

Honey Whole Wheat Bread

Makes two loaves

6 cups (750 grams) whole-wheat flour + more as needed
1 packet (7 grams; 0.25 ounces; 2 ¼ teaspoon) active dry yeast
2½ (375 ml) cups warm water – about 110 degrees
1/3rd cup (79 ml) oil
1 TBS table salt
1/3rd cup (113 grams) honey
Butter

Place the 2 cups (250 grams) of flour and yeast in a large bowl. Add the water and mix in well. Allow the bowl to sit at room temperature for about 15 minutes until the yeast activates.

Add the oil, salt, honey and the remaining flour. Mix in and knead for about 10 minutes until the dough is smooth and no longer sticking to the sides. If the dough continues to be sticky add a little more flour until it no longer is (a maximum of ½ a cup or 62.5 grams should be plenty). If you would like to work on a lightly floured board instead of in the bowl go ahead and do so.

Transfer the dough into a lightly oiled bowl. Roll it around to lightly coat all of it. Cover with plastic wrap and place in a warm area that is free of drafts. Allow the dough to double in size – about an hour.

Lightly grease two 9x5 inch (23x13 centimeters).

Once the dough is doubled transfer it to a lightly floured counter and divide it into two equal parts. If you want them to be exactly the same size you will have to weigh them.

Shape the two pieces of dough into loaves and place them into the greased loaf pans. Cover the pans and allow them to double in size again – from 30 to 60 minutes.

Preheat your oven to 350 degrees F (176 C) and bake for about 30 minutes or until the bread is browned.

Remove the baked bread from the oven and unmold it onto a cooling rack. Spread some butter on top of the bread and let it cool down completely before slicing. If you slice it when it is warm it will collapse.