

Here is the recipe (makes two large loaves). The ratio of whole wheat and white flour may be adjusted somewhat to suit individual preferences.

## WHOLE WHEAT BREAD

### INGREDIENTS

3 cups water  
2 packages active dry yeast  
1/4 cup Trinity Abbey liquid honey (or light brown sugar or molasses)  
2 teaspoons salt  
2 tablespoons olive oil  
2 cups white bread flour or all purpose white flour  
6 cups unsifted whole wheat flour (more or less)



### INSTRUCTIONS

1. In saucepan, heat water to 100 F. Stir in honey. Pour into mixer bowl; sprinkle yeast over warm water/honey and stir in. Wait for bubbles to appear.
2. Thoroughly mix in 2 cups white flour with spoon until smooth. Let mixture rest for half hour in warm place; mixture will foam.
3. Using mixer or spoon, slowly mix in 1 cup whole wheat flour. Add olive oil and salt
4. Continue adding whole wheat flour until dough reaches right consistency (just slightly sticky). Check consistency with clean, dry hands. If too dry, add a few drops of water. If too wet, add a little more whole wheat flour. Knead dough for ten minutes on floured surface. Place dough in large greased bowl. Turn greased side up. Cover and let rise in warm place (85 F) until doubled in size (about an hour).
5. Knock down dough by pushing fist into center. Fold outer edges into the hole and push fist into center again. Repeat this knock down two times more. Turn dough upside down and shape into round ball. Divide in two loaves and place in greased pans, 9 1/4 x 5 1/4 x 2 3/4". (Optional:) Brush top with oil or soft butter for darker crust.
6. Final rise and baking. Cover pans and return them to a warm place for second rise. Preheat oven to 350 F. Let loaves rise until pans are almost entirely filled with dough (less than one hour). Bake in middle of oven at 350 for 35 - 40 minutes.

Turn baked loaves out of pans onto cooling rack. Enjoy!