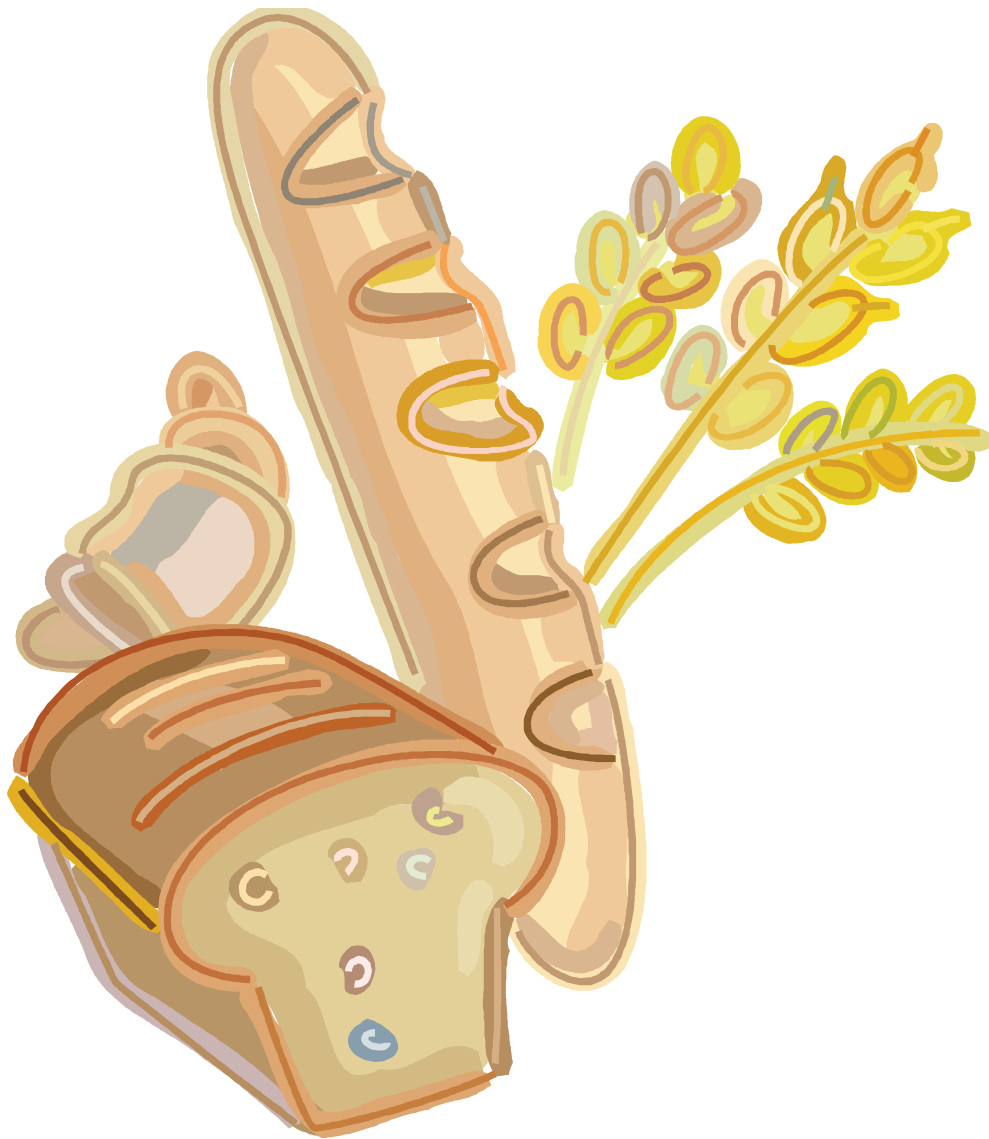


Breadmaking-in-a-Bag

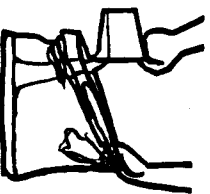


Honey Whole Wheat Bread
Fresno County 4-H
CO-0205

HONEY WHOLE WHEAT BREAD

BREADMAKING-N-BAG

- 4 cups unbleached flour
- 3¾ cups whole wheat flour
- 2 packages active dry yeast
- 2½ cups warm water (105-115 °F)
- ¼ cup honey
- ¼ cup nonfat dry milk
- 2 tablespoons vegetable oil
- 1 tablespoon salt



- Combine in plastic bag:
- 1 cup unbleached flour
 - 2 tablespoons honey
 - 1 cup warm water (105-115 °F)
 - 2 packages active dry yeast

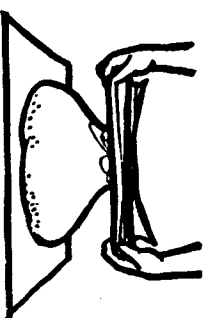


Squeeze upper part of bag to force out air. Close top of bag tightly between thumb and index finger.

Rest bag on table; mix by working bag with fingers about 20 seconds or until all ingredients are completely blended. Let rest in bag 15 minutes.

Add remaining ingredients:

- 1½ cups warm water (105-115 °F)
 - 1 tablespoon salt
 - 2 tablespoons honey
 - ¼ cup nonfat dry milk
 - 2 tablespoons vegetable oil
- Mix by working bag with fingers. Add 3¾ cups whole wheat flour, 1 cup at a time, mixing thoroughly.

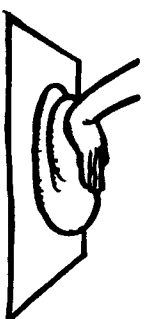


Gradually add remaining unbleached flour until a stiff dough is formed (About 2½ cups.) Push dough away from inside of bag using a rubber spatula and sprinkle unbleached flour between bag and dough to assist in turning out dough.

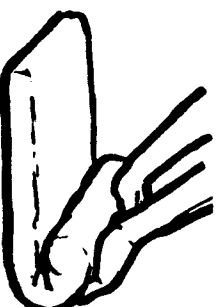
Turn dough out onto floured surface. Divide dough in half.

Knead each half 5 minutes or until dough is smooth and elastic. Add more flour if necessary.

Cover with plastic bag. Let rest 10 minutes.



Punch down. Flatten dough with hand. Shape each half into a 12 x 7-inch rectangle. Roll dough tightly towards you, beginning at the narrow end. Press dough firmly at each turn to seal. With side of hand press dough at each end to seal. Fold ends under loaf.



Place seam side down in a greased 8½ x 4½ x 2¼-inch loaf pan. Repeat with second loaf.



Cover loosely with plastic bag and let rise in warm place 45-60 minutes or until doubled. Uncover. Bake on lower rack in 375 °F oven 30-35 minutes or until golden brown. Remove from pan immediately. Cool on rack.

Makes 2 (1¾ pound) loaves.