

Whole Wheat Bread

Makes one loaf



Ingredients

- 1 cup warm water (110° F - 115° F)
- 1 package active dry yeast (or 2 ¼ teaspoons)
- ¼ cup honey or maple syrup
- ¼ cup canola oil
- 2 tablespoons orange juice
- 3 ½ cups whole wheat flour
- 1 teaspoons kosher salt

- 2 tablespoons oil for the top of the loaf

Steps

1. In a large bowl (or the bowl of an electric mixer) combine 1 cup warm water and yeast. Allow yeast to bloom (about 5 minutes) before adding the honey or maple syrup, canola oil, orange juice, flour, and salt. Stir with a spatula until a ball of dough forms (do not knead dough yet). If mixture is crumbly and dry, add more water, one tablespoon at a time. Cover dough and let it rest for 20 minutes to allow the flour to absorb the water and the bran to soften.
3. Knead dough by hand or with an electric mixer for 6 - 8 minutes. The dough should feel soft and smooth, yet elastic. Place dough in a lightly oiled bowl or extra-large glass measuring cup (so you can see the rising action). Allow dough to rise until puffy and doubled in size (about 1 - 2 hours depending on the air temp in your kitchen)
4. Lightly oil a 9" x 5" inch loaf pan. Transfer dough to a clean work surface. Shape into a 9-inch log. Place log into prepared bread pan. Brush the top of the loaf with oil. Cover with a towel and let rise for another 1 hour or until the dough has risen to 1-inch above the top of the pan. Towards the end of the rising time, preheat oven to 350°F.
5. Remove plastic wrap and bake for 30 - 40 minutes (tenting it with foil about 20 minutes in to prevent over-browning). A finished loaf should read 190°F on a thermometer.
6. Once cooled a bit, remove loaf from pan to fully cool on a wire rack. The bread should keep well for up to three days in an airtight container (or you can freeze for later use).