

Family Living Center

Wheat Bread

8 Loaves

In a large mixing bowl, add all the following ingredients in the order listed.

2 Tablespoons yeast

1 cup Sugar (if honey, add after water)

1 cup Powdered Milk

½ cup Potato Flakes

5 cups Warm Water

Stir mixture with wooden spoon to dissolve milk and potato flakes.

Then add:

5 cups Wheat Flour

6 cups Bread Flour

Mix ingredients until gooey ball (shaggy mass) is formed.

Add salt and oil on top. (do not mix in until after the dough rests)

½ cup oil

2 tablespoons salt

Let the dough rest 10 minutes to allow time for flour to absorb moisture.

Lightly mix oil and salt into the dough then empty onto a floured surface.

Knead until smooth and elastic – about 10 minutes. Additional flour may be needed to produce a medium dough – but not too stiff.

Place dough back into the bowl (oil inside of bowl) and place in the proofer box to rise until double.

(bowl of hot water should be in the box prior to this point). No need to cover dough with a towel.

(at home you can warm oven to lowest temperature, put in a pan of water and then turn off the oven and this will be like a proofing box)

After dough has doubled (about 1 hour) empty onto the floured surface and divide into 8 pieces (do not punch down). Flatten (pinch and push) and round each piece and cover and let rest for 15 minutes – dough will start to rise again.

Flatten (pinch and push) and round dough again and place on baking sheets. Cover for final rise. When finger indentation remains in dough it is ready to bake. Score each round with a tic tack toe pattern (on the four outer edges) or score across the top -- only ¼" deep.

Ideal oven temperature for the bread will be about 420 degrees. After baking 20 minutes insert the temperature probe into one of the loaves and close the oven door. When the temperature reaches 195 to 200 degrees the bread is done. The second batch of bread should take 10-15 minutes longer because of the lower temp at the start of the bake.

At home you can bake at 350 degrees for 30 to 35 minutes.