



# Noreen's Kitchen

## Fresh Milled Whole Wheat Bread

### Ingredients

#### Makes 6, 1 1/2 pound loaves

6 cups warm water	2 tablespoons vital wheat gluten
3 tablespoons instant yeast	12 cups fresh milled white wheat flour
2/3 cup honey	6 cups all purpose flour
2/3 cup coconut oil, liquefied and cooled	1 tablespoon salt
2 tablespoons dough enhancer	

### Step by Step Instructions

*Note: I use a Bosch 800 watt belt driven mixer for this recipe. I do not have to do two rises on this dough. If you have any other brand of mixer, I highly suggest you refer to your owner's manual and reduce this recipe accordingly so that you will not break your mixer or void any warranty you may have.*

Place water, yeast, honey, oil and 6 cups of whole wheat flour in the bowl of the mixer and blend well on low.

Cover the bowl and allow the sponge to rest for 30 minutes. This step is crucial to having a soft and lofty bread in the end.

After the sponge has rested, knock it down using the dough hook.

Add in the dough enhancer, vital wheat gluten, and salt.

Turn the mixer on and begin to add all purpose flour and then white wheat flour until the dough begins to pull away from the sides of the bowl and becomes a cohesive mass. The dough will look shaggy and sticky. This is perfectly fine. As long as it pulls away from the sides, you are fine.

Allow the dough to knead for 5 to 6 minutes.

Just before you turn off the mixer, drizzle a bit of vegetable oil down the side of the bowl. This will help you to release the dough easily without struggle.

Turn the dough out onto an oiled surface. Never add raw flour to your finished dough because you will have a problem with the undeveloped gluten making your bread tough.

Hand knead the dough for a few turns, just to bring everything together. The dough should be smooth and not sticky.

Divide the dough into 6 equal pieces if you are going to make six loaves of bread. Or you can use this dough for cinnamon rolls, pizza, or any number of other applications. Always bake the dough off first, never freeze raw dough because you will compromise the quality of the end result.

Shape your loaves and place into pans that have been prepared with cooking oil spray to ensure easy release.

Preheat oven to 400 degrees.

Loosely cover the loaves and allow them to rise on the top the stove for 30 minutes or until doubled in size and just crowning the top of the bread pan.

Place all six loaves on an oven rack that has been set in the center of the oven.

Bake for 30 to 35 minutes or until golden brown and an instant read thermometer reads between 190 and 195 degrees.

Remove from oven and immediately remove from pans.

Place on a rack and brush with melted butter if desire to keep the crust soft.

Allow to cool completely before slicing.

To store, wrap in cling wrap and place in a heavy duty freezer bag.

Place extra loaves into the freezer and thaw before use.

You can thaw on the counter overnight or you can thaw in the microwave on 50 percent power for 4 minutes.

Frozen loaves should be used within 3 months.

This bread should be kept in the refrigerator if you are not going to eat it quickly. It will mold within 5 days if kept on the counter. We eat about 1 loaf a week depending. Some weeks we eat more if we have grilled cheese or French toast.

**Enjoy!**