

## Bev's Soft Honey Whole Wheat

This is a tender honey whole wheat recipe that is an adaptation of the whole wheat bread recipe my mother used when I was growing up. The recipe called for a long slow second rise in the refrigerator. This is a soft bread with crumb that just melts in your mouth. Although it's a sandwich loaf, we never wasted it on anything as mundane as sandwiches!

Two Loaves	Ingredient	One Loaf
4 cups, 544 g	Bread flour, 51%	2 cups, 272 g
4 cups, 520 g	Whole wheat flour, 49%	2 cups, 260 g
1 ½ Tbsp, 14 g	Yeast, 1.3%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
¼ cup, 55 g	Oil, 5%	2 Tbsp, 28 g
¼ cup, 85 g	Honey, 8%	2 Tbsp, 43 g
2 cups, 490 g	Milk, 46%	1 cup, 245 g
1 cup, 237 g	Water, 22%	½ cup, 119 g

Combine the milk and water and heat to 105-110 degrees. In a large bowl stir together the flours yeast and salt. Add the oil, honey and then the water/milk mixture and stir until well mixed with a large spoon. Stir vigorously another 15-30 seconds. Cover and allow to rise for about 2 hours then refrigerate or refrigerate immediately and wait at least 12 hours to use the dough..

**To bake in a loaf pan(s):** Coat the inside of 4.5 x 8.5" loaf pan(s) with nonstick spray then sprinkle with cornmeal or coarse flour. Remove the dough from the bowl to a floured surface and fold the dough few times. Divide in half (if making two loaves) and form each dough half into an 8 x 10" rectangle. Roll the dough up from the long side to make a 10" long cylinder. Fold the ends under a bit then stretch the outer dough over the cylinder to form a symmetric loaf 7-8" long. Place in the loaf pan(s) then cover lightly with plastic wrap and allow to rise at room temperature for 30-45 minutes until the oven warms up (or refrigerate overnight and bake the next day if desired).

Preheat the oven to 400 degrees. Place the loaf pans on the middle rack of the oven and turn the oven to 375 degrees. Bake for 50 minutes then remove to a wire rack to cool.

**To make a hearth loaf:** Place the dough on a floured surface and fold a few times. Divide in half (if making two loaves) then form each half into a boule or batard. Place the loaves on a peel or baking sheet lined with parchment paper then cover loosely with plastic wrap. Allow to rise at room temperature for 30-45 minutes while the oven warms up.

Preheat the oven, baking stone, and steam pan to 450 degrees. Score the loaves then slide onto the baking stone. Turn the oven down to 400 degrees and pour a cup of water into the steam pan. Bake for 45 minutes then remove to a cooling rack.