 15 pounds of bread dough. Standard machine includes a stainless steel bowl. Reliable. Many optional attachments are available.

Disadvantages:

Roller/scrapper is much more difficult to master for new bakers. Small, optional blender. Higher cost than the above mixers!

Kitchen Aid

Advantages:

Widely available and many price points. Stainless steel bowl. Classic design, multiple color choices. Many attachments available.

Disadvantages:

Newer models frequently overheat when kneading whole grain breads. Small capacity.

Tips For The Best Bread

Now that you have familiarized yourself with the benefits of baking your own bread, and the basic ingredients needed in yeast breads, read through my tips below for the best bread before you try baking your first whole grain loaf of bread.

As I've already stated, I would encourage you not to wait until you can invest in a grain mill or a mixer! Instead, get started by purchasing the best quality whole wheat flour you can find commercially, or have a friend mill some wheat into flour for you. Invest in some yeast and honey and you are ready to go.

All you need to get started are flour, salt, liquid, yeast, and honey. Everything else is added to improve flavor and texture. Don't wait! **USE WHAT YOU HAVE!**

When baking bread, you will have some learning experiences. That's okay! I still have learning experiences and it is very rare that I need to throw anything out. You will learn something new each time you bake.

As you practice, you will sense the feel of the dough and smell the aroma of yeast and freshly milled flour. You will recognize when the dough is fully kneaded and you will be rewarded by the heavenly smell of baking bread even if the results are not ideal. More than likely, the smell alone will convince you to keep on keeping on.

It's time to let go of perfectionism, hesitations or fear of baking yeast breads, and to step out in faith that these instructions, along with your God given sense of intuition and divine guidance are sufficient for getting started!

Following is my bread recipe for both the hand method and the large mixer method. Even if you will be using the large mixer method, familiarize yourself with the hand method first as there are tips, suggestions, and explanations that are applicable to using a large mixer.



General Mixing Tips and Suggestions

* Use warm water. Best temperature is 110 - 120°F if using SAF Instant Yeast, otherwise 110°F maximum. If you are not using Instant or Quick Rising Yeast like SAF, be sure to proof the yeast before using it by mixing the yeast with 1/2 cup warm water with a teaspoon of sugar or honey and allowing it to sit for 10 minutes before using it.

* Use the right amount of flour. Too much flour kneaded into the dough causes dry crumbly bread. Because the moisture content of flours vary, yeast bread recipes will always call for a range of flour. With experience you will learn to recognize when the right amount of flour has been added to the dough rather than relying on measurements alone.

* Sponging is simply allowing the dough to sit in the mixing bowl to allow the flour to absorb the liquid. Combine the warm water, yeast, and 2 cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. This step gets the yeast off to a good start. Set the timer if necessary. Use the “waiting time” to clean up your kitchen or fold the laundry. Don’t worry if the sponge goes longer than 15 minutes. The art of baking bread is flexible. If the baby needs to be changed, or the mailman rings the door bell, and life happens, relax; get back to the bread as soon as you can and don’t fret.

* Measure ingredients and mix the dough. Measure the oil into a glass measuring cup before the honey. That way the honey slides out with minimal stickiness. Then add the remaining ingredients and 4-5 cups additional flour. Stir with a sturdy wooden spoon until the bread dough begins to clean the sides of the mixing bowl. Be sure to add the flour gradually to enable it to absorb the moisture.

Marilyn's Famous Whole Wheat Bread Recipe

Hand Method: (yields 2 loaves)

1/3 cup honey

1/3 cup oil

2 1/2 cups warm water

1 1/2 Tbsp SAF Instant Yeast

2 1/2 tsp salt

6-7 cups fresh whole wheat flour(room temperature)

1 1/2 Tbsp Dough Enhancer, optional

1/3 cup Vital Wheat Gluten, optional

Combine the warm water, yeast, and 2 cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. Add the honey, oil, dough enhancer, salt and 4-5 cups additional flour until the dough begins to clean the sides of the mixing bowl. This is true whether you are mixing by hand with a wooden spoon or using a dough hook attachment with an electric mixer.

Knead the bread by hand 7-10 minutes or until it is very smooth, elastic, and small bubbles or blisters appear beneath the surface of the dough. It is a common mistake of beginners to add too much flour. When hand kneading, oil your kneading surface and your hands with 1-2 tsp of oil to help reduce stickiness to avoid adding too much flour.

Form the dough into 2 loaves. Allow the dough to rise in a slightly warmed oven or other warm place until doubled in size, about 30-60 minutes. (Turn the oven on for 5-10 minutes, turn off oven and open door, allowing it to cool down to approx. 100°F. Then put the dough in the warmed oven and close the oven door.)

Bake the loaves for 25-30 minutes at 350°F. Preheating the oven is not necessary. Bread is done when the top, sides, and bottom are nicely browned in color, or 180°F to 200°F is reached on an instant-read thermometer. Over baked is better than under baked.



Hand Method

Step 1: Read through *Marilyn's Famous Whole Wheat Bread Recipe* and acquaint yourself with the directions and ingredients.

Assemble your basic yeast bread ingredients: fresh whole wheat flour, salt, yeast, honey, vital gluten and filtered water.

You are ready to get started!

Step 2: Mixing the ingredients

Pour the water into a mixing bowl and stir in the dry ingredients with a wooden spoon until they are moistened. There is really no perfect order for combining these ingredients but below are some tips for insuring good success with your first efforts at baking whole grain bread. Step 3 through 8 below will describe the kneading, rising, shaping, baking, and cooling steps in more detail.

Step 3: Knead the dough

This process will develop the gluten. The gluten is an elastic protein that enables dough to hold its shape when raised. The most difficult aspect of mastering bread baking is learning the kneading technique and knowing how long to knead. Here is how to recognize when the gluten is fully developed:

The dough will be smooth and elastic. Take a golf ball sized portion of dough and see if the dough is stretchy and does not readily tear. Add vital gluten to improve the gluten content and texture of your bread.



Tips for Kneading the Dough By Hand

Try to get all the flour incorporated within two minutes of mixing so you will have even gluten development. Too little flour will cause the dough to be too sticky to work with, which is your signal to add more flour. Since whole grain flour absorbs moisture more slowly, be sure not to add too much flour, or, as you mix and knead, the dough will become too dry, resulting in crumbly bread. Add more flour gradually, in 1/2- 1 cup portions. It takes practice to add the right amount.

A rhythmic process called “kneading” develops the gluten in the bread dough by straightening the gluten strands and causing them to become smooth and elastic. Place the slightly flattened dough all onto a lightly floured surface, and fold the dough over toward yourself. Press the folded dough together, pushing down and away from yourself with the lightly floured heels of both hands. Give the dough a quarter turn and repeat the process by folding the dough and pressing away, turning and repeating. This “kneading” is a rhythmic motion, repeated many times.



Knead the dough by hand 7-10 minutes or until it is very smooth, elastic, and small bubbles or blisters appear beneath the surface of the dough. It is a common mistake for beginners to add too much flour. When hand kneading, if you will oil your kneading surface and your hands with 1-2 tsp of oil, this will reduce stickiness and help you avoid adding too much flour. If your dough is too sticky to work with after oiling your hands you will need to gradually add additional flour.

A Fool-Proof Way to Knead Your Bread

An older, wiser woman told me how she determined if her bread was adequately kneaded. She said, “Say the Lord’s Prayer as you knead, making one kneading stroke per word and then repeating the prayer at least twice.” Many ladies have told me that this method alone solved their dilemma of determining how long to knead the dough.

With experience you will eventually master the kneading process and learn to “feel” and recognize when the gluten is developed.

Step 4: Recognizing When The Gluten Is Developed

You can recognize when gluten is fully developed by taking a golf ball sized portion of dough and gently stretching the dough in opposite directions using your thumb and forefinger of both hands. If you can stretch the dough thin enough to see light through without the dough readily tearing, you have sufficiently developed the gluten.

If after 7-10 minutes of kneading the bread dough the gluten doesn’t seem developed, it is most likely because you are using low protein flour

or because you are new at kneading bread dough.

There is no way to increase the gluten content and development at this point. More kneading after a certain point does not mean more gluten development. In fact, it is possible to over-knead the dough and, if this does occur, the gluten begins to break down and the dough becomes a sticky mess.

Finish making the bread according to the instructions below. The finished bread may be a bit heavier and denser than you like, but I suspect the bread you have made will smell wonderful and be delicious even if it is a bit heavy and dense.

Just view this as a “learning experience.” As I have said before, there are no failures in bread baking, only learning experiences. Expect to have them. Bread that we call a learning experience is usually enjoyed by the family anyway, or it can be salvaged by turning the baked bread into croutons, bread pudding, bread crumbs, or feeding the ducks.

If you find your bread heavier or denser than you and your family enjoy, you will want to add vital gluten into the recipe next time to improve the texture of the bread. Often, baking with Montana grown hard wheat (which is higher in protein content) may solve that heavy/dense bread problem in the future.

Step 5: Let The Dough Rise (1st raising - optional)

When the gluten is fully developed, allow the dough to rise in a greased mixing bowl. Cover the dough with a damp kitchen towel to keep the dough from drying out. This step is often called “proofing” (not to be confused with proofing the yeast). Proofing is a baking term for allowing bread dough to raise, generally outside of the oven. Although this step is optional, proofing will develop texture and flavor, gluten framework, and help make light, fluffy loaves of whole wheat bread. If you are in a hurry, this step can be skipped.

The activity of the yeast ferments the flour, causing the development of carbon dioxide gas to develop. The carbon dioxide is captured by the gluten which raises the bread.

The optimum temperature for yeast activity is 85-100°F so use a slightly warmed oven, top of the refrigerator, direct sunlight or any other warm place, if possible. Otherwise, the first rising period done at room temperature will just take longer, which is nothing to be concerned about.

Normally the first rising period takes about 30-60 minutes. (The first rising of the bread can be skipped if you are in a hurry, but flavor and texture of the bread improve with up to three risings.)

After the dough has doubled in size, punch down the dough, divide it into two equal pieces and shape the loaves. Use 1 tsp. oil on your kneading surface or on your hands when it is time to shape the dough. This keeps the dough from sticking and avoids using excess flour.

Step 6: Shaping bread loaves

After the dough has risen once and been punched down with your fist (this deflates all the air bubbles), you will want to shape the loaves in a round cylindrical loaf shape the length of your bread pan. It is important to get all the air bubbles out of the dough before shaping. This can be done by banging the dough a few times firmly on the counter.

Make sure the loaf is nice and round and smooth before placing in loaf pans. When I'm content with the shape of my loaf, I put the dough, smooth side on top, into the greased bread pans and lightly grease the top of the loaf with oil or melted butter. For the prettiest highest rising bread loaves, use 8"x4 1/2" loaf pans filled 1/2 to 2/3 full of bread dough.

Step 7: Raising the bread loaves (2nd raising)

The loaves are ready to bake when the dough has doubled in size. So if your pan was only filled half full of bread dough, it will be time to bake when the loaves reach the top of the pan. This second rising period usually takes about 30-60 minutes depending on the temperature of the place you rise the dough.

Don't be in a hurry and allow the bread to rise too quickly. Rapidly raised bread loaves often have a weak structure and tend to fall or collapse before the baking time is over.

Another way to determine if the loaf is ready to bake is to lightly press the corner of the loaf with a pinky finger about one half inch. If the dough holds the shape of the indentation, it is ready to bake. If the dough springs back to the original shape, allow more rising time.



Step 8: Bake the bread!

Bake fully risen bread loaves for 25-30 minutes in a 350°F pre-heated oven. Bread is cooked through when it sounds hollow when tapped on the bottom, and when the top, sides and bottom are a golden brown color.

A more reliable and much less subjective method for determining if the bread is baked through requires the use of an instant read thermometer. I have just discovered this method in the last year and must say I have had much more reliable results when using the temperature of the thermometer to determine done-ness.



The bread is baked through and considered done when the instant-read thermometer reaches 180-200°F. I have used 190°F with consistent results. In general, it is better to overbake bread than to underbake it.

When the bread is completely baked through, remove the loaves from the bread pans to cool on a cooling rack to release steam. If you like, spread some melted butter on the top crust to keep it softer.

For best slicing results, allow the bread to cool completely before slicing. (Who can resist just one slice of hot, steaming, out-of-the-oven bread?)

After the loaves are cooled, slice as evenly as possible and store in good quality re-useable bread bags. Any bread that will not be consumed in a few days should be frozen or given away, as homemade bread will become stale after 3-4 days.

Large Mixer Method

Be sure to read through the Hand Method first for additional tips and information.

Marilyn's Famous Whole Wheat Bread Recipe

Yields 4-6 loaves

2/3 cup honey

2/3 cup oil

6 cups warm water

3 Tbsp SAF Instant yeast

1 1/2 - 2 Tbsp salt

14 - 18 cups fresh whole wheat flour

2 Tbsp Dough Enhancer, optional

2/3 cup Vital Gluten, optional

Combine the honey, oil, warm water, yeast, dough enhancer, and 2 cups of the whole wheat flour in a large mixing bowl. Sponge for 15 minutes. Add the salt and 14-18 cups additional flour, 1 cup at a time, while the mixer is running until the dough is stiff and cleans the sides of the mixing bowl. Kneading the bread for 6 minutes on speed #1 should be sufficient to develop the gluten if you are using fresh flour. Allow the dough to rise until doubled, about 30-60 minutes. This first rising is optional if you are in a hurry.

Form the dough into four to six loaves. Allow the bread dough to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes). Bake loaves for 25-30 minutes in a 350°F oven. Bread is done when the top, sides, and bottom are nicely browned in color, or 180°F to 200°F is reached on an instant-read thermometer. Over baked is better than under baked.

The following comments pertain to mixing bread dough in a mixer:

Kneading the Dough

When the right amount of flour has been added, the sides of the bowl will “clean” themselves of flour. Using speed one (or a slow speed), time the kneading action for 6 minutes. Depending on the quality of the wheat used, and the kneading action of your mixer, the kneading time

may be shorter or longer.

As a beginner, you may think you have added enough flour only to find the dough sticking again to the bowl. Add some more flour, gradually, in 1/2- 1 cup portions. It takes practice to add the right amount. It is also possible to add too much flour, in which case you just drizzle water while the mixer is on low speed until the dough is softer, more pliable and not dry. Recognizing that this step will take practice.

After six minutes, stop the mixer, pull out a golf ball- sized portion of dough and check to see if the dough is stretchy and does not readily tear. If so, the kneading is completed and you are ready for the next step of shaping the loaves.

If the gluten isn't fully developed, continue kneading the bread dough in 2-minute increments, stopping the mixer to check the gluten for readiness, and so on. It is possible to overknead the dough in a mixer, in which case the gluten will start to break down. After 10 minutes of mixer kneading, stop the mixer and continue with the recipe.



6

Whole Wheat Bread Variations

Using *Marilyn's Famous Whole Wheat Bread Recipe*

With *Marilyn's Famous Whole Wheat Bread* recipe (p. 31, 37) you can make many tasty variations limited only by your imagination. Once this basic dough is prepared, you can fashion it into a wide variety of baked goods such as pizza, cinnamon rolls, bread sticks, onion cheese bread, and more! Read on for a dozen or so of my ideas. With practice you can create your own variations.

Whole Wheat Pizza

Use approximately one loaf of bread dough (1 1/2 pounds dough) for each pizza crust. If you are not baking the crust on a pizza stone, you will be much more successful if you pre-bake the crust for six to eight minutes at 350°F, and then cover it with toppings of your choice. Pre-baked crusts must be forked all over to release steam while baking. Be sure to have all your toppings ready, or wrap and freeze pizza crusts for future meals.



Cinnamon Pull-Aparts

Pinch dough off into walnut-sized balls. Dip in melted butter and then roll in cinnamon sugar mixture (1 tablespoon cinnamon to 1/2 cup sugar or Sucanat). Place balls in layers (at least two layers deep or fill the pan one half to two thirds full) in a baking pan or bundt pan. Let rise until doubled in bulk, then bake at 350°F for 25-30 minutes.

Caramel Nut Pull-Aparts

Make caramel sauce by melting 1/4 cup butter, 1/2 cup brown sugar, and 1/2 cup maple syrup in a saucepan. Add 1/2 cup chopped walnuts or pecans if desired. Pour this mixture into the bottom of a bundt pan or baking pan. Place walnut-sized pieces of dough in layers in the pan. Let rise until doubled, bake at 350°F for 20-30 minutes.

Mock Rye Bread

For each loaf of bread, cut in 1 tablespoon caraway seed and 1 teaspoon anise seed.



15-18 minutes.

Bread Sticks

Roll 1/2 cup portions of dough into finger-thin ropes and cut to the desired length. Brush with melted butter. Sprinkle with a desired topping: Parmesan cheese, garlic salt (or powder), Italian seasonings, sesame seeds, etc. Place the "sticks" onto a lightly greased baking sheet, about two inches apart. Let rise 10-15 minutes. Bake at 375°F for

Onion Cheese Bread

For each loaf, knead in 1/4 cup chopped onion (or reconstituted minced onion) and 1/2 cup grated sharp cheddar cheese. Proceed with regular rising and baking.



Cinnamon-Raisin Bread

Knead in 1/2 cup raisins and 1/2 cup chopped walnuts or pecans plus 1 1/2 teaspoon cinnamon per loaf.

Garlic-Herb Parmesan Bread

For each loaf, add 1/3 cup parmesan cheese and 1 teaspoon garlic powder or more to taste, and 1 teaspoon of herb of choice (optional).

Jalapeno-Ranch Sharp Cheese Bread

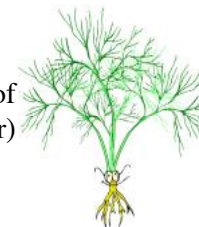
Add 1/2 cup grated sharp cheese, 2 tablespoon ranch salad dressing dry mix, and two chopped fresh jalapeno peppers.

Onion Hamburger Buns

Add 1 tablespoon onion powder. Roll to slightly less than 1/2 inch thickness and use a large used pineapple can about 4 inches diameter as your bun cutter (cut out both ends of the can for air to escape). If desired, moisten the top of buns and sprinkle with onion flakes before rising. Bake 18-20 minutes at 350°F.

Onion-Dill Bread

For each loaf, add 2 slightly heaping tablespoons of dried onion flakes (or 1 tablespoon onion powder) and 2 teaspoons dill weed.

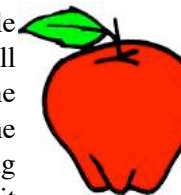


Dried Tomato And Rosemary Bread

For each loaf, add 3 tablespoons snipped dried tomatoes, 1 tsp. crushed rosemary, and 1/4 teaspoon paprika.

Cinnamon Rolls with Apple Filling

In a medium mixing bowl, combine two cups finely chopped or grated apple, 1/2 cups raisins or dates, 2 tablespoons honey or brown sugar, 2 teaspoons cinnamon or apple pie spice, and dash of salt. For each loaf of bread, roll out the dough into a 12"x18" rectangle, spread the apple mixture over the dough, roll up tightly, seal the roll, and cut rolls into 3/4-1 inch slices by encircling the roll with a long piece of dental floss and pulling it tight so it cuts through the roll.



Yeast Bread Recipes

FANTASTIC WHOLE WHEAT ROLLS

These wonderful rolls will be a hit for everyday or special occasions. Halve the recipe for a small batch. This dough can also be used for cinnamon rolls.

2 1/2 cups warm water
1/2 cup honey
1/2 cup dry powdered milk, opt.
2 Tbsp yeast
2 eggs
6-8 cups whole wheat flour*
2 1/2 tsp salt
1/2 cup oil
1/2 cup vital gluten
2 tbsp. Dough Enhancer, optional
melted butter



Combine warm water, honey, powdered milk, and yeast in mixing bowl. Allow yeast to sponge. Add eggs and 3 cups flour. Stir until thoroughly mixed; dough will resemble cake batter. Let rest until bubbly, about 30 minutes. Add salt, oil, and remaining flour. Knead for six to ten minutes or until gluten is developed or dough is soft and pliable. Pour out onto a lightly greased surface. Grease baking sheets. Pinch off 2-inch round portions, and roll out to an 8-inch rope. Tie rope in a single knot. Place in rows on baking sheets, cover, and let rise until doubled. Bake in a 350°F oven for 20 to 25 minutes or until lightly browned. Brush with melted butter if desired, and remove to a cooling rack. Makes 2-3 dozen.

Multi-grain variation: Substitute 1 cup of cracked 7-Grain Mix OR 1 cup cracked wheat for one cup of the whole wheat flour.

* If you do not have high quality fresh home milled whole wheat flour I would recommend that you use half bread flour in order to avoid heavy, dense rolls.

7-GRAIN BREAD

Use the smaller amounts for Hand Method and larger amounts for Large Mixer Method.

1/3 cup honey	2/3 cup honey
1/3 cup oil	2/3 cup oil
2 1/2 cups warm water	6 cups warm water
1 1/2 Tbsp SAF Instant Yeast	3 Tbsp SAF Instant Yeast
4 tsp salt	1 1/2 to 2 tbsp. salt
5-7 cup whole wheat flour *	14-16 cup whole wheat flour *
1 Tbsp dough enhancer	2 Tbsp dough enhancer
1 cup Bread Flour	2 cup Bread Flour
1 cup 7-Grain Cracked	2 cup 7-Grain Cracked
2 tsp sesame seeds, optional	1 Tbsp sesame seeds, optional
2 tsp flax seeds, optional	1 Tbsp flax seeds, optional
4 Tbsp sunflower seeds, optional	2/3 cup sunflower seeds, opt.

Combine the honey, oil, warm water, yeast, dough enhancer, 7-Grain Cracked, bread flour, and two cups of the whole wheat flour in a large mixing bowl. Add the salt and four to five cups (14 to 18 cups if using a large mixer) additional flour until the dough is stiff and cleans the sides of the mixing bowl. Knead the bread until the gluten is developed. Allow the dough to rise until doubled, about 30-60 minutes. This first rising is optional if you are in a hurry.



Form the dough into two loaves if using the hand method or five to six loaves if using the large mixer method. Allow to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes). Bake loaves for 25-30 minutes in a 350°F oven. Bread is cooked through when it sounds hollow when tapped on the bottom and when the top and sides of the loaves are a golden brown color.

* If you are unable to use fresh whole wheat flour, use equal amounts of store bought whole wheat and bread flour.

MULTI-GRAIN BREAD

Makes two loaves - Double for large mixer method

2 1/2 cups warm water
2/3 cup cracked 7-grain blend
1/4 cup sunflower seeds
2 Tbsp millet
2 Tbsp flax seeds
2 Tbsp sesame seeds
2 Tbsp amaranth grain
1/2 cup vital gluten
1/14 cup olive oil
1/4 cup honey
1 Tbsp salt
4 tsp dough enhancer, optional
1 1/2 Tbsp SAF Instant Yeast
5-6 cups whole wheat flour (may use part bread flour)



Combine the honey, oil, warm water, yeast, dough enhancer, 7-grain blend, sunflower seeds, millet, flax seed, sesame seeds, amaranth grain and vital gluten. Allow to sponge for 15-30 minutes. Add the salt and additional whole wheat flour until the dough cleans the sides of the mixing bowl. Knead the dough by hand or by mixer until the gluten is developed. Allow the dough to rise until doubled, about 30-60 minutes. This first rising is optional if you are in a hurry.

Form the dough into two loaves if using the hand method or four loaves if doubling the recipe for a heavy duty mixer and place in 8"x4" loaf pans. Allow the bread to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes). Bake loaves for 25-30 minutes in a 350°F oven.

FRENCH or ITALIAN BREAD

This recipe is very basic, simple and delicious main meal accompaniment. Double this recipe for large families!

2 1/2 cup warm water **2 Tbsp SAF Instant Yeast**
1 Tbsp honey **2 tsp salt**
2 Tbsp oil **3 cups whole wheat flour**
3 cups bread flour or unbleached flour



Mix all the ingredients except the bread flour for one minute. Then add 2-3 cups of the bread flour (this is a higher protein refined flour; all-purpose flour may be substituted for the bread flour) until the mixture cleans the sides of the bowl. Knead for six to ten minutes or until the gluten is fully developed. Allow the dough to rise 15-30 minutes in a covered bowl.

To shape the loaves: Divide the dough into two and roll each portion into a 12"x15" rectangle. Roll up tightly along the long side. Pinch the edges to seal. Place on a greased cookie sheet or French bread pans sprinkled with cornmeal. When dough doubles in size, slash the top with a serrated knife 1/4 inch deep every two to three inches. Beat one egg white with water until foamy. Use a pastry brush to coat top and sides of loaves with egg mix. Sprinkle with sesame seeds. Bake at 375°F about 25-30 minutes or until brown.

To shape bread bowls: Use 1 to 1 1/2 cups dough per "bowl." Place round, spherical shaped pieces of dough onto greased cookie sheet which has been sprinkled with 2 tablespoons yellow cornmeal or semolina flour. Bake at 375°F for 25-30 minutes or until a deep golden brown color has been achieved. Either French bread or bread bowls can be baked on a pre-heated pizza stone for a more crispy crust. Use bread bowls as a fun way to serve chili or hearty soups and stews. You can eat the dish afterwards! This hearty bread is delicious! Don't be afraid to try it. If you don't have all the seeds and grains just omit them and use additional whole wheat flour.

SUNFLOWER SEED ROLLS

Use this recipe on the dough cycle of a large capacity bread machine or knead by hand. An optional step for promoting easier digestion and nicer crunch is to cover the sunflower seeds with water and let stand for a couple hours or overnight and then drain.

Order of Ingredients:

1 1/2 Tbsp SAF Instant Yeast
2 cups warm water (110°F)
1/2 cup honey
1/4 cup oil or melted unsalted butter
2 tsp salt
2 cups whole wheat pastry flour or spelt flour
2 1/2 cups whole wheat flour
1/3 cup sunflower seeds, drained



After the kneading begins, make sure there is a nice round dough ball; adjust flour or liquid as needed. After the dough cycle is completed, divide dough in half. Shape each half into 12 rolls, placing the rolls in greased pans with a little room between them. Cover and let rise in a warm place for 20-30 minutes or until doubled. Bake in a preheated 400°F oven for 15-20 minutes. Brush rolls immediately after baking while still hot with soft or melted butter.

MARILYN'S PECAN STICKY CINNAMON BUNS

If you would like to have hot-out-of-the-oven rolls without getting up at 4:00 AM, prepare the rolls a day ahead. Place the shaped rolls on the maple glaze and raise them overnight in the refrigerator (instead of a warm place), keeping them carefully covered with plastic wrap. In the morning, the dough should have doubled and be ready to bake. Voila! Fresh bread in minutes and you didn't even get up at 4:00 AM to do it! This recipe is extra delicious and healthy as it contains maple syrup and honey for sweetening instead of sugar. A fabulous gift to a new mom or new neighbors, or just for being friends.

2 cups warm water (120°F)
2 Tbsp SAF Yeast
1/2 cup dry milk powder
1/2 cup oil or butter
1/3 cup honey
3 large eggs
1 Tbsp salt
6-8 cups whole wheat flour
1/4 cup vital gluten



Caramel Topping

1/2 cup butter
1-1/2 cup maple syrup
1-1/2 cup chopped or whole pecans

Cinnamon Roll Mixture

1 cup Sucanat or brown sugar
1 Tbsp + 1 tsp cinnamon
1/4 cup butter, melted

Combine yeast, dry milk powder, vital gluten, and flour in a large mixer bowl. Add water, oil, and honey. Mix well for 1-2 minutes.

Turn off mixer, cover the bowl and let dough sponge for 10-15 minutes. Add eggs and salt. Turn on the mixer; add additional flour, one cup at a time, until the dough begins to clean the sides of the bowl. Knead for only 5 minutes and keep the dough very soft and manageable. Stiff dough will

produce heavy, dry rolls. If the dough becomes stiff while kneading, drizzle additional water as you knead.

To Prepare Sticky Buns

Melt butter and syrup and add the pecans. Divide this mixture evenly into the bottom of two 9"x13" baking pans. Divide the bread dough into two equal portions. Roll into a 20"x28" inch rectangle. Spread 2 tablespoons of melted butter over the rectangle of dough. Sprinkle with half the Sucanat/cinnamon mixture. (Sucanat is a granular unrefined sugar derived from cane juice that is found in health food stores, often used as a healthier alternative to refined white sugar.) Roll up into a jelly roll, seal the seam, and cut into 1 1/2 inch thick pieces with dental floss. This will yield 12-15 rolls. Place the rolls into the prepared pans. Repeat this process with the remaining dough. Let the rolls rise in a warm area until doubled (approximately 30-60 minutes). Bake at 350°F for 30-35 minutes or till well-browned. Remove from the oven and let stand in the pan for 5 minutes. Turn out of the pan to cool onto a rack placed over a jelly roll pan to catch the drippings and simplify cleanup. ENJOY!



EZEKIEL BREAD

A complete protein bread

This recipe is based on a scripture passage from Ezekiel 4:9 which states:

"Take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and spelt, and put them in one vessel, and make thee bread thereof."

7 cups wheat
1 cup barley
1/4 cup pinto beans
1/4 cup spelt
1/4 cup lentils
1 cup rye whole grain
5 cups hot water
1/2 cup honey or molasses
1/2 cup butter
3 Tbsp yeast
2 Tbsp salt
1/3 cup millet, unmilled
1/2 cup vital gluten, optional
2 Tbsp dough enhancer, optional



Combine the wheat, barley, pinto beans, soybeans, lentils, rye, and mill in grain mill. In the mixer bowl combine warm water, butter, molasses or honey, yeast, and salt. Add multigrain flour, millet, and vital gluten until dough pulls away from the sides of the bowl. Knead 7-10 minutes or until the gluten is fully developed. Allow the dough to rise until doubled, about 30-60 minutes. This first rising is optional if you are in a hurry. Shape into four round/spherically shaped loaves, and place on two well-greased baking sheets. Let rise until double. Bake in a 350°F oven for 35 minutes. Makes 4 loaves.

MARILYN'S HERB BREAD

This savory bread is always received by guests with rave reviews.

Double this recipe for large mixers if desired.

2 1/2 cups milk, warmed to 100°F
1/3 cup honey
1/3 cup melted butter or olive oil
6-8 cups flour
2 Tbsp SAF Instant Yeast
4 tsp celery seed
2 tsp dried thyme, crushed
4 tsp salt
1 egg

Combine milk, honey, butter or oil, and yeast. Gradually stir in the flour, salt and herbs until a soft batter is made, and then add the egg. Continue adding flour gradually until the dough cleans the sides of the mixing bowl and a moderately soft dough is formed. Knead five to seven minutes by hand or machine or until the gluten is fully developed. Place the dough ball into a greased bowl, turning once to grease the surface. Cover and let the dough rise until doubled (about 60 minutes) then punch down. Shape desired rolls or divide the dough into two pieces.

Form three strands from each piece to braid. Place the braids on a large cookie sheet (or two smaller ones) so there is enough space for the loaves to double. Brush the braided bread with butter if desired and rise it in a warm place until doubled in size. Bake at 375 - 400°F for 15 minutes for rolls or 25-30 minutes for braids. Remove from pans when browned and cool on wire racks.

GRANDMA'S OLD-FASHIONED OATMEAL BREAD

My father's favorite bread recipe when made with molasses

Large Mixer Method Yield four 8" loaves

- 3 cup water for cooking oats**
- 2 cups rolled oats, quick or regular**
- 2 cups warm water**
- 2 1/2 Tbsp SAF Instant Yeast**
- 1 1/2 Tbsp salt**
- 1/2 cup oil**
- 2/3 cup molasses (preferred) or honey**
- 2 Tbsp dough enhancer, optional**
- 1/2 cup vital gluten**
- 2 cups unbleached bread flour**
- 8-12 cups freshly milled hard whole white wheat flour**



Hand Method Yield two 8" loaves

- 1 1/2 cup water for cooking oats**
- 1 cup rolled oats, quick or regular**
- 1 cup warm water**
- 1 1/2 Tbsp SAF yeast**
- 4 tsp salt**
- 1/4 cup oil**
- 2/3 cup molasses (preferred) or honey**
- 2 Tbsp dough enhancer, optional**
- 1/4 cup vital gluten**
- 1 cup unbleached bread flour**
- 4-6 cups freshly milled hard whole white wheat flour**

Cook oatmeal with water, salt, and oil, until oatmeal mixture is soft, two to 10 minutes depending on choice of quick or regular oats. Cool to 110-115°F. Pour warm water, molasses or honey, dough enhancer, whole wheat flour and cooled oatmeal mixture in mixer or mixing bowl with dough hooks attached. Stir to moisten. Add yeast and 4 cups flour. Allow to sponge for 15-30 minutes. Add flour until the dough begins to draw away from sides of bowl.

Knead for six-10 minutes or until the gluten is fully developed and the dough is smooth and elastic. When the kneading is completed, shape

loaves and place into greased bread pans. Let the dough rise in the bread pans at least 30-60 minutes or until it is doubled in size. Preheat oven to 350°F and bake approximately 30 minutes or until the top, sides, and bottom of loaves are browned.



BLACK RUSSIAN RYE BREAD

This recipe can be doubled for large mixers.

This is my husband's favorite bread!

Makes 2 loaves.

2 Tbsp SAF Instant Yeast
2-1/2 cups warm water
1/4 cup vinegar
1/2 cup molasses
4 1/2 Tbsp cocoa or carob powder
1/4 cup butter or oil
1 Tbsp salt
2 tsp instant coffee, optional
2 Tbsp dehydrated onion
4 Tbsp crushed caraway seed
1/2 tsp crushed fennel seed
4 cups rye flour
4-5 cups fresh whole wheat flour
cornmeal
1/2 cup cold water
1 tsp cornstarch



Combine the warm water, yeast, coffee, dehydrated onion, caraway seed, and fennel seed and 2 cups of fresh whole wheat flour in a large mixing bowl. Allow to sponge for 15 minutes. In a small saucepan or microwave safe bowl, combine vinegar, molasses, cocoa or carob powder, salt, butter or oil. Heat to lukewarm. Add the warmed mixture into yeast mixture. Add rye flour, and mix or stir. Gradually add most of the whole wheat flour until the dough begins to clean the sides of the mixing bowl. Do not allow the dough to get too stiff.

Knead eight to 12 minutes, adding flour as needed, or until the gluten is developed. Lightly grease a baking sheet and sprinkle with cornmeal. Divide dough into two portions, and form into spherical shaped balls. Place on each end of the baking sheet. Cover with a damp towel, and let rise until doubled. (Do not put free-formed, round loaves in a warmed oven to rise, they will flatten.)

Bake in a 350°F oven for 45 to 50 minutes. While bread is baking, combine 1/2 cup cold water and cornstarch in a small saucepan. Cook until thickened. Remove bread from oven, brush with cornstarch mixture, and

return to oven for an additional 2 to 3 minutes to set the glaze. Remove from baking sheet and place loaves on cooling rack to cool. Makes 2 loaves. Delicious with cream cheese on it.

NOTE: For a lighter bread, decrease rye flour and increase wheat flour, or use 3 cups bread flour and 2 cups whole wheat flour instead of the 4 to 5 cups whole wheat flour .





BASIC PIZZA CRUST

Makes 2 crusts

4 cups whole wheat flour, spelt, or Kamut®
1 Tbsp SAF Instant Yeast
1 Tbsp olive oil
1 Tbsp honey
1-1/2 tsp salt
1-1/2 cup warm water (110°F)

Pre-heat pizza stone in 500°F oven for about 30 minutes.

In a mixer or mixing bowl, add water and then remaining ingredients, adding enough flour to clean sides of the bowl. Knead dough three to five minutes or until gluten is developed. Remove from bowl. Use about one to one and half pounds of dough per crust. Make the pizza dough more stiff than normal bread dough so that it will be easy to roll out without stickiness. Roll out the pizza crust on cornmeal or semolina dusted pizza paddle or pizza pan. Brush crust with oil and prick with a fork. Pre-bake five to eight minutes. Remove with paddles and proceed with favorite toppings.

Crust Variations

Garlic: Add 4 or more garlic cloves chopped, minced, and sauteed.

Herbed Dough: Add four to 10 tablespoons minced fresh herbs or two to six tablespoons dried herbs such as oregano, basil, tarragon, sage, rosemary, marjoram, or Italian seasonings while kneading dough.

Seeded Dough: Add four tablespoons toasted sesame seeds to dough while kneading. Substitute sesame oil for olive oil.

Hint: Make a triple batch of pizza dough crust and pre-bake the pizza shells for approximately five to eight minutes. Be sure to pierce the dough

with a fork to avoid bubbles before pre-baking. Wrap well, and freeze for later use.

Toppings Per Pizza Crust:

Calculate amount depending on how many pizzas are being made. Mix and match; choose as many or as few toppings as desired

1/2- 1 cup Pizza/Pasta sauce
1-2 cups Italian or Mozzarella Cheese, shredded
1 oz. pepperoni
1/4 - 1/2 cup onion, chopped
1/2 cup Italian sausage, crumbled and cooked
1/3 cup finely chopped green pepper and red pepper
1/2 cup sliced mushrooms

Spread pizza sauce over the pre-baked pizza crust. Sprinkle toppings of choice over the sauce. Bake pizza on pizza stone or in pizza pan until cheese is melted and lightly browned, about 10-15 minutes in a 400°F oven.



PITA BREAD

Makes 12 round pitas

1 Tbsp SAF Instant Yeast

2 cups warm water (heat filtered water to 100°F)

1 tsp honey

2 tsp salt

6 cups whole grain flour such as wheat or Kamut®

Combine the first four ingredients. Add flour just barely beyond the point of being sticky. Knead dough for eight minutes. Use a minimal amount of flour to keep the dough pliable for rolling out.

Use enough dough to make a 2 1/4" dough ball, roll it out on a lightly floured surface into a 1/8" thick circle. The pizza roller is really handy for these small circles.



Let the circle rise 10 minutes, put it into a fully preheated oven at 475°F, and bake on lowest rack until slightly brown, about six to 10 minutes. A very hot oven is the key to forming the pockets. If you have a pizza stone, by all means use it but make sure it is thoroughly pre-heated, otherwise an ungreased cookie sheet works, too.

Wrap baked pitas in a large terrycloth towel, directly after removing them from the oven. While still warm, store in plastic bags. They will continue to soften up. Then cut in half with your kitchen shears.

Pita Bread Tips:

1. A 2 1/4" dough ball equals about 1/4 cup dough. Put the ball on a floured board and turn it over to coat both sides. Using the large end of a pizza roller, begin rolling and turning the dough ball, to make a nice round flat shape, about 1/8 inch thick. (A pizza roller is a small rolling tool that has a roller on each end. It is easy to use because of the small size.) As each pita is shaped, let it rise at least five minutes on the counter top.
2. Bake four pitas at a time.
3. A pizza stone is imperative if you want your breads to puff. A pizza peel is a wonderful tool to use for sliding the pitas from counter to

cookie sheet or pizza stone.

4. Leave the oven door closed until the pitas are done. Opening the door while baking will keep the pitas from puffing.



CHALLAH

Challah is traditionally served at Easter time and for the Sabbath meal, according to author Martha Zimmerman in her book, Celebrating Biblical Feasts. Double this recipe for large mixers and freeze the extra loaves for future meals.

- 2 Tbsp SAF yeast**
- 3/4 cup warm water**
- 3/4 cup milk**
- 1/4 cup butter**
- 2 Tbsp honey**
- 2 tsp salt**
- 4 1/2 to 5 cups bread flour or 1/2 whole wheat and 1/2 bread flour**
- 2 whole eggs**
- 1 egg yolk (reserved for glaze)**
- 1 Tbsp poppy seeds**



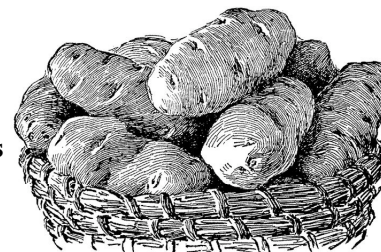
Mix 3/4 cup warm water, two eggs and yeast in mixer bowl. Stir in two cups flour, beat well, and allow the mixture to sponge for about 15 minutes or more. Meanwhile, heat milk, butter, and honey until the butter melts. Cool to lukewarm. Add these ingredients to the sponge, then add the salt and stir in enough of the remaining flour to make a soft dough. Knead until the dough is smooth and elastic but not dry, about seven to 10 minutes. Shape the dough into a ball.

Place the dough ball into a greased bowl. Turn once to grease the top. Cover with plastic wrap and let rise in warm place until doubled in bulk, about one hour. A finger pressed into the dough will leave an imprint when the dough has risen enough. Punch the dough down, divide into thirds. Roll each third into an 18-inch strand. Line up the three strands one inch apart on a large, greased baking sheet. Braid loosely, beginning in center and working toward ends. Pinch ends together and tuck under.

Cover and let rise until doubled, about 30 minutes. Brush with egg yolk that has been beaten with one tablespoon of water, then sprinkle poppy seeds over the egg wash. Bake in a pre-heated 375°F oven 35-45 minutes. This recipe makes one very large braid or the dough can be divided into two smaller braided loaves. Recipe can be doubled or tripled if you have a heavy duty mixer.

POTATO REFRIGERATOR DOUGH

- 1 Tbsp SAF Instant Yeast**
- 1-1/4 cup warm water (105 to 115°F)**
- 1/2 cup honey**
- 1-1/2 tsp salt**
- 2/3 cup butter**
- 2 eggs**
- 1 cup lukewarm mashed potatoes**
- 7 to 7-1/2 cups bread flour or whole wheat flour**



Dissolve yeast in warm water. Mix in sugar, salt, butter, eggs, potatoes, and 4 cups of the flour. Beat until smooth. Stir in enough of the remaining flour to make the dough easy to handle.

Turn dough onto lightly floured board; knead until smooth and elastic, about five minutes. Place in greased bowl; turn greased side up. Cover bowl tightly; refrigerate at least eight hours. (Store in refrigerator at 45°F for no longer than 5 days.) Two to 2-1/2 hours before serving, punch down dough; divide into 3 parts. Shape into rolls and bake at 400°F for 20 minutes or until brown.

Variation: Orange Butterhorn Rolls

Divide 1 part dough in half; roll each half into 10-inch circle. Spread 2 tablespoons Orange Glaze (below) on outside of circle, leaving a 2-inch circle in the center without glaze. Cut into 12 wedges. Roll up, beginning at rounded edge. Place rolls with point underneath on greased baking sheet. Let rise until double, about 1 1/2 hours. Heat oven to 400°F. Bake until light brown, 10 to 15 minutes. Spread remaining glaze on hot rolls.

Orange Glaze

Mix 2 tablespoons soft butter, 1 tablespoon grated orange peel, 1 tablespoon orange juice and 1 1/2 cups confectioners sugar until smooth and of spreading consistency. If necessary, stir in 1 to 2 teaspoons additional orange juice.

ONION ROLLS

- 1 Tbsp honey or sugar**
- 3 Tbsp butter, softened or melted**
- 2 cups warm water (105° - 115°F)**
- 1-1/2 Tbsp SAF Instant Yeast**
- 3 Tbsp dry, minced onion**
- 5 to 6 cups flour, 1/2 whole wheat, 1/2 all-purpose flour**
- cornmeal, optional**
- 1 egg white, slightly beaten, optional**
- 1 Tbsp cold water, optional**

Combine water, honey, dry onion, butter, and yeast with two cups flour and allow to sponge for 15-30 minutes. Add enough additional flour until the dough cleans the sides of the bowl. Turn out onto lightly floured board; knead until smooth and elastic, about eight to 10 minutes, or knead in a mixer with a dough hook until the gluten is developed, six to eight minutes. Place the dough into a greased bowl, turning to grease the top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.



Punch dough down, divide into 14 equal pieces. Shape pieces of dough into round balls. Place about 3 inches apart on greased baking sheets sprinkled with corn meal (cornmeal gives the bottom of the rolls that brick oven baked effect). Cover; let rise in warm place, free from drafts, until doubled in bulk, about 1 hour. Slit tops of rolls with sharp knife or razor in criss-cross fashion.

Bake at 400°F for 20 minutes. Remove from baking sheets and cool on wire racks.

Optional: Brush rolls with combined egg white and cold water for a shiny glaze. Bake 5 minutes longer, or until done.

DATE NUT STREUSEL CAKE

An elegant breakfast bread or dessert.

- 2 to 3 cups flour**
- 3 Tbsp honey**
- 1 Tbsp SAF Yeast**
- 3/4 tsp salt**
- 2/3 cup warm water, 100° F**
- 1/4 cup butter, softened or melted**
- 1 egg, at room temperature**
- 1 8oz. package chopped dates**
- Streusel Topping (recipe below)**
- confectioner's sugar, optional**

In large bowl, combine 1 1/2 cups flour, honey, undissolved yeast and salt. Combine water and softened butter with dry ingredients and stir well with a wooden spoon or in a mixer with dough hook. Stir in egg and enough remaining flour until the dough cleans the sides of the bowl. Be sure to not add too much flour. Cover; let rest 10 minutes. Spread batter in 9-inch springform pan. Cover; let rise until almost doubled in size, about 45 minutes.

Drop Streusel Topping (below) by spoonfuls over batter. Bake at 400°F for 40 minutes or until golden. If needed, cover with foil during last 10 minutes to prevent overbrowning. Remove side of pan; cool on base on wire rack. Drizzle with confectioner's sugar if desired.

Streusel Topping: With mixer, beat 1/2 cup butter and 1/2 cup sugar until creamy. Stir in 1/2 cup all-purpose flour, 1 cup chopped walnuts or pecans and 1 1/2 teaspoons ground cinnamon.

8

Trouble Shooting Guide

Bread Baking Problems and Solutions

When your bread turns out less than your ideal expectations, here are some common problems and possible solutions.

Problem: My bread doesn't rise very well.

Solution: Whole grain bread will not rise as well as white bread, but if you have waited several hours and the bread hasn't double in size, the problem is most likely the use of low protein wheat. Low protein means low gluten content. All wheat is not created equal, and premium wheat will have a higher protein content than less expensive wheat. (Review Chapter 3, Know Your Basic Ingredients.)

If you are using a low protein wheat, make a note to add vital gluten to the bread dough in your next baking session to boost up the gluten content. Use 1 tablespoon vital gluten per cup of flour as a starting place. You can increase or decrease the amount to your preference with subsequent baking sessions. Another option is to use one to two cups of bread flour in place of whole wheat flour.

Sometimes the cause of poorly risen bread is bad or weak yeast. If you suspect your yeast is out of date or old, here is how to proof (test) the yeast: In a cup, add 1 teaspoon yeast to 1/2 cup warm water (85°F) and 1 teaspoon sugar. If the yeast isn't bubbling up to the top of the cup within 10 minutes, replace the yeast.

Be sure to store yeast cool and dry. Use moisture/vapor proof containers. I use a pint-sized canning jar and store the yeast in the freezer. The yeast can be used in recipes straight from the freezer.

Another possible reason for bread not rising well is underdeveloped gluten. Learn to recognize when the gluten is fully developed. Check the chapter on Tips for the Best Bread, p.29.

Problem: My loaves sink or fall during baking.

Solution: When loaves sink in the middle, it means the bread structure is weak, and the bread has been over-risen. Shorten the rising time. Whole grain loaves should only double in volume before being ready to bake.

Also, consider if you are using larger than ideal loaf pans. Whole grain breads rise best in narrower pans, 8"x4" pans are ideal. The narrower width makes for higher rising loaves. Wider pans, such as 9"x5", make loaves that spread more than rise. It isn't wrong to use the larger pans, but the results are not the same; my philosophy is to use what you have.

Problem: My bread keeps turning out dry, even when I don't put as much flour in. I get it to where it is a workable dough and the bread is still dry.

Solution: If the bread is still dry and you know you have been careful to not add too much flour, you probably have low protein wheat. The solution is to add vital gluten which adds moistness and improves the texture of the bread. Start with 1/3 cup vital gluten for a two loaf batch. Increase or decrease the amount of vital gluten according to your taste preferences in subsequent baking sessions.

Problem: I don't eat wheat anymore due to severe gluten-sensitivity. Do you have any good gluten-free bread recipes?

Solution: There is a body of scientific research mentioned in the Summer 2006 edition of *Wise Traditions Journal* published by Weston A. Price Foundation that soaking the gluten containing grains first for 12-24 hours will eliminate the gluten intolerance problem. (This journal can be purchased at www.westonaprice.org.)

During the soaking process, enzymes, lactobacilli and other helpful organisms not only neutralize phytic acids (substances that interfere with digestion) but also break down complex starches and difficult-to-digest proteins, including gluten.

There are many testimonials of people using this soaking method to

recover their health without total dependence on a gluten-free diet.

Problem: I am having trouble with making bread dough in my mixer. The dough is always very sticky and I can't seem to get the texture right.

Solution: If the dough is sticky there is not enough flour. The trick to success in a mixer is to add enough flour so the dough "cleans the sides" of the mixing bowl. Then add a little extra flour (1/2 to 1 cup). Remember to try and incorporate all the flour in about two minutes of mixing time for even gluten development. Begin to time the kneading once the bread starts cleaning the sides of the mixing bowl.

Remember, the amount of flour called for in ANY bread recipe is a guide. Moisture content in flour varies depending on humidity and weather conditions. The key is to add enough flour until the dough pulls away from the sides of the bowl. It is less important to accurately measure the amount of flour in yeast breads, and more important to get the right texture/dryness.

Keep in mind that whole grain flour absorbs moisture slowly; sometimes you will need to add a little extra flour in the beginning to compensate so the dough doesn't get so sticky you can't work with it.

If your dough never gets elastic and you are kneading properly, the problem is either low protein/quality wheat or it has been overkneaded. If bread is kneaded more than 10-12 minutes it may be overkneaded, at which point the gluten starts to break down.

The goal is to make the dough smooth and elastic and easily handled. Practice makes perfect. There are no failures, just learning experiences.

Problem: I would love to have fresh bread for Sunday lunch after coming home from church. Is there a method for refrigerating the dough and having it ready shortly after returning home from church?

Solution: Absolutely! Prepare the bread ahead of time and let it rise overnight in the refrigerator, covered. When you get home, place the risen dough into a pre-heated oven and bake. This baking time will

be longer than normal, however, because the dough is cold when first removed from the refrigerator.

This is my preferred method for making hot-out-of the oven cinnamon rolls for special breakfasts. I prepare them the night before, allow them to rise at room temperature, cover them carefully and refrigerate. In the morning I take them out of the refrigerator and bake them in the morning for breakfast.

Problem: I have some recipes that call for white or all-purpose flour. How do I adjust the recipe?

Solution: I substitute, cup for cup, whole grain flour for all purpose flour in bread recipes that appeal to me. The only adjustment I make is adding some vital gluten so the bread will not be too dense or heavy or dry.

Problem: My bread is dry and crumbly, and doesn't slice well.

Solution: Make sure you don't add too much flour during the kneading process. Sometimes low protein wheat results in dry bread. Adding vital gluten helps "lighten" the bread and make it softer. Add vital gluten, starting with 1/3 cup per 2 loaf batch and increase the quantity if needed.

Sometimes over-risen bread will have a very coarse texture and doesn't slice well. Reduce the rising time; make sure the dough only doubles in size before baking.

I have found the Two-Stage Process (see Chapter 9), in which the flour is soaked for 12-24 hours before preparing the bread loaves, makes much moister bread. Also, the use of honey instead of sugar will result in moister bread that does not readily go stale.

The Two-Stage Process

Does it make a difference and why?

The two-stage process is a term coined by Sue Gregg, author of *Sue Gregg Cookbooks*, for a method of preparing yeast breads in which the grain or flour is soaked, sprouted, or fermented for a period of time prior to kneading the dough in order to maximize the nutritional value of whole grain bread.

Soaking, sprouting, or fermenting the flour or grain are methods used traditionally by our ancestors for preparing grains, porridges, or breads. These slower, more gentle methods contrast sharply with modern factory and commercial baking techniques. Only recently has research documented the chemical changes that occur using these slower methods and the corresponding health benefits.

According to Sally Fallon and Dr. Mary Enig, in their book *Nourishing Traditions*, enzyme inhibitors, tannins, complex sugars, difficult to digest proteins, "anti-nutrients" (substances which put a strain on our digestive system and pancreas), and other factors in whole grains contribute to a variety of digestive disorders. It has been hypothesized that improperly prepared whole grains, consumed for a long period of time, may contribute to increasing incidences of gluten intolerance, grain allergies, celiac disease, chronic indigestion, mineral deficiencies, and bone loss.

The slow process of soaking flour or whole grains in an acidic environment neutralizes phytic acid, which is contained in the bran and which blocks absorption of minerals, significantly boosting the availability of vitamin and mineral content to the body. The authors point out that, "Tannins, complex sugars, gluten and other difficult-to-digest substances are partially broken down into simpler components that are more readily available for absorption" during the soaking, sprouting, or fermenting process. (p. 452, *Nourishing Traditions*)

In addition, Fallon and Enig write in *Nourishing Traditions*:

"Our ancestors, and virtually all pre-industrialized peoples,

soaked or fermented their grains before making them into porridge, breads, cakes and casseroles. A quick review of grain recipes from around the world will prove our point: In India, rice and lentils are fermented for at least two days before they are prepared as idli and dosas; in Africa the natives soak coarsely ground corn overnight before adding it to soups and stews and they ferment corn or millet for several days to produce a sour porridge called ogi; a similar dish made from oats was traditional among the Welsh; in some Oriental and Latin American countries rice receives a long fermentation before it is prepared; Ethiopians make their distinctive injera bread by fermenting a grain called teff for several days; Mexican corn cakes, called pozol, are fermented for several days and for as long as two weeks in banana leaves; before the introduction of commercial brewers yeast, Europeans made slow-rise breads from fermented starters; in America the pioneers were famous for their sourdough breads, pancakes and biscuits; and throughout Europe grains were soaked overnight, and for as long as several days, in water or soured milk before they were cooked and served as porridge or gruel. (Many of our senior citizens may remember that in earlier times the instructions on the oatmeal box called for an overnight soaking)” (pg. 452).

My bread recipes do not reflect the two-stage process because I encourage beginning bakers to master the basics of yeast bread making before undertaking this soaking, sprouting, or fermenting method.

Although I had started making fermented bread with a wild-caught sour dough starter several years ago (one of the methods mentioned in *Nourishing Traditions*), I found the very slow rising time resulted in very sour bread and the very long raising time was often not compatible with my busy schedule. Sue Gregg introduced me to the Two-Stage Process which I find works well with my schedule; in fact, I would consider this method somewhat of a convenience.

Bread that has been made using the two-stage process is moister for longer periods of time, and stales very slowly. Many people with health issues such as sinus problems, gluten intolerance, and allergies have reported that symptoms have been relieved when using the two-stage process.

TWO-STAGE PROCESS FOR YEAST BREADS

Adapting Marilyn's Famous Whole Wheat Bread Recipe to Maximize Nutritional Value

1. Soak the whole grain flour in liquid, using 1 tablespoon of an “acid” medium such as kefir, yogurt, buttermilk or whey for each cup of water called for in *Marilyn's Bread Recipe*. For example, if a recipe calls for 6 cups water, use 6 tablespoons kefir, yogurt or buttermilk along with the water. You can substitute lemon juice or vinegar instead if you suspect dairy intolerance.

Add the honey and oil called for in the recipe along with enough flour to make a thick batter. Mix the liquid and flour ingredients only until moistened and then begin the “soaking” time. Soaking/fermentation time is done at room temperature. For the Hand Method, use about five to six cups whole grain flour. Use 11-12 cups flour for the Large Mixer method.

Twelve to 24 hours or more soaking time will yield the best results. The longer you soak the flour the more sour dough-like taste it will have. However, be flexible; soak the flour for as long as you have time so that this process fits into your routine smoothly; any soaking time improves texture, nutrition, and flavor. Just mix the liquid and water long enough to moisten the flour before the soaking time begins. This is a little bit like "sponging" however no yeast is used. Cover the bowl with plastic wrap or a damp cloth to prevent it from drying out.

2. After the liquid, honey, oil, and flour has soaked, blend the following in a liquid measuring cup and allow to proof for 10 minutes:

1/4 cup-1/2 cup warm water

SAF Instant Yeast called for in the recipe (conventional yeasts may be substituted)

1 tsp honey or sugar

3. Work the yeast mixture into the dough along with enough flour until the dough begins to clean the sides of the bowl.
4. Be sure to add the salt and enough unbleached bread flour or additional whole grain flour as needed so that the dough is easily handled and

knead the bread until the gluten is developed. For whole wheat bread it takes about eight minutes kneading time in a Bosch Universal or other large capacity mixer, or 10-12 minutes of vigorous hand kneading (about 600-800 strokes).

5. Be sure to add as little flour as needed to keep the dough moist but not sticky or from becoming too stiff (a sign that too much flour has been added). Knead the bread until it becomes smooth and elastic and resistant to the kneading action. Check to see if the gluten is fully developed.

6. Complete the recipe according to Marilyn's Famous Whole Wheat Bread recipe instructions for the particular version you are making. Allow the dough to rise once in a greased bowl, and once in the bread pans. Be prepared that the rising time will take longer because the dough is lower in temperature from sitting at room temperature.



7. Allow the bread to double in pans; bake at 350°F for 30-40 minutes or until the loaf is well browned on the top, sides, and bottom.

This two-stage procedure can be used with any yeast bread recipe.

I have received many positive testimonials about the two-stage process from experienced bakers. Here is what one mom said about her experience:

“I decided to try the 2-stage process for making your famous bread. I LOVED it! The bread was so light, you wouldn't know it has mostly whole wheat flour in it! My family hasn't really liked the all whole wheat bread I've made before because it was so heavy and dry. But doing the 2-stage process helps it be so much moister and lighter! I just wanted to share that I tried your recipe and we love it! Thanks!!!!”

Sheri Graham, KS

Conclusion

When you have learned to use a variety of whole grains in your diet,

and your family has accepted this change, then you might want to consider moving on to the new step of adapting your recipes to the two-stage process.

Sue Gregg writes in *An Introduction To Whole Grain Baking*, “I suggest that occasional consumption of whole grains that are not processed by one of the three two-stage methods (soaking, fermenting, sprouting) is not likely detrimental to health and may contribute a plus, while those that are properly processed as the main dietary choice will be greatly beneficial to health.” (p. 14)

Learning to prepare breads and grain products with slower methods may seem daunting or a bit intimidating or even overwhelming to a beginning baker just becoming acquainted with whole grains. If so, put this two-stage process information on a shelf, and come back to it when you are ready.

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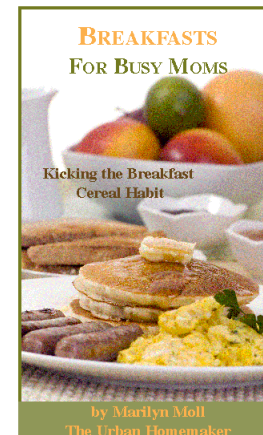


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Breakfasts For Busy Moms

Kicking The Breakfast Cereal Habit



This is our newest ebook designed to make breakfast a treat while making it healthy. Kick that breakfast cold cereal habit with it's poor nutrition and sugary ingredients. Here, you'll find out out to cook a wide variety of nutritious breakfasts, including hot, kid-pleasing cereals using the nutrient packed two-stage process. This ebook includes:

- * Menu Planning
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- * Egg Breakfast Recipes
- * Smoothie Recipes
- * Pancakes and Waffles
- * Whole Grain Hot Cereal Recipes
- * Breakfast Bread Recipes
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- * Serving Suggestions

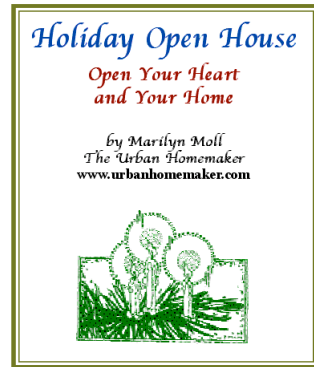
Holiday Open House

Open Your Heart And Open Your Home
by Marilyn Moll

This popular e-book is about hosting holiday get-togethers, which includes planning guidelines, lots of recipes for appetizers and dips and sweets, decorating ideas and more. Some of the information in this ebook includes:

Includes:

- * How to Plan your Occasion, step by step, after the date is set
- * How to Decorate Creatively on a Dime
- * Planning the menu for your event
- * Appetizer Recipes, both hot and cold
- * Dip Recipes
- * Serving Suggestions
- * Sweets and Treats
- * Marilyn's Christmas Cookie Recipe Assortment
- * Beverage suggestions and recipes
- * Encouragement



Dear Marilyn,

"I love this compilation! Such variety all in one place! Many of these recipes are perfect for year round either as accompaniments or as a meal, themselves, with the added bonus of quick bread recipes."

Dear Marilyn:

"Wonderful bunch of recipes! We have really enjoyed trying them out. I like the fact that you included homemade dressing recipes - so much healthier! I also appreciated the advice to use what you have." Audrey

Sensational Summer Salads

by Marilyn Moll



Summer is simply an unsurpassed opportunity to eat seasonally and enjoy the bounty of locally produced fruits and vegetables. Sensational Summer Salads includes a wide assortment of recipes including:

- * Vegetable salads
- * Fruit salads
- * Pasta salads
- * Grain salads
- * Main dish salads

...so you can easily prepare a complete meal with little or no cooking during the long, hot, dog days of summer.

Here is what others are saying:

"Marilyn Moll has done it again with Sensational Summer Salads. Not only does she include dozens of salad recipes, she equips and inspires the reader to get creative in the kitchen! You have produced a very useful and yummy book!"