

Ingredients – Full Portions - make either 5 small loaves or 1 large loaf.

Half portions - are easy to work with and make 2-3 nice small loaves

<u>Full Portions</u>	<u>Ingredients</u>	<u>Half Portions</u>
3 – Cups -----	<u>Luke-Warm Water</u> - - 110 to 120 degrees	<i>1 & 1/2 - Cups</i>
3 - Envelopes -----	Envelopes (1/4 oz) of Fleishmann's <u>Yeast</u>	<i>1 & 1/2 - Envelopes</i>
3/4 – Cup-----	Cups of <u>Sugar</u>	<i>3/8 - Cup</i>
1/4 to 1/3 – Cup---	<u>Crisco</u> – break up so it will mix easier	<i>1/8 – 1/6 - Cup</i>
2 – Teaspoons -----	<u>Salt</u>	<i>1 - Teaspoon</i>
4 – Cups -----	Pillsbury <u>Whole Wheat flour</u>	<i>2 - Cups</i>
4 - Cups + -----	All Purpose <u>White Flour</u> to make manageable	<i>2 – Cups +</i>

- Note:*
- 1. If desired, only White Flour may be used to get white bread.*
 - 2. Above portions of sugar, shortening, & salt are not suitable for all Whole Wheat flour.*
 - 3. Recipe does not work with “Rapid Rise, highly active yeast” to try to avoid both rises.*

Method – By-Hand, Only - **“Breads like people, need to be kneaded”** One of the joys of making bread is kneading by hand. However, a mixer or bread machine can be used for the initial mixing and kneading. The loaf should be horizontal for the best baking results; therefore, avoid baking in a bread machine with vertical loaf.

1. Pre-Warm the mixing bowl with warm water (110 – 120 degrees) to keep the mix warm.
2. Pour the measured amount of Luke-warm water (110 – 120 degrees) to bowl.
3. Pour yeast and sugar into the water and mix together well, so that yeast is dissolved and begins to react.
Very Important: Allow about 3 – 5 minutes for yeast to start reacting with sugar.
4. Add Crisco and mix (*Breaking up the Crisco helps, but it will not dissolve, but it will remain in chunks until mixing and kneading with flour.*). Allow about 1 minute for added reaction.
5. Add Salt.
6. By hand, beat in the Whole Wheat Flour, a cup at a time (*Shifting is recommended.*)
7. Beat the entire sponge for several, 2 to 4 minutes, minutes, until bubbly.
8. Add the White Flour, again a cup at a time (*Shifting is recommended*), and mix/knead. Continue adding and mixing/kneading flour until workable dough is formed. *When about half of the White Flour has been added, it is usually better to discard the beater and use your hands to work and knead the forming dough.*
9. Either keep in the bowl or turn out on a well floured surface and knead until the dough is smooth and elastic (*usually takes 5 to 10 minutes*). *You can use some white flour to keep the dough or your hands from sticking.*
10. Form the dough into a ball and set in a bowl, covered with a damp cloth, *recommended*, or paper towel, and set aside in a warm spot. Let the dough rise until it doubles+ in bulk (*about 45 to 1.5 hours + or -.*)
11. Punch down, *press down*, and turn on to a floured board. Let relax for a few (3 – 5) minutes. *You can use some extra flour on your hands to help keep them from sticking to the dough.*
12. Form into 4 to 5 smooth loaves, or 1 regular size loaf. *Note: If you like, you can make long lengths and braid the bread into free form loaves. You can also just make free form loaves. However, if you elect to free form the loaves, they will sag some during the rise process.*
13. Place in buttered and floured baking pans and gently brush or pat tops of rising loaves with corn oil or butter to keep them from drying out while rising. *Do not use too much butter.*
14. Let loaves rise in the baking pans until almost doubled in bulk (about 1 to 1.5 hours + or -). *Note: As necessary, you can periodically gently brush or pat tops of rising loaves with corn oil or butter to keep them from drying out while rising. Again, not too much butter. Note: You can use a serrated knife to cut designs on the tops of the dough before baking.*
15. Bake 30 minutes at 340 degrees. If baking a large loaf, add 5 to 10 minutes to the bake time.
Note: (The tops should be a light golden brown)
16. Remove loaves from pans onto wire rack for cooling. *Allow about 30 – 45 minutes.*
17. Brush each loaf on all sides with butter or margarine. *Wrap unused loaves in plastic or put in plastic bags and freeze for future enjoyment.*