



100% WHOLE WHEAT BREAD

- 2 Cups milk
- ½ Cup Light Brown Sugar, Packed
- 1 Tablespoon Salt
- ¼ Cup Butter
- 1 Cup Warm Water
- 2 Packages Active Dry Yeast
- 7 ½ Cups Un-sifted Whole Wheat Flour
- All Purpose Flour
- 3 Tablespoons Butter, Melted

DIRECTIONS

1. In a small saucepan, heat milk until bubbles form around the edge of the pan, remove from heat.
2. Add sugar, salt and ¼ cup butter, stir until the butter melts; cool to lukewarm.
3. Sprinkle yeast over warm water in a large bowl; stirring until dissolved.
4. Then stir in milk mixture.
5. Add 4 cups whole wheat flour, beat vigorously with a wooden spoon until smooth.
6. Gradually add remaining whole wheat flour, mixing in the last of it by hand until dough is stiff enough to leave the side of the bowl.
7. Turn dough onto lightly floured pastry cloth or board sprinkled with all purpose flour.
8. Knead until smooth and elastic – about 5 minutes.
9. Place in a lightly greased bowl; turn dough to bring up greased side. Cover with a towel, let rise in a warm place, free from drafts, until doubled in bulk – about 1 hour.
10. Lightly grease two loaf pans.
11. Turn out dough onto lightly floured cloth or board. Divide in half.
12. Let rest, covered, 10 minutes. Roll one half into a 16 x 8 inch rectangle; roll up, starting from short side.
13. Press ends even, pinch to seal; tuck under loaf.
14. Place, seam side down, in prepared pan. With a sharp knife, cut ¼ inch slit down center of loaf.
15. Divide other half of dough in half again. Roll out each part into one 12 inch strip.
16. Put two strips side by side. Twist together twice.
17. Pinch ends to seal, place into other prepared pan.
18. Brush surfaces of both loaves lightly with melted butter.
19. Let loaves rise in warm place, free from drafts, until sides come to top of pans and tops are rounded – about 1 hour.
20. Place oven rack in middle of the oven.
21. Preheat to 400 degrees. Bake 35 to 40 minutes, or until crust is a deep golden brown and loaves sound hollow when tapped. If loaves seem too dark after 25 minutes, cover with foil.
22. Turn out pans onto wire racks, brush tops with remaining melted butter.