

100% WHOLE WHEAT BREAD



8 to 8 ½ cups whole wheat flour
2 pkgs. yeast (4 ½ tsp.)
2 ½ tsp. salt
1 ½ cups water
1 ½ cups milk
¼ cup honey
¼ cup vegetable oil

In a large bowl combine 3 ½ cups flour, yeast, and salt. Heat water, milk, honey and oil until very warm (120 to 130 F.) Gradually add to dry ingredients: beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour; beat 2 minutes at high speed, scraping bowl occasionally. With spoon, stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes. (With RapidRise Yeast, cover kneaded dough and let rest on floured surface 10 minutes. Proceed with recipe.)

Punch dough down. Remove dough to lightly floured surface; divide dough in half. Roll each half to 12 x 7-inch rectangle. Beginning at short end of each rectangle, roll up tightly as for jelly roll. Pinch seams and ends to seal. Place, seam sides down, in 2 greased 8 ½ - x 4 ½-inch loaf pans. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 60 minutes.

MARY'S WHOLE WHEAT BREAD

6 cups warm to hot water
2/3 cup vegetable oil
2/3 cup honey
2 tbsp. yeast
1/3 cup gluten flour
1/3 cup powdered milk
2 tbsp. dough enhancer
6 cups hard whole wheat flour

Put above ingredients in bread mixer and mix until well blended and all flour is moistened.

Then add:

2 tbsp. salt

Slowly add:

6-8 cups hard whole wheat flour.

Turn mixer on medium speed and add salt and add the flour until the dough cleans the sides of the bowl. Let knead on medium speed for 6 to 8 minutes. Grease hands with oil and divide evenly into 4 balls. Shape and place in oiled bread pans and let rise until doubled. Bake at 350° F. for 30 to 40 minutes. Internal temperature should be 175° to 180° F.

Let bread cool in pans about 5 minutes then remove from pans and cool on wire rack.

KATHY'S WHITE/WHOLE WHEAT BREAD



2 pkgs. dry yeast (4 ½ tsp.)
1 qt. warm water
¼ c. granulated sugar
1 tbsp. + 1 tsp. salt
7 c. white flour

Stir and dissolve the yeast in the water. Add the sugar, salt and white flour. Beat until smooth. Cover with a damp dish towel and keep in a warm place for about 1 hour. It should be light and bubbly at the end of the hour.

1 c. hot water
1 c. brown sugar
6 tbsp. shortening

Combine the water, brown sugar, and shortening. Stir; cool to lukewarm. Add to yeast flour mixture after it has risen.

8 c. whole wheat flour

Add 4 cups of the whole wheat flour to the yeast mixture and stir until mixed. Then add about half a cup of whole wheat flour at a time until mixture pulls away from the sides of the bowl and mixture is smooth. Turn out onto lightly floured board. Knead until smooth which takes 7-10 minutes. Place in greased straight edge container. Turn dough over to grease the surface. Cover and let rise till double in bulk.

Divide dough into 4 equal pieces and shape dough into a loaf shape and place in greased loaf pans (9 x 5"). Cover and let rise until double in bulk. Bake in moderate oven 375 ° F. about 50 minutes. I prefer 400 ° F. for 30 minutes. Yield: 4 large loaves

Remove bread from oven and take out of bread pan and place on cake rack to cool. To reduce crumbs the top crust can be brushed with shortening. Store in plastic bags. May be frozen.

INFORMATION ON YEAST BREADS

Yeast

Yeast is the essence of bread. It's what makes the dough rise, and gives the bread flavor and aroma. It is activated by warm liquid and fed by sugar or starch which results in the release of carbon dioxide which makes the dough rise.

Flour

Flour forms the main structure for most breads. All yeast breads require some flour made from wheat because wheat is rich in gluten, a protein that gives dough its elasticity and strength. Bread flour has a higher gluten content than all-purpose flour. Because it is milled from high-protein hard wheat, bread flour provides the best volume and texture. Whole wheat and graham flours have less gluten than all-purpose flours, so breads made with these grains will be denser than those made from all-purpose flour.

Liquids

Water is the most important component of dough. It dissolves and activates the yeast and blends with the flour to make the dough sticky and elastic. All liquids should be warmed before being added to dry ingredients. If they are too cool yeast action can stop or slow down. If liquids are too hot, they'll destroy the yeast and the dough won't rise. When yeast is dissolved directly in water the temperature should be 105° to 115° F. When undissolved yeast is added to dry ingredients the temperature can be 120° to 130° F. A thermometer is your best bet for gauging temperatures.

Sweeteners

White sugar, Brown sugar, honey, molasses, jams and dried and fresh fruits can be used to sweeten breads. Sugar gives bread's crust a rich brown color and adds flavor.

Salt

Salt controls the action of the yeast. It slows the rising time and allows the flavor of the dough to develop. Salt also adds structure to the dough by strengthening the gluten

Fat

Fats add flavor and makes bread tender and moist, and it lasts longer because fat slows moisture loss.

WHEAT CEVICHE



- 2 cups of wheat
- 1 cup of Reduced Fat Italian dressing
- 1 cilantro
- 3 tomatoes
- 1/2 purple onion
- 2 big limes
- 1/2 teaspoon of salt
- Avocado (however much you want to mix in)

Boil the wheat until it is soft and opens up a little bit. Drain the wheat and place in a bowl. Dice tomatoes and onions and chop cilantro. Add the all ingredients into the bowl and then add the dressing. Mix together and then add salt and limes.

MEXICAN WHEAT CHILI STEW

- | | |
|---|-------------------------|
| 1 lb Ground Beef | 1 tsp Chili Powder |
| 1 Lg. Onion chopped | 1 tsp Salt |
| 1/4 tsp Garlic Salt | Pinch of Cayenne |
| 1 15 oz Can Tomato Sauce | 1 tsp Oregano |
| 4 T Flour | 1 tsp Italian Seasoning |
| 2 C Whole Wheat soaked overnight | |
| 5 C beef Bouillon, Consommé, or Mushroom soup | |
| 2 Squirts A-1 Sauce | |

Brown the hamburger. Drain and sauté onion with garlic salt. Add remaining ingredients. Simmer several hours until it reaches desired consistency. Add a can of green beans or corn 1 hour before serving. Check the stew often and stir. Adjust water if necessary

Other Variations:

- Hot Dog Topping
- Taco Salad
- Serve over Cornbread

WHOLE WHEAT BANANA DREAM CAKE



1/2 C. Butter (or beans)
1 C. brown sugar
1/2 c. sugar
2 eggs (2 T. dry egg powder + 1/4 C. water)
1 1/4 C. flour (I used whole wheat)
3/4 t. baking soda
1/2 t. baking powder
1/2 t. salt
3/4 C. oatmeal
1/3 C. butter milk (1 T. dry non-instant milk powder or 2 T. dry instant milk powder + 1/3 C. water + 1 t. vinegar or lemon juice)
1 C. mashed bananas (about 3)
Whole pecans

Cream butter and sugar. Add eggs. Beat well. Add dry ingredients alternately with buttermilk mix well. Blend oats bananas and nuts and add to batter. Pour batter into greased 9×13 pan. Bake at 350 for 35-40 minutes.

This is a thin snack cake. If you want to be thick like a regular cake, either double the recipe or put this sized recipe in a 8×8 pan.

Fresh Banana Frosting

1/4 C. butter
1/2 t. vanilla
1 T. lemon juice
2-3 small bananas
3/4 – 1 pkg (1 lb.) powdered sugar

Mix creamed butter with mashed bananas. Add enough sugar to make a nice spreading consistency. Then add vanilla and spread on cake.

{I didn't use this frosting when I made it. I just topped it with some whipped cream and it was delicious!}

WHEAT HOT-DIGGITY-DOGS

(Give some redeeming value to hot dogs)



- 1 Tbsp salt
- 2 Tbsp active-dry yeast (don't need to soak it, just throw it in)
- 3 Tbsp sugar
- 1/3 cup oil
- 3 cups white flour
- 2 cups hot water (hotter than luke warm, but not scalding. Add the flour first so you won't burn the yeast with direct contact)
- Mix together well, then add
- 3 cups wheat flour

Let dough rest, covered, for about 40 minutes. In the meantime, prepare hotdogs by setting them out to be room temperature, or heating them in a pan of water on the stove. Warm hot dogs will help the dough rise around them better for fluffier dough, instead of coming out doughy in the middle.

Roll out dough to about ½ inch thick on a lightly-floured surface. Cut it with a pizza cutter, in rectangles barely as long as the hot dog, and wide enough to just barely wrap around. (The dough will stretch.) Wrap the dough around the hot dog, pinching it together at the ends and down the middle. Roll it a little in your hands or on the counter until the seam disappears, so it won't crack open while cooking.

Set the wrapped hot dogs on a greased cookie sheet and let the dough raise for about 20 minutes before baking at 350° for 20 minutes. You can also fry them in oil for a yummy scone-like treat.

Serve with a puddle of ketchup on the plate, with a little squirt of mustard, and dip the hot diggity dog in for each bite.

(This is just my french bread/pizza dough recipe with wheat flour substituted)

BUTTERMILK WHEAT PANCAKES

(OR WAFFLES)



- 2 cups buttermilk
(can substitute with equal amounts regular milk and plain yogurt)
- 2 eggs
- ¼ cup oil
- 2 cups flour (1 cup white + 1 cup wheat)
- 2 Tbsp sugar
- 2 tsp baking powder
- ½ tsp baking powder
- ¾ tsp salt

Stir all ingredients together. Add a little milk if the batter seems too thick. Cook on a griddle or in a waffle iron.

CHOCOLATE CHIP COOKIES

- 1 pound butter or imperial margarine, softened
- 2 cups dark brown sugar
- 1 ½ cups sugar
- 2 tablespoons vanilla
- 3 eggs
- 6 cups whole wheat flour
- 1 ½ teaspoon salt
- 1 ½ teaspoon baking soda
- 4 cups chocolate chips
- 2 cups nuts, if desired

Cream together butter and sugars. Beat in vanilla. Add eggs and beat 4 minutes. DO NOT SKIMP!

In another bowl, combine whole wheat flour, salt and baking soda. Add to butter mixture. The dough will be very stiff. Add chocolate chips and nuts, if desired. Drop batter onto a waxed paper lined cookie sheet with a small ice-cream scoop.

Bake at 350 degrees for 10-12 minutes.

PRIZE OATMEAL COOKIES



1 ½ cups butter, softened
1 cup white sugar
1 cup brown sugar
4 large eggs
1 cup milk
2 tsp vanilla
4 cups whole wheat flour
2 tsp baking powder
2 tsp cinnamon
1 tsp cloves
2 tsp nutmeg
4 cups rolled oats

Optional Ingredients

2 cups raisins
1 cup nuts
2 cups chocolate chips

Combine butter, white and brown sugars, eggs, milk and vanilla in a mixing bowl. Put 2 cups whole wheat flour in sifter and add baking powder and spices. Sift into the moist ingredients. Add 2 more cups whole wheat flour. Add desired ingredients: raisins, nuts, chocolate chips. Add rolled oats and mix in well. Bake at 350 degrees for 12-15 minutes.

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