

Simple Whole Wheat Bread

written by The Recipe Exchange | December 12, 2015

Ingredients

2 cups whole wheat flour
1/2 cup bread flour or all-purpose flour
2 teaspoons (1 packet) instant yeast (or dry active yeast)
2 Tablespoons sugar
1 teaspoon salt

1 cup 1% milk, heated to 120° F for instant yeast (or 110° for dry active)
2 Tablespoons olive oil (or any vegetable oil)
1 egg
about 1/4 cup additional bread flour

Directions

Place flours, yeast, sugar & salt in a large mixing bowl. Stir in milk, followed by oil and egg. Beat on high for 2 minutes. On low speed add about 1/4 cup bread flour until dough forms a mass.

Place dough on floured surface and knead 50 turns. Cover and let rest 10 minutes.

Shape dough into a loaf and place in a greased 8 1/2 x 4 1/2-inch loaf pan. Cover and let rise in a warm spot until it's one inch taller than the pan, about 35 minutes. Meantime, preheat oven to 375° F.

Bake for 30 minutes. After the first 15 minutes, I cover the top of the loaf with a foil tent to prevent over-browning.

Note: Check your package of yeast for the proper temperature. My brands require the liquid to be 120° F for instant yeast and 110° for dry active yeast. With dry active yeast the bread may take longer to rise.