



# Homemade Baked Bread

Makes 2 loaves ~ \$6.30 (\$3.15 per loaf)

## Ingredients

3 cups lukewarm water (85 to 105 degrees)

4 packages yeast

1/4 cup honey

3 cups whole wheat flour

3 cups unbleached flour

6 Tbsp. olive oil

2 tsp. kosher salt

## Directions

1. Place lukewarm water in a mixing bowl and sprinkle yeast onto lukewarm water and stir to dissolve. When yeast is dissolved, add honey and stir again. Let it sit in a warm place for 12 minutes without touching. (I place mine on my stove in between the burners above the pilot light).
2. Combine the 3 cups whole wheat flour and 1-1/2 cups of the unbleached flour in a mixing bowl. Once the yeast has rested, place it in a large mixing bowl and add the flour mixture to the yeast, slowly stirring in a circular motion until it is completely dissolved. The mixture will be quite thick, but still beatable. Beat 100 times until the batter is very smooth, again in a circular motion. This step adds air to the mixture and makes for better bread.
3. Cover with a damp cloth and let rise for 30 minutes in a warm place. After 30 minutes, put 3/4 cup of flour onto your work surface and spread all over the surface. Take 1/2 of the dough mixture and place on your work surface. Fold in 1 tsp. salt and 3 Tbsp. olive oil by making a hole in the center and fold in the outer edges around it.
4. Knead the dough until it is soft and pliable, about 5 to 10 minutes. Place in an oiled baking or bread pan, cover with a damp cloth and let rise for 1 hour. Follow the same technique with the other half of the dough, folding in the remaining salt and olive oil and spreading the remaining 3/4 cup flour onto the work surface for kneading the dough.  
You will have two pans for the two loaves of bread. Cover each pan with a damp cloth and let rise in a warm place for 1 hour.
5. Make a single slit to three slits on the top of the bread with a knife and bake in a preheated oven at 400 degrees for about 30 to 35 minutes depending on the heat of your oven. Check it after 30 minutes and if it is brown on the top it is ready. Remove from heat, take out of the pan, and place on a bakers rack to cool. Slice and serve hot or let cool and use later.

Makes two loaves of delicious homemade bread.

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