

Hard Red Wheat

WHOLE RED WHEAT BREAD

- 2 packets active dry yeast
- 1 cup warm water
- 1 cup warm milk
- 1/3 cup honey
- 6 1/2 cups red wheat flour, ground using
Augason Farms Hard Red Wheat
- 2 eggs
- 2 tablespoons salt
- 1/4 cup shortening

In a large mixing bowl, dissolve yeast in warm water. Add milk and honey. Beat in 3 cups flour and eggs. Beat 100 strokes or 2 to 3 minutes on medium mixer speed. Cover dough and allow to rest 20 to 30 minutes. Mix in salt and flour, 1/2 cup at a time, until dough can be turned out on lightly floured surface to knead. If using a dough hook, add shortening and complete by kneading 8 minutes. If kneading by hand, knead 10 to 15 minutes, gradually kneading in shortening. Cover and let dough rise in greased bowl until doubled in size. Punch down and divide in half. Let dough rest while greasing 2 loaf pans. Shape and place in pans. Cover and let rise until doubled. Bake 375°F for 20 minutes.