

Quick and Easy Whole Wheat Bread

This is an easy recipe to start your bread baking skills with. You can mix this bread together in less than 5 minutes. It will be sticky to the touch, which creates the air pockets you want when it is rising. Longer rising times equals more flavor in bread baking, but the quick rising time in this recipe means you will make it more often. Warmer weather or a warm sunny spot in a warm house will help the dough rise faster also. If you are going to let the dough rise more than 2 hours, leave the egg out for food safety reasons and brush the egg wash on the bread, just before putting it into the oven.

2 cups	all purpose-flour	1 Tablespoon +	vegetable oil
1 1/3 cups	whole-wheat flour	2 Tablespoons	honey
1 1/2 teaspoon	yeast (Rapid Rise preferred)	1 large	egg slightly beaten
1 teaspoon	salt	1/2 cup + or -	hot water (120° to 130°F) from tap
3/4 cup	milk, room temperature preferred		

- 1 In the bowl of a stand mixer with dough hook or a food processor, combine flours, yeast and salt. Add milk, oil, honey and 3/4 of the egg. (Save remaining egg to brush on loaf later.) Turn mixer on low and mix until combined, adding in enough hot water (about 1/2 cup) to make the dough come together, but fairly moist and sticky. Knead dough with the mixer for another minute. Cover bowl with plastic wrap, let stand in a warm place to rise until double in size, about 40 minutes.
- 2 While the bread is rising, use plenty of vegetable oil to grease a 9" x 5" bread pan, Add a tablespoon or so of flour and shake to cover the oil.
- 3 Preheat oven to 400°. Punch down risen dough and shape it into the prepared pan. Brush remaining egg over the loaf. Slice several slits in the top of the loaf. Cover loosely with oiled plastic wrap. Let stand in warm place until doubled in size, about 30 minutes.
- 4 Bake in 400° oven for 25 to 30 minutes or until loaf sounds hollow when tapped. Let cool on a wire rack for 10 minutes. Run a knife around the edge of the pan to loosen. Invert and unmold onto the rack and cool. Slice with a bread knife very slowly to achieve the best texture.

Servings: 12

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Inactive Time: 1 hour and 10 minutes

Total Time: 1 hour and 40 minutes

Nutrition Facts

Nutrition (per serving): 157 calories, 21 calories from fat, 2.4g total fat, 18.9mg cholesterol, 207.4mg sodium, 116.6mg potassium, 29.4g carbohydrates, 2.3g fiber, 3.8g sugar, 5.2g protein.

Source

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