

# Poorganic Honey Whole Wheat Bread

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## Ingredients

3 ¼ cups white whole wheat flour  
1/8 cup vital wheat gluten (if you don't have this, you could use all purpose flour and a crushed Vitamin C tablet)  
1 ½ Tbsp raw honey  
1 ½ Tbsp butter  
1 ½ Tbsp milk powder or whey (from off your yogurt)  
1 ½ tsp salt  
1 3/8 cup warm water (110-115 degrees)  
2 tsp yeast

*Soaking your flour:* If you want to try soaking your flour, combine the flours, 1 cup of the water, and the whey, 12 to 24 hours before making the bread. It will make kind of a gunky thick dough. After 12-24 hours, proceed with the normal instructions. I am new to soaking, but I will say the bread did turn out VERY well.

*With a breadmaker:* Place ingredients in bread maker in the order directed by the manufacturer. Select the dough cycle. (Watch to make sure that you don't need to throw in a tablespoon or two more flour to keep it from being sticky.)

*By hand:* Mix dry ingredients except for yeast. Proof the yeast in the water and then add the other liquids. Add flours gradually, mixing until dough comes into a ball. Knead for 5-10 minutes, adding the minimum amount of flour to keep from sticking. Allow to rise in a greased or floured bowl until double.

*Baking:* After the first rise, place in a greased loaf pan for a second rise. I let mine sit on the oven for about an hour while it preheats to 350. (I know this wastes heat, but in the winter, I allow it. ☺. In the summer, just place the loaf pan on the steaming hot back porch table.) Make a tent of foil and place over bread for 20 minutes of baking. Remove foil for final 10 minutes of baking.

*Cooling and cutting:* The bread should be golden brown when you remove it and make a slightly hollow sound when thumped. After removing the bread from the oven, spread 2 Tbs butter over the crust to prevent it from being too crusty. As soon as you can loosen the bread from the loaf pan, transfer to a cooling rack for 4 HOURS. Torture yourself by not cutting into the bread until then. Slice with an electric knife. (If you try to cut the bread too soon, it will tear and crumb everywhere.)