

Whole Wheat Bread

1 Tablespoon dry yeast
¼ cup warm water
1 ½ cups water
1/3 cup brown sugar
2 teaspoon salt
3 Tablespoons shortening
2 cups whole wheat flour
3 -3 ¼ cups all-purpose flour

Preheat oven 375 degrees

Soften dry yeast in ¼ cup warm water. Combine hot water, sugar, salt, and shortening; cool to lukewarm.

Stir in whole wheat flour and 1 cup of white flour; beat well. Stir in softened yeast. Add enough of remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth and satiny (10-12 minutes).

Shape dough in a ball; place in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double (about 1 ½ hours). Punch down. Cut into two portions; shape each into a smooth ball. Cover and let rest 10 minutes.

Shape each ball into a loaf; place in greased bread pan. Let rise till double (1 ¼ hours). Bake in moderate oven 375 degrees for about 45 minutes. Cover loosely with foil for the last 20 minutes, if loaves brown too quickly. Makes two loaves.

You can double or triple this recipe if you have a big bowl to mix it all in. When my children were young I used to make 6 loaves in a day. This bread freezes quite well and tastes fresh when thawed.