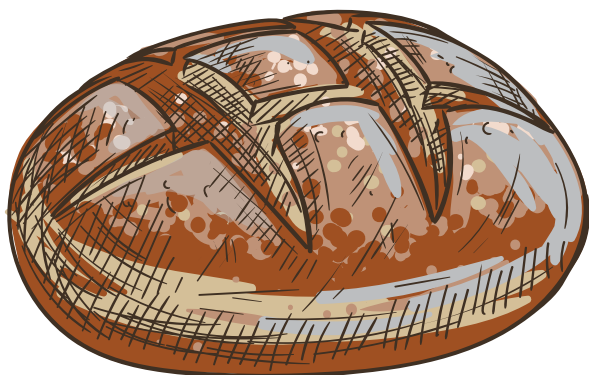


# Whole Wheat Bread

## Ingredients

- 1 cup water, room temperature or lukewarm
- 2 tbsp honey
- 1 tsp active dry yeast
- 1 ½ c all-purpose flour
- 1 ½ c whole wheat flour
- 1 tsp salt
- Cornmeal, to prevent sticking



## Method

- Dissolve honey into water, then mix in the yeast. Allow the yeast to activate, or “proof,” while you measure out and blend both kinds of flour and salt into a large mixing bowl.
- Combine yeast mixture with dry ingredients in a bowl, and stir with a spoon or spatula. The dough will become stretchy and stiff; add more flour or water if needed.
- You are done when all the flour is incorporated and the dough stays together in a solid mass.
- Cover with plastic wrap and let rise for 1-2 hours at room temperature. The dough should puff up and nearly double in size.

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At this point, you have two options for shape: freeform loaf or sandwich bread loaf. Remove the bread from the bowl (it will deflate but that is fine). For sandwich bread, place dough in a greased loaf pan and cover with plastic wrap. For freeform loaf, shape dough into a ball or oval shape and place on a cutting board that has been sprinkled with lots of cornmeal, to prevent sticking. Cover with plastic wrap and let rise again for 30-60 minutes.

Preheat oven to 350 for sandwich bread, and bake for about 30-45 minutes. For freeform loaf, preheat to 400 or 450. To bake, slide the loaf off of the cornmeal-coated cutting board and directly into the brick oven, pizza/baking stone, or baking pan that you already placed in the oven when preheating.

Regardless of shape, your bread should be golden brown and smell delicious when done. Give it a tap and you should hear a hollow sound.