

WOODLAND ALTARS
WHOLE WHEAT BREAD/ROLLS

EQUIPMENT

Large mixing bowl, small bowl, measuring spoon & stirring spoon

INGREDIANTS

Yeast, oil, honey, whole wheat flour, salt, hot water & shortening

RECIPE

1. Soften 1 tablespoon yeast in a small bowl with ¼ cup water.
2. Combine in a large bowl:
 - 2 cups hot water
 - ¼ cup honey
 - 2 teaspoons salt
 - 3 tablespoons oil
3. Stir in 3 cups flour. Mix well
4. When flour mixture has cooled somewhat, stir in the yeast mixture
5. Add about 2½ cups more flour (½ cup at a time) to make a fairly stiff dough that does not stick to the sides of the bowl.
6. Sprinkle a little flour onto your work surface and knead the dough for about 10 minutes. Here's how to knead dough; fold it back upon itself and push it down. Put your whole weight into the kneading motion.
7. Shape the dough into a ball, put it into a greased bowl and turn it over so that the greased side is up.
8. Cover, let rise overnight in a refrigerator, or in a warm place for 1½ hours, or until doubled in bulk.
9. Take the dough out of the refrigerator and let it warm to room temperature.
10. Punch the dough two or three times. Knead it a bit and divide in half.
11. Shape the halves into balls and let it rest 10 minutes.
12. Shape into loaves/balls and place into greased bread pans or cooking pan
13. Cover the bread and let them rise again until doubled in size.
14. Preheat your oven to 375° F. Put the bread in the oven and bake for about 45 minutes or until the top of the bread is nice and brown.