



Noreen's Kitchen

Perfect Honey-Wheat

Sandwich Loaf

Ingredients

Yield 2 1 1/2 pound loaves

3 cups White Wheat flour	1 tablespoon salt
3 cups All purpose flour	1/4 cup instant dry milk powder
2 cups warm water	1/4 cup instant potato flakes
1 tablespoon instant yeast	2 tablespoons vital wheat gluten
1/2 cup Honey	1/2 cup flax seed meal
1/2 cup vegetable oil	1/4 cup hemp seed (optional)

Step by Step Instructions

Combine all ingredients in the bowl of your mixer fitted with the dough hook. If you are using a bread machine, please consult the manufacturers instructions for your model for the order in which to place the ingredients. This makes 2 loaves.

Allow ingredients to come together in the mixing bowl. If dough seems too dry add a tablespoon of water at a time if it seems too wet, add a tablespoon of flour at a time until the dough reaches the desired consistency. The dough should not be sticking to the bottom of the bowl. It should move around the bowl and the hook freely.**

Allow the dough to knead for 5 minutes.

Remove the dough from the bowl and oil the bowl and return the dough and oil the dough as well. Cover with a towel or plastic wrap and allow to rise for at least 2 hours or until double in size.

Deflate the dough gently and turn it out onto a board without additional flour.

Press into a rectangle that is slightly smaller on the short side than your bread pan.

Roll the dough into a log, keeping the spiral tight.

Pinch the seam together and push each end into itself and pull the bottom layer up over each end and pinch to close.

Place loaf into an oiled bread pan and cover.

Preheat oven to 350 degrees.

Allow to rise for an additional 1 hour or until the dough has doubled and crowned.

Bake for 30 minutes or until browned and when tapped, the loaf sounds hollow inside.

Remove from oven and immediately remove bread from the pan.

Allow to cool on a baking rack for at least 1 hour before slicing.

Bread will slice much better once it has cooled completely.

****NOTE****

If you are using anything but a professional model mixer, please consider making this recipe by hand as to avoid the motor burning out on your appliance. This is a very heavy dough and may strain your machine. Nothing under 500 watts should be making this recipe. Even if halved.