

Whole Wheat Bread



Ingredient:

Whole kernel wheat	1-3/4 cup	(180 ml)
Active dry yeast	2-1/4 teaspoons	(12 ml)
Warm water	1-1/4 cups	(300 ml)
Salt (optional)	1 teaspoon	(5 ml)
Honey (optional)	1 tablespoon	(15 ml)
Olive oil (optional)	1 tablespoon	(15 ml)
Lemon juice (optional)	1 teaspoon	(5 ml)

Procedure:

- Lightly coat a loaf pan with vegetable cooking oil or shortening. Preheat oven to 180°C.
- Place wheat in the Dry Container. Lock the lid on. Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH. Grind wheat for 1-1/2 minutes. Stop the machine to allow the flour to cool for a few minutes.
- Select VARIABLE and set SPEED DIAL at #5, turn on the switch again, and blend until a hole forms in the center of the mixture.
- Pour yeast, salt, oil and 1 cup of water into the hole in the flour, then lock the lid on.
- To knead the dough, 2 steps are required:-
 - i. Turn the machine on HIGH, quickly turn the machine ON and OFF 5 times.
 - ii. Open the lid, use a rubber spatula to scrape the sides of the container. Pull the dough away from the container sides and into the center of the mixture.
- Repeat the above 2-step process 7-8 times, or until the dough binds together into a soft elastic mixture.
- To remove the dough, add in the 1/4 cup of water, turn the machine ON and OFF 5 times to lift the dough up and away from the blades. Invert the container over the prepared pan and let the dough fall into the pan. Use a wet rubber spatula to remove any remaining dough.
- Use a wet (or oiled) rubber spatula to shape the loaf. Allow the dough to rise 30 minutes. Bake at 180°C for 1 hour, or until a toothpick inserted into the center comes out clean