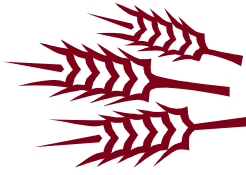


# **Whole Wheat Bread Recipes**



**Daniel D. Stuhlman**

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by

**Daniel D. Stuhlman**

**Pen and ink drawings by M.J. Stuhlman  
Photographs by the author**

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## Introduction

Since the first edition of this book was published in 1979, much has changed in my life and how I approach baking. In 1979 I did not have computer assisted word processing or the ability to include photographs. I still bake bread almost every week, but now I have a bread making machine that does the mixing and kneading. I use only the dough cycle since I don't like how the machine bakes the bread. It bakes a heavy loaf. Another limitation is the size of the machine. It can mix only about 4 – 5 cups of flour. I have never tried commercial mixing equipment. If you want to know more about mixing machines with their strengths and weaknesses, read chapter 1 (pages 45-57) of *The Bread Bible*.

Since everyone likes my whole wheat challah, I don't tamper with success and I do not experiment with recipes as often as I did from 1976-79.

I am much more academically inclined now. Since 1979 I earned two additional graduate degrees and I can't help but turn everything I write into something academic. However, I am not going to explain all the chemistry of bread production beyond what you need to make delicious breads. I do include an annotated bibliography of bread making books in case you want to learn more of the technique or science of bread making.

Fine baked goods have long been symbols of warmth and love. One of my fondest memories of bread is the cinnamon bread that my Baba Leah made. No one has ever been able to duplicate this bread, because she did not write down the recipe. She added ingredients by feel (handfuls rather than standard measures) and experience. I use her wood bread board to shape my loaves. I have tried to imitate the flavor of her bread. Since I use whole wheat flour in my recipes, my cinnamon bread is more robust than her white flour based loaves. While the flavor is not the same, even my father liked my bread.

Baking is the taking of raw ingredients and transforming them into something completely different. Baking with whole wheat flour is taking ingredients, that by themselves are bland and changing them into something that not is not only radically different, but tasty and nutritious. Home baked whole wheat bread for your family tastes better and is more nutritious than any bread found in stores. Baking with whole wheat flour is as easy as baking with white flour. The big difference is that whole wheat flour has more vitamins, minerals and bulk than bleached white flour. Buy whole wheat flour at your local supermarket. They sell national brands such as Gold Medal, Ceresota, and Pillsbury as well as some lesser known brands such as Hodgson Mills, Robin Hood (a Canadian brand) and King Arthur. See the bibliography for the URL for their web sites. I have never seen a store brand of whole wheat flour. Bread making for your family and friends is an act of love. Enjoy baking and eating the best tasting breads - your own.

## Ingredients

Ingredients are very important. There are two limitations on the ingredients for this book, 1) whole wheat flour must be an essential ingredient, and 2) all ingredients must be purchasable at a supermarket. In the bread making process, two transformations occur to the ingredients. The first is the making of the dough and its fermentation. The second is the baking. The dough is a living product. The yeast ferments the sugars into carbon dioxide and alcohol. The carbon dioxide fills the cells and expands the dough's structure. Living dough enters the oven and when the temperature passes 139° F the yeast dies, life ceases and the bread is baked. The yeast and naturally occurring bacteria alter the chemistry and flavor of the dough.

The simplest breads contain only flour and water. This bread is commonly called *matzah* or

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unleavened bread. It is the antithesis of yeast breads. Matzah is designed to not rise. Holes are made to stop even the air from making large bubbles or rising the dough. The next level of bread adds salt or other flavoring to the flat matzah bread. Pita is a simple flat bread with flour, water, yeast and a little bit of salt. Salt is required in all yeast breads to regular the yeast growth. Since salt kills the yeast, care must be taken to avoid contact between them. Sugar is the food for yeast. It also helps with the browning. Eggs and oil add a richness and moistness to the bread. Some sources of bread recipes call for milk or non-fat dry milk. This is supposed to add nutrition to the bread; however, the amount added will make little difference in whole wheat recipes. Too much milk will break down the dough and the lactose will change to lactic acid. So far I have found no good reason to include any dairy products in bread. I do not include any milk or other dairy products in any of my breads. Specialty breads may use spices such as cinnamon, onion, garlic, or oregano for flavor.

Wheat flour is made from the seeds, also called kernels or berries, of the wheat plant. The grain is oval in shape and has three major parts. The entire kernel is used in whole wheat flour.

1. The **bran** is the hard, fibrous cover that surrounds the berry. Bran can be rolled and made into cereal. Think "raisin bran." It is 12.5 to 14.5 per cent of the berry.
2. The **endosperm** is the inner white part of the berry. It is mostly starch and it is used to nourish the plant when the seed sprouts. White flour is made from the endosperm. It is 83 to 85 per cent of the berry.
3. The **germ** is located at the bottom of the berry. It is the living part of the berry. It is high in oil and vitamins. It is sold as a breakfast food and has a sweet, nutty flavor. It is about 2.5 per cent of the berry.

Whole wheat flour is higher in fat than white flour which makes its shelf life shorter. Some flour millers say to use whole wheat flour within 9 months. Rose Beranbaum in *The Bread Bible* says to use whole wheat flour within 6 weeks of milling for making bread. Gold Medal Flour recommends not sift whole wheat flour because the pieces of the flour mix will separate and therefore will not make good dough. In warm weather keep the flour well wrapped in the refrigerator or freezer especially if your house is prone to bugs. Bugs are usually not a problem in the US, but in Israel flour must be sifted to make sure there are no bugs in the flour.

Bread flour also called "Better for Bread Flour," was introduced in 1974, but taken off the market and reintroduced in 1979. It is made from a variety of wheat higher in protein than the wheat used in all-purpose flour. The protein in the wheat provides gluten which gives the elastic structure-building properties required in yeast breads. Bread flour absorbs greater quantities of water (according to the miller) and makes a more elastic dough. I have used both bread flour and all-purpose flour in my baking. While I did no scientific testing, I could find little if any difference in the taste or texture of the loaves made with the two flours.

All purpose flour comes in bleached and unbleached varieties. I recommend unbleached flour because no bleaching agents are used. Cake or pastry flour is milled from a softer variety of wheat and is not suitable for making bread. Whole wheat pastry flour is not commonly sold in supermarkets. One needs to go to a specialty or health food store to find it.

Active dry yeast is sold in envelopes or in bulk. Prefer the jars as you can measure the exact amount you need and not waste an envelope. Yeast is sold in two varieties in supermarkets, one is especially for bread machines and the other is general purpose. While both will work, choose the variety for bread machines if you make your dough in the bread machine. Yeast is also sold in cakes or blocks and found in the refrigerator section of the store. I did not use this variety in any recipe. It is harder to use and more perishable to store than dry yeast. All the recipes measure the yeast in teaspoons.

**Exchanges:** Yeast may be bought in bulk in 8 oz jars or larger packages. 2¼ teaspoons of active dry yeast is the same as 1 package, however, 2 teaspoons is usually enough. The recipes use teaspoons so that they can be standardized.

I prefer canola oil because it is low in cholesterol, does not add any taste, and is inexpensive. Soy bean oil may also be used. Safflower oil is also low in cholesterol, but costs a bit more. If you want to add flavor, use margarine. I do not advise using butter. The most precise way of measuring is by weight, but very few home bakers have precise food scales or the patience to use them. (This includes me.) That means all measurements for flour are approximate. As you gain experience in bread making you will learn the feel of how much flour is enough. Also the amount of flour could vary due to room temperature and humidity. Breads made in bread machines require more precise measurements than when using other methods. One can always add a little more flour or liquid when mixing by hand or mixer.

Sugar is needed to feed the yeast. Honey may be substituted for all or part of the white sugar, but the flavor will be altered. Make sure that you want the honey flavor before substituting honey for white sugar.

I recognize the international nature of recipes and want to make sure that metric weights and measures are recognized. Since I do not have any metric measures for flour or other solids, the recipes do not have metric alternatives included in the text. The following table is a guide.

"Cup" is not a standard internationally recognized measure. The standard 8 oz. US cup may be different in other countries. Pints and quarts are not the same in all countries.

For liquid measures 240 ml is the equivalent of an 8 oz. cup.

1 Teaspoon -- 5 ml

2 Tablespoon -- 15 ml

Flour 1 standard measuring cup -- 120 g

American flours	British equivalents	Israeli equivalents
Cake or pastry flour Note: Do not use this flour for bread because it is too soft.	Soft flour	Not found in supermarkets
All-purpose flour comes in bleached and unbleached varieties	Plain flour	קמח חיטה לבן בהיר <i>kemach chita lavan bahir</i> White wheat flour
Bread flour also called Better for Bread Note: Not suitable for cakes or delicate products.	Strong flour, hard flour	קמח לוחם <i>kemach lechem</i> Bread Flour
Whole Wheat Flour also Graham Flour	Wholemeal flour	קמח מלא <i>kemach malé</i> Whole Wheat Flour

## Apple Bread

Makes 3 loaves

2½ cups warm water (110° -120° F)  
¼ cup canola or soy bean oil  
2 chopped apples (about 1½ cups)  
Cinnamon and sugar mixture  
Canola or soy bean oil  
6-7 cups unbleached white flour  
3 cups whole wheat flour  
2 tablespoons honey  
4 teaspoons salt  
2 teaspoons active dry yeast  
½ cup applesauce

In a large bowl combine 3 cups of the unbleached white flour with 3 cups of whole wheat flour, salt, and undissolved yeast. In a second bowl mix the water, honey, applesauce, and margarine. Gradually add 2½ cups of the flour mixture to the liquid while beating with an electric mixer. Add another cup of flour and then beat at high speed for two minutes. Stir in the rest of the flour mixture and enough white flour to make a stiff dough. Knead until smooth and elastic. Place dough into greased bowl, cover with plastic wrap and then a towel. Let rest 20-30 minutes.

While the dough is resting chop up two apples and mix up the cinnamon and sugar.

Divide the dough into three equal parts. Roll each piece into a rectangle approximately 14" x 9" (36 x 23 cm.) Top with chopped apples and cinnamon and sugar. Roll up jelly roll fashion and then place each roll into a greased loaf pan (9" x 5", 23 x 13 cm.) Brush the loaves with oil. Cover with plastic wrap and place in the refrigerator for 2-24 hours. When ready to bake, remove from refrigerator, uncover carefully, and let stand at room temperature about ten minutes. Puncture any large gas bubbles and sprinkle with cinnamon and sugar.

Bake in a preheated 400° F oven for about 40-45 minutes. For glass pans bake at 375° F for 45-55 minutes. When done remove pans and finish cooling on wire racks.

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## Black and White Bread

Makes 3 loaves

5 - 7 cups unbleached white flour  
3 teaspoons salt  
2 teaspoons active dry yeast  
3 - 4 cups whole wheat flour  
¾ cups canola or soy bean oil  
2 Tablespoons carob powder or cocoa powder  
2 cups warm water (110° -120° F)  
2 Tablespoons honey (or sweeten to taste)  
6 eggs at room temperature  
3 teaspoons salt

In a large bowl mix 1¼ cups white flour with 1½ teaspoons salt, 1 package of yeast, and the carob powder. Slowly add 1 cup warm water, ½ cup oil and 1 Tablespoon honey and then beat with an electric mixer until smooth. Add three eggs one at a time, beating well after each. Add ½ cup whole wheat flour and beat at high speed for two minutes. Alternately add whole wheat flour and white flour to make a soft dough. Knead until smooth and elastic (about 3-4 minutes). Place into a greased bowl. Grease all sides of the dough, cover and let rise about 40-50 minutes. To make the white dough essentially we repeat the process. Mix 1¼ cups white flour with 1½ teaspoons salt, 1 package of yeast. Slowly add 1 cup warm water, ½ cup oil, and 1 Tablespoon honey and then beat with an electric mixer until smooth. Add two whole eggs and one yolk saving the white for later use. Add ½ cup whole wheat flour and beat at high speed for two minutes. Add enough flour to make dough as above. After kneading place in a greased bowl and grease all sides. Cover and let rise until doubled or about 40-50 minutes.

Punch down each dough. Now is where your imagination comes in. There are several ways of mixing the dough. The first way is to roll the dough into rectangular pieces approximately 8 x 12 inches. Put one on top of the other and roll up jelly roll fashion. The second way is to braid strands of each color dough into a challah shape. A third way is to make into rolls by cutting the pieces off the first loaves. After shaping the loaves brush the dough with vegetable oil and then cover with plastic wrap. Let the loaves rise for about 40 minutes. When dough is doubled brush the tops with the beaten egg white saved from before. Bake at 400° F. for 20-25 minutes in a preheated oven. Cool on wire racks.

This interesting looking specialty bread looks great at for parties. It goes well with both meat and cheese. Many of your guests will wonder how you managed to make a two color loaf.

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## Brioches

(Pronounced: bree-yosh)  
Makes 2 loaves

- 1½ cups warm water (110° -120° F)
- 2 - 3 cups unbleached white flour
- 2 cups whole wheat flour
- ½ cup wheat germ
- 1 teaspoon active dry yeast
- 1 teaspoon salt
- ¼ cup honey
- 1 cup canola or soy bean oil
- 5 eggs (4 whole, 1 separated)

Pour the water into a large bowl. Sprinkle the yeast over the water and then add the honey and salt. Stir until dissolved. Add one cup white flour and beat until smooth. Add the oil, 4 whole eggs, the fifth egg white and again beat well. Save the remaining egg yolk for glazing the loaves. Add one cup of the whole wheat flour and the wheat germ then beat for 2 minutes with an electric mixer. Stir in the remaining flour to make a stiff dough. You have added enough flour when the dough stops sticking to the sides of the bowl. Begin kneading the dough and continue until the dough is elastic and wrinkles. This will take 7-10 minutes. There is no need to grease the bowl as brioches is so oily it will not stick to the bowl. Place the dough in a bowl, cover and let rise in a warm place until doubled (about 1½ hours).

Punch down and remove from bowl. Divide dough into pieces for shaping. For rolls make about 20 small balls. Place the balls into muffin tins or place on baking sheets. The traditional shape is a large crown. Divide the dough into two equal pieces. Roll each piece into a very thick strand. With gravity as a shaping aid, shape into a circle. The outside diameter should be about 8 inches. Place each crown on a baking sheet. Cover and let rise again for about 40 minutes. Loaves should be doubled in size.

When ready glaze the tops with the reserved egg yolk. Bake at 350°-375° F. for 30-40 minutes. Test for doneness before removing. Let cool on wire racks.

### Notes:

If you're in a hurry, try letting the bread rise the first time in the refrigerator overnight. Bake the following day.

This bread is oilier and more yellow than plain challah because of the high proportion of eggs and vegetable oil. The bread is very light and almost melts in your mouth. It is hard to resist eating.

## Challah

Makes two pounds of bread. I usually make two big loaves and 12 small rolls.  
This is a bread machine recipe.

- 1½ cups warm water (110° -120° F)
- 2 eggs
- 2 - 3 heaping Tablespoons sugar (adjust to taste)
- 1 teaspoon salt
- Honey, cinnamon to taste
- ¼ cup canola or soy oil
- 2¼ cups whole wheat flour
- 2¼ - 2½ cups unbleached white flour or bread flour
- 2 teaspoons active dry yeast (use scant teaspoons, no need to fill to the edge of the measure)
- Optional: egg for glaze, sesame or poppy seeds for toppings

Add the ingredients to the bread pan in the order listed above. Make sure the yeast is on top. Choose the dough cycle for a 2 lbs. loaf. When the machine beeps that is done remove the dough and place on bread board or other surface for preparing the loaves. Divide the dough into thirds. With one third cut small pieces to make rolls. To make knot rolls, roll the dough into a rope and tie into a knot. With the other two pieces divide each into three pieces. Make three strands about 10 inches long. Pinch the ends and braid the strands. For variety try braiding seven strands, one for each day of the week.

Place the loaves in baking pans or on baking sheets. Cover and let rise for one hour or until doubled in size. Whole wheat loaves do not actually double in size. Test the loaf by poking. If the dough springs back, it is ready for baking.

If desired use an egg wash. This will make a shiny loaf. If desired top the wash with sesame or poppy seeds. Bake at 350° F. for 25 minutes for rolls and 30 - 35 for larger loaves. The actual baking time will vary by the type of pan used. Glass loaf pans take longer than baking on sheets. When loaves are ready, cool on wire racks.

This dough could also be used to make cinnamon bread. Roll a piece of dough flat, coat with oil, sprinkle with cinnamon and sugar.

Note: This is the recipe that I use most often. Almost every Thursday night, you will find me preparing bread with this recipe.



For variation add a dash of cinnamon and a small amount of honey.

## Cinnamon Bread

Makes 2 loaves

- 1 teaspoon active dry yeast
- 3½ - 4½ cups unbleached white flour
- 2½ cups whole wheat flour
- 3 Tablespoons sugar
- 2 Tablespoons honey
- 1½ teaspoons salt
- 1¼ cups warm water (120° - 130° F)
- ½ cup canola or soy bean oil
- 3 eggs warmed to room temperature
- Canola or soy bean oil or melted margarine
- Cinnamon and sugar mixture made with ½ cup sugar and 2-3 teaspoons cinnamon
- ¼ - ½ cup broken walnuts or other nuts
- ¼ - ½ cup raisins

In a large bowl thoroughly mix one cup of each flour, sugar, salt, and undissolved yeast. Combine the water, margarine, and honey in a sauce pan heating over low heat until temperature is 120°-130° F. All the margarine need not melt, but use a thermometer to insure accuracy. Gradually add the hot liquid to the flour mixture while beating with an electric mixer. Beat for two minutes at medium speed. Add 1½ cups whole wheat flour and the eggs beating at high speed for two minutes. Stir in enough flour to make a stiff dough. Alternate adding white flour and whole wheat. Knead for 8-10 minutes or until smooth and elastic. Place dough into a greased bowl, cover, and let rise in a warm place until doubled (about 35 minutes).

Punch down dough to remove large air pockets, remove from bowl and divide into two equal portions. Roll dough into a rectangle approximately 18" x 9" (41 x 21 cm.) Brush the dough lightly with vegetable oil or softened margarine. Sprinkle generously with cinnamon and sugar, some honey, and if desired, nuts and raisins. Beginning at the nine inch end roll the dough jelly roll fashion and shape into a loaf. Pinch the ends tightly and place into a greased 9" x 5" greased loaf pan (23 x 13 cm.) Repeat the procedure for the second loaf. Cover the readied loaves and let rise in a warm place until doubled (about 35 minutes).

When ready to bake cover loosely with an aluminum foil tent. Bake on the lowest rack of the oven at 375° F. for 45 minutes. Remove the foil and bake for five more minutes or until golden brown and done. Remove from pans and cool on wire racks. For glass pans bake at 350° F. for 50 minutes.

Note: Raisins and nuts are optional for the filling. For variety try making one loaf with and the other without.

## Dark Whole Wheat Challah

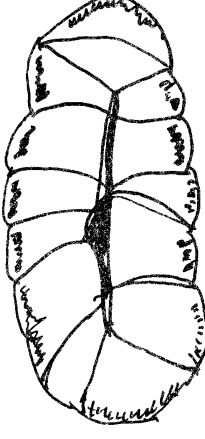
Makes 2 loaves

- 2½ - 3½ cups unbleached white flour
- 1½ teaspoons salt
- 1 teaspoon active dry yeast
- 2 Tablespoons carob powder
- ¼ cup canola or soy bean oil
- 1 cup warm water (110° - 120° F)
- 1 Tablespoon honey (more or less to taste)
- 4 eggs at room temperature
- 2 cups whole wheat flour
- Poppy seeds or sesame seeds (optional)

In a large bowl thoroughly mix 1¼ cups white flour, salt, yeast, and carob powder. Add oil. Slowly add warm water and honey while beating with an electric mixer. Beat for two minutes or until smooth. Add three whole eggs plus the fourth yolk. Save the remaining egg white for the glaze. Beat well after the addition of each egg, and then add ¼ cup whole wheat flour. Beat at high speed for two minutes. Alternately add white and whole wheat flours until a soft dough is formed. Knead for about 8 minutes or until smooth and elastic. Place dough into a greased bowl and turn to grease all sides. Cover bowl with a towel and let rise in a warm place for an hour or until doubled in bulk. Punch down dough and remove from bowl. Divide it into two equal parts, and then divide each part into three parts. Roll each piece to form a piece resembling a rope 12 inches (30 cm.) long. Braid three pieces together to form a loaf. Seal the ends of each loaf and place on greased baking sheets. For variety make smaller loaves or place the braided loaves into loaf pans.

Brush the loaves with beaten egg white. If desired sprinkle with poppy seeds or sesame seeds. Let rise in a warm place about an hour or until doubled.

Bake at 400° F. for 20-25 minutes or until done. Remove from baking sheets or pans and let cool on wire racks. This bread is very dark in color but it is soft and delicious. Eat plain or with cream cheese.



Challah is the traditional braided bread served for the Jewish Sabbath and festivals.

## English Batter Bread

A no-knead recipe makes 2 loaves

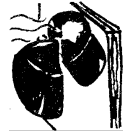
- 1 *teaspoon active dry yeast*
- 1/2 *cup vegetable oil*
- 1 *teaspoon salt*
- 2 *cups whole wheat flour*
- 1/3 *cup honey*
- 2-3 *cups unbleached white flour*
- 1 *cup warm water (110° - 120° F)*
- 3 *large eggs (not medium or jumbo!)*

Pour the yeast, salt, honey, and warm water into a large bowl. Stir until dissolved. Stir in the oil. Add one cup white flour and beat until smooth with an electric mixer. Add the eggs one at a time, then beat until smooth. Add ½ cup whole wheat flour and beat at high speed for one minute. Continue adding ½ cup of flour at a time until dough is elastic and comes away from the sides. This kind of bread will not be as stiff as breads that require kneading. You should be working in the flour with your hands or a wooden spoon. Don't worry about too much handling, since the more you handle it the better it will be. Choose two pans - either two 9 inch loaf pans, two 9 inch ring pans, two rectangular pans, or any combination. Turn the batter into the pans. With greased hands or a greased spoon shape the batter to fit the pans. If the batter doesn't fit into all the corners, it's no great tragedy. It is very important to fill the pans less than half full. When done shaping the dough, smooth out the top. If you overfill the pan the resulting bread will be too heavy.

Cover the pans with a towel, put in a warm place, and then let rest for 20 minutes. You will notice some rising.

Do not preheat oven! Start with a cold oven set for 3500 F. for metal pans; for glass pans 3250 F. Baking times will vary with the kind of pans used. For rings try 30 minutes; for glass loaf pans try 55 minutes. To be sure test for doneness with a toothpick. Insert the toothpick in the center of the loaf. If it comes out clean the loaf is done.

Allow loaves to cool in pan for a few minutes. If serving immediately, remove from pans and place on serving plate. Serve warm. If serving later allow loaves to cool on wire racks. Store in plastic bags and warm before serving. Try baking this loaf while eating dinner, ice with orange or chocolate glaze, and serve for dessert.



## French Bread

Makes 2-4 loaves

- 4½ - 5 *cups unbleached white flour*
- 1 *egg, separated*
- 2 *cups whole wheat flour*
- 2½ *cups warm water (110° - 120° F.)*
- Corn meal*
- 2 *teaspoons salt*
- 1 *teaspoon (approximately) oil*
- 1 *Tablespoon sugar*
- Sesame Seeds (optional)*
- 1 *teaspoon active dry yeast*
- 2 *Tablespoons canola or soy bean oil*

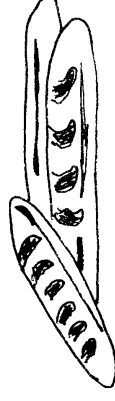
In a large bowl mix 1½ cups white flour, 1 cup whole wheat flour, salt, sugar, and yeast. Add two tablespoons oil, warm water, and egg yolk and then mix for two minutes at medium speed. Add another half cup of each flour and beat at high speed for another two minutes. Add remaining half cup of whole wheat flour and enough white flour to make a stiff dough. Knead for 3-4 minutes or until smooth and elastic. Form dough into a ball and place in a greased bowl. Cover and let rise 1-1½ hours or until doubled.

Punch down and remove from bowl. Shape into oblong loaves about 14-16 inches (38 cm.) long. Sprinkle corn meal on a baking sheet. Place the loaves on the corn meal. Cover the loaves with a towel and let rise for an hour or until doubled. If you have a French bread baking tube or tray sprinkle corn meal and place dough according to manufacturer's directions. Follow rest of these directions as written.

Uncover the loaves after rising and brush each loaf with a mixture of egg white and 1 teaspoon vegetable oil.

If desired sprinkle sesame seeds on top. Bake in a preheated 450° F. oven for 15 minutes. Turn down temperature to 375° F. and bake for another half hour. Remove from oven when done and cool on wire racks.

French bread is great for plain eating and for sandwiches. To make a moister loaf, increase the amount of oil. Try making the loaves into garlic bread by cutting in half, brushing with margarine and sprinkling with garlic powder, then heat in a 350° F. oven.



## Honey Bagels

Makes about 1.5 pounds of bagels  
This is a bread machine recipe.

1½ cups water  
3 cups whole wheat flour  
1 teaspoon salt  
2 Tablespoons honey  
2¼ teaspoons yeast

Optional toppings: course salt, onions, garlic, sesame seeds, poppy seeds. Small toppings such as sesame or poppy seeds will stick just fine after boiling. Other toppings will work better after applying an egg wash.

Day 1. Place all the ingredients into the bread pan. Make sure to put the yeast in last. Set the machine on dough cycle for 2 lbs loaf. Remove the dough before the first rise. This is about 55 minutes into the cycle. The machine will beep. Remove the dough and place in a container that has room for expansion. Place dough in the refrigerator and leave for at least 12 hours, but less than 3 days.

Day 2. Remove the dough from the refrigerator and punch down. Shape into bagels by taking a small piece of dough and rolling into a strand. You may want to moisten the ends for better adhesion. Overlap the ends and pinch them together to make a ring. (My son says to be careful not to make the holes too big.) Put rings aside and let rise for about 60 minutes.

Prepare a kettle with at least 4 inches of water to which you added 2 teaspoons of baking powder. The kettle should have enough room for four bagels at a time and space to flip them. Prepare baking sheets by lining with silicone mats or parchment paper sheets. They help in the browning of the bagels. When the rise time is up make sure the water is boiling and pre-heat the oven to 500° F.

Add the dough rings to the boiling water. They may sink to the bottom and then float. Boil for about one minute and then turn and boil for another minute. Use a slotted spoon to remove and place on baking sheets. Repeat until all the rings are boiled and ready for the oven. Put on the optional toppings and eggs wash if desired. Reduce the oven temperature to 400° F and bake for 15 minutes. Rotate the pan and bake for another 5 - 10 minutes. The bagels should be a rich brown on the top and bottom. The smaller the bagels, the shorter the required baking time.

Place the bagels on wire cooling racks and cool for 20 minutes before eating.



### Notes:

- 1) This is probably the most complex and time consuming recipe in this book. I like bagels and after reading Peter Reinhart's *Whole Grain Breads* I was enticed to give it a try. Bagel making needs some different equipment than loaf baking. You need a slotted spoon and boiling kettle that can hold four or more bagels. The bagels need to be baked on a baking sheet. Since Reinhart recommends a silicone baking mat and the local supermarket had it on sale today when I went shopping, I decided to give bagel making a try.
- 2) This is a delayed fermentation recipe. This helps create a better flavor. Commercial bakers use barley malt syrup for sweetness and flavor. It is sold in health food or specialty stores, but not usually in supermarkets.
- 3) The baking soda added to the kettle makes the water more alkaline. Commercial bakeries use food grade sodium hydroxide (lye). This chemical is caustic and not available in stores, but can be ordered by mail. This helps to make the crust shiny.
- 4) For variations replace 1 cup of the flour with other whole grains such as oats, rye, brown rice, millet, quinoa, or kasha. The large kernel or hard grains such as kasha and brown rice should be cooked to the point of softness before adding.

## Oatmeal Whole Wheat Bread

Makes 4 loaves or 2 loaves and 15-20 rolls

- 4½ cups warm water (110° - 120° F)
- 2 teaspoon active dry yeast
- 3 cups whole wheat flour
- 2 cups quick cooking oatmeal (one minute type)
- ¼ cup honey
- 1½ - 2 Tablespoons salt
- ¼ cup margarine or a combination of margarine and canola or soy bean oil vegetable oil
- ¼ cup firmly packed brown sugar

Pour one cup warm water into a large warmed bowl and then sprinkle in both packages of yeast, stirring until dissolved. Add remaining water, then sugar, honey, salt, and margarine. Stir until dissolved. Add one cup whole wheat flour and one cup white flour. Beat with an electric mixer until smooth. Add another cup of each flour and again beat until smooth. Add the oatmeal and the third cup of whole wheat flour and beat until smooth. Add enough white flour to make a soft dough. Knead dough until smooth and elastic (about 8-10 minutes). Cover with plastic wrap and then a towel. Let dough rest in a warm place for twenty minutes.

Divide dough into four equal parts. Shape into four loaves or two loaves and rolls. Place each loaf into a greased loaf pan (9" x 5" or 23 x 13 cm). For rolls shape and put into greased muffin tins. Brush the tops with vegetable oil. Cover loosely with plastic wrap and refrigerate for 2-24 hours. This bread will rise in the refrigerator.

When you are ready to bake the bread, remove from the refrigerator, uncover carefully and preheat oven to 400° F. Let dough stand at room temperature for ten minutes. Puncture any large bubbles before baking.

Bake at 400° F. for 30-40 minutes or until it tests done. For rolls bake for 25-30 minutes. For glass pans decrease the temperature to 375° F. and use the longer baking time. If desired brush the tops of the loaves with oil before baking.

For a slightly firmer loaf add two Tablespoons of gluten flour to the recipe with the first two cups of flour.

## Onion Flat Bread

Makes one loaf that serves 4-6

- ½ cup chopped onion
- ½ teaspoon salt
- ½ cup canola or soy bean oil
- ½ teaspoon crushed oregano leaves
- 1 cup unbleached white flour
- 1 cup whole wheat flour
- ½ cup water
- 1 Tablespoon baking powder
- 1 egg

Preheat oven to 425° F. Sauté onions in part of the oil. Combine dry ingredients in a mixing bowl. Add onions, oil, water, and egg, and then mix until well moistened. Dough will feel greasy. Spread dough into nine inch pie pan. Bake at 425° F. for 25 minutes. Serve warm.

### Notes:

Most of the recipes in this collection are derivatives of recipes that I read in other bread baking books. Onion Flat Bread was a totally invented bread. I never heard of anything like it. Surprisingly after publishing the first edition, someone asked where I found the recipe. This bread reminded him of the onion bread that his mother made. He couldn't believe that the recipe didn't originate in Eastern Europe.

## Pita (Middle Eastern Flat Bread)

Makes 6 loaves

- 3-4 cups unbleached white flour
- 1 teaspoon active dry yeast
- 2 cups whole wheat flour
- 2 teaspoons salt
- 1 Tablespoon sugar
- 2 cups warm water (110° - 120° F)

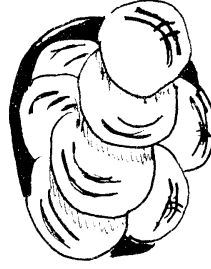
In a large bowl mix one cup of each flour, sugar, yeast, and salt. Gradually add the warm water to dry ingredients and then beat with an electric mixer at high speed for two minutes. Stir in another cup of each flour and mix. Then stir in enough additional flour to make a soft dough. Knead on a floured board until smooth and elastic (about 8-10 minutes). Place dough into a greased bowl and grease all sides. Cover and let rise in a warm place for about an hour or until doubled. Punch down and let rise for another 30 minutes.

Remove the dough from the bowl after the second rise. Divide into six equal portions. Form each piece into a ball and then flatten the ball to make an eight inch (21 cm.) circle. Place the dough on a lightly floured baking sheet. Let rest briefly. Preheat oven to 450° F. Slide the dough either directly on the oven floor or on to a preheated baking sheet placed on the lowest level of the oven. Bake for five minutes or until done. The tops will not be brown. Lightly brown the tops before serving by placing under broiler or in toaster for about one minute.

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Notes:

Pita is eaten by cutting off a small portion and filling the pocket with your favorite food - cheese, fish or meat. Pita is used in the Middle East to make a falafil sandwich. Another serving suggestion is to cut up in eight or more pieces and use with a dip.



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## Pull-Apart Loaves

Makes 2 loaves

- 3 cups unbleached white flour
- 2 cups whole wheat flour
- 3 Tablespoons sugar
- 2 teaspoons salt
- 1 teaspoon active dry yeast
- 1½ cups water
- 1 cup non-dairy coffee creamer or soy milk
- 3 Tablespoons margarine, canola or soy bean oil

In a large bowl mix one cup of each flour, the sugar, salt, and dry yeast. Combine the water, non-dairy coffee creamer, and margarine in a saucepan. Heat over medium heat until liquid mixture is warm (120°-130° F.). The margarine need not melt. Gradually add the liquid to the flour mixture while beating with an electric mixer. Add ¾ cups of white flour then beat at high speed for two minutes. Gradually add one cup of each flour making a stiff dough. Knead until smooth and elastic (about 3-4 minutes). Place dough in a greased bowl and then grease the top. Cover and let rise for an hour or until doubled.

Punch down and remove dough from bowl. Divide into two parts. Cover and let dough rest for 10-15 minutes. For each piece of dough roll out to make a rectangle approximately 9 x 12 inches. Brush the tops with oil. Cut each rectangle into four strips. Stack pieces for each loaf. Cut again into four parts and stack. Place each pile of dough inside a greased 9 x 5 x 3 inch loaf pan. The pile of dough should be placed with one edge down. Even out the tops and edged to form a better shaped loaf. Brush the tops with oil and cover. Let rise about one hour or until doubled.

Bake at 400° F. for about 30 minutes or until done. Remove from pans and let cool on wire racks. Serve warm. For these loaves let everyone pull-apart their own slices.

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## Swedish Rye Whole Wheat Bread

A no-knead recipe makes one loaf

- 1½ cups unbleached white flour
- 2 teaspoon active dry yeast
- 2 cups whole wheat flour
- 2 teaspoons salt
- 1½ cups Bohemian rye flour (i.e. mixture of ½ rye, ½ white flours)
- 2 Tablespoons vegetable oil
- 2 cups warm water (110° - 120° F)
- ½ cup firmly packed brown sugar
- 1 teaspoon caraway or sesame seeds

Combine flours. In another bowl mix 1½ cups of the flour mixture, the sugar, salt, seeds and undissolved yeast. Gradually add the water and oil to the flour mixture while beating with an electric mixer. Add ¾ cups more flour and beat for 2 minutes at high speed until smooth. Stir in enough of the flour mixture to make a stiff dough. If needed add a little extra white flour. Dough is done when it no longer sticks to the sides of the mixing bowl. Cover and let rise for 40 minutes or until doubled.

Stir down dough and place into a greased casserole dish or two loaf pans. Cover and let rise for 20 minutes or until doubled.

Bake at 400° F. for 40 minutes or until done. Remove from pans as soon as possible and let cool on wire racks. This bread should be a beautiful brown color and very sweet.

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### Notes:

Bohemian rye flour contains a 50-50 mixture of rye and wheat kernels which is sifted through the same mesh as unbleached flour. The bran is removed. White flour is required because rye flour has no gluten and will not rise or make soft loaves as wheat flour. The dough in this recipe is stickier and harder to work with when compared to all wheat loaves.

## Wheat Germ Challah

Makes 3 medium loaves

- 2 cups warm water (110° - 120° F)
- 4-5 cups unbleached white flour
- 2-3 cups whole wheat flour
- 1 teaspoon active dry yeast
- ½ cup soy flour
- 4 teaspoons salt
- ½ cup wheat germ
- ½ cup honey
- ¾ - 1 cup canola or soy bean oil
- 3 eggs
- Poppy or sesame seeds (optional)

Pour the water into a large bowl, sprinkle in the yeast and then the honey and salt. Stir until dissolved. Pour in two cups of white flour. Beat with an electric mixer until smooth. Add two whole eggs and the third yolk. Save the egg white for glazing the loaves later. Add the oil and mix well. Add the soy flour and wheat germ while continuing to mix. Add one cup whole wheat flour and then mix at high speed for two minutes. Continue adding flour until a stiff dough is formed. Mix with your hands when the mixer can no longer be used. Knead 8-10 minutes or until smooth and elastic. Challah should be very silky and somewhat shiny to the touch. You may not use the exact amount of flour listed here depending on the weather and the size of the eggs.

Place kneaded dough into a greased bowl, cover and let rise in a warm place for an hour or until doubled. Challah will be more than double in physical size. Punch down to get rid of the larger gas bubbles.

Divide the dough into pieces for braiding. Traditionally challah is used for the Sabbath meal. Try making a challah with seven braids – one for each day of the week. Start with a base of four strands, continue with a two strand braid, and then place one strand on top. For variety try round shaped loaves, rolls or add raisins. After shaping, place on baking sheets, cover and let rise for at least a half hour.

When ready to bake glaze the tops of the loaves with the reserved egg white. If desired top with sesame seeds or poppy seeds. Bake at 350 F. for 40 minutes or until done. Cool on wire racks. This bread is very hard to cut when warm; try tearing it. It does slice well when cool. Try making French toast with leftovers.

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### Notes:

Before I got a bread machine, this was my weekly recipe. Some people who read this recipe never heard of wheat germ before reading the recipe. It is usually sold in the cereal section of the supermarket. Kretschmer, manufactured by Quaker Oats is a widely available brand. Years after I wrote the original recipe, people told me that it is the favorite challah recipe in their family.

**Bonus recipes.** In 1979 when I finished the bread baking book I was planning to write a book of whole wheat cake recipes. The following non-bread recipes are my favorite dessert recipes. Many people say my bread, "tastes like cake." While they are well meaning, cakes and breads are very different. Cakes are made from batter that is thin and pourable. They rise from the action of baking powder and air mixed with the eggs. Breads are made from dough.

## Apple Crisp

Makes one pie

2 apples (about 1.5 cups) peeled and sliced.  
Sugar, cinnamon, and flour to coat the apple slices

Batter for topping:

2 Tablespoons vegetable oil  
2 Tablespoons apple sauce  
½ cup water or apple juice  
¼ cup sugar  
¼ cup whole wheat flour  
¼ cup oat meal

Pre-heat the oven to 400° F. Peel, core and slice the apples. Put into a container and add cinnamon, sugar, and flour. Cover and shake to coat each piece.

Put all the topping ingredients into a container. Mix and make into a batter. Put the coated apples into a pie pan. Pour the batter and cover the apples.

Bake at 375° F for about 40 minutes. Tastes great when served warm.

Note: Guests like this apple crisp so much, that it rarely lasts more than one day.



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## Marble Cake

Makes two loaves

I sometimes call this cake, "marbelous cake."



2 cups sugar  
1 cup vegetable oil or ½ cup oil and ½ cup applesauce  
3 eggs  
1½ cups unbleached white flour  
1 cup whole wheat flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 cup water, soy milk or rice milk  
2 teaspoons vanilla flavoring  
¼ teaspoon baking soda  
3 heaping Tablespoons cocoa powder

Pre-heat oven to 325° F. Cream together the sugar and oil until well mixed. Add the eggs, salt, and vanilla and continue to mix well. Add ½ of the flour. Add the liquid and the remaining flour. Add the baking power and beat until well blended, making sure the scrape the sides. Pour 3/8 of the batter into each of two loaf pans. To the remaining batter add the cocoa and baking soda. Blend in the cocoa. All the cocoa does not need to be mixed in. Pour half of the chocolate batter into each pan and swirl with a knife or spatula. Bake at 325° F about 55-60 minutes or until done.

Variations: Add chocolate chips or raisins; make the whole cake chocolate by adding the cocoa after the flour. Try using whole wheat pastry flour for a softer, more delicate cake.

Mix with pumpkin pie. Mix a can of pumpkin pie mix according to instructions on can. Substitute rice or soy milk for the dairy product called for on the label if desired. Pour pie mixture on the bottom of cake pans. Bake for 15 minutes at 400° F. While pie part is baking prepare the marble cake according to the above directions. Take pie part out of the oven and pour in the white cake batter. Prepare the chocolate batter. Pour into the other two mixtures. Swirl the mixtures to make the marbling effects. Bake at 350° F about 55-60 minutes or until done.

Note: This is a heavy, robust cake. Replacing half of the oil with applesauce makes a cake that is lower in calories and still makes a very moist cake. I have no idea why this work, but it does. Traditional cake recipes use solid shortening. That is why the directions say "cream together." The "creaming" process made the shortening into a thick paste. There is difference in the crumb features of the final product when you use solid as opposed to liquid fats. I prefer liquid fats because they are healthier and easier to measure.

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## Glossary

### Definitions of bread baking terms

**Ethanol (Alcohol)** is a product of fermentation. Yeast turns sugars into carbon dioxide and ethanol. The alcohol evaporates during the baking.

**Carbon Dioxide (CO<sub>2</sub>)** is the gas produced by fermentation. CO<sub>2</sub> makes the bread rise but getting stuck in the structure of the bread. The gas is forced out during baking.

**Caramelization** is the browning of sugars, which occurs at approximately 325° F. Sugar in the dough is the primary cause of crisp coloration. Egg wash is used for shine.

**Caryopsis** is the seeded fruit of grasses and grains. It includes the husk and edible portions of the plant.

**Degassing**, also called punch down is the process of removing the gas from the fermentation process. If the bread is properly punched down the dough will have no pockets that lead to holes in the final product.

**Fermentation** (also called primary fermentation) – This occurs when you mix the flour and create the initial dough. The yeast action on the dough in the mixing bowl is fermentation.

**Hydrate** – adding water or other liquids containing water to the flour.

**Matzah** is unleavened bread made for Passover with only flour and water. Matzah baked for the rest of the year has flavors such as salt, onion, and vegetables added.

**Proofing** (also called proving) is the second rising after the loaves have been formed.

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### Web sites

*About Organic Flour*. Doves Farm Foods, [2007?]

<http://www.dovesfarm.co.uk/organic/info-about-flour.htm> (accessed on Dec. 18, 2007)

This is a company web site for Doves Farm Food, a British company. The page on flour describes flour, using their British names. The site has lot of information on flour making, yeasts, grains, and the composition of wheat.

Gold Medal Home.

<http://www.bettycrocker.com/products/gold-medal-flour/Gold-Medal-Product-Landing-Page.htm>

Company web site. Gives story of the company, baking tips and descriptions of products. Kasher symbols are visible in the product illustrations.

Hodgson Mill Home. <http://www.hodgsonmill.com/> (accessed on Dec. 18, 2007)

Company web site. Gives story of the company, baking tips and descriptions of products. Kasher supervised products are clearly marked.

King Arthur Flour Home. <http://www.kingarthurfour.com/> (accessed on Dec. 18, 2007)

Company web site. Includes company and product information, recipes, baking tips, company philosophy. They have four varieties of whole wheat flour. Their flours are kosher supervised, but the web site does not clearly indicate this.

Liebman, Bonnie. *The Whole Grain Guide*. Nutrition Action, 1997.

<http://www.cspinet.org/nah/wwheat.html> (accessed on Dec. 18, 2007)

This site is based on an article that appeared in the March 1997 *Nutrition Action*

*HealthLetter* gives a general explanation of whole grains and their health and nutrition value.

Phillips, Sarah. *The Pantry: Flour, Grains & Meals* baking911.com, c2000-2008.

<http://www.baking911.com/pantry/flour/grains.htm> (accessed on Dec. 18, 2007)

This site is contains useful and step-by-step information about baking. This page explains the varieties of flour, their uses and nutritional value.

Stybel Tahanot Kemah. Stybel B™, [c2004] <http://www.stybel.co.il/>

English site: [http://www.stybel.co.il/lect\\_full.php?id=39](http://www.stybel.co.il/lect_full.php?id=39) (accessed on Jan. 11, 2008)

Includes information about products, articles on flour and bread baking, nutritional information and more. Pages are mostly in Hebrew. This company has 80 varieties of flour.

*Welcome to Pillsbury Baking* : Pillsbury Baking - Great Recipes, Baking Tips, Baking Ideas, Promotions and Information on Pillsbury Baking Products. Orville, Ohio :The J.M Smucker Company, [2007?] <http://www.pillsburybaking.com/default.aspx> (accessed on Dec. 23, 2007)

This is a company site for Pillsbury baking products. The company has other sites for other product lines. They list nutritional information for flour, but little else.

## Books

Beranbaum, Rose Levy. *The Bread bible*. New York : W.W. Norton, 2003.

This book tells you everything that you wanted to know about the chemistry, preparation and recipes for bread. There are also chapters on ingredients, equipment and baking terms. Author's web site: <http://www.realbakingwithrose.com/>

*Bread Box plus Bread Maker* : use and care guide recipe book. Boonville, Missouri : Toastmaster, [199-]

This is the guide that came with the first bread machine that I owned. The recipe for challah is based on the recipe found on page 49.

Carlson, Diane. *New recipes for your bread machine* / [editor Diane Carlson; art director Kathy Horton; recipe development Betty Crocker Food & Publications Center home economists.] [Minneapolis, MN?] : Betty Crocker, [2000?].

Bread machine need special recipes. This book from the makers of Gold Medal Flour, gives advice and recipes for making breads. Very few call for whole wheat flour.

Clark, Catherine. *Bread baking*. [Oconomowoc, WI]: Brownberry Ovens, 1976.

Gives instructions in the techniques of bread making, the ingredients and even troubleshooting mistakes.

Dworkin, Floss. *Bake your own bread and be healthier* / Floss and Stan Dworkin. New York : New American Library, 1972.

Book includes recipes and methods of baking. The idea for my wheat germ challah and brioche came from this book.

Glezer, Maggie. A blessing of bread : the many rich traditions of Jewish bread baking around the world. New York : Artisan, [c2004]

Contains recipes, rituals, memories, and mitzvahs connected to bread in the Jewish tradition. On the Sabbath Jews are required to eat three meals, one Friday night and two during the day on Saturday. The presence of bread and making a blessing on it before eating, transform a snack into a meal.

Kaufman, Ted. *The complete bread cookbook* / by Ted and Jean Kaufman. New York : Gramercy Publishers, [1969].

Reinhart, Peter. *Whole grain breads* : new techniques, extraordinary flavor. Berkeley [Calif.] : Ten Speed Press, [c2007]

The first three chapters deal with the ingredients, equipment, chemistry, and technique of making bread. In the recipe section, Reinhart gives very exact instructions for making bread. This is almost a scholarly book on wheat production, baking chemistry, and baking technique. Many of his breads take several pages of directions. Many breads require mixing three component doughs, a soaker, biga (a pre-fermented bread starter), and final dough. While this may make a superior tasting product, it is too many steps for a hurried home baker. This book is worth reading to learn new techniques especially since the illustrations show how to make special shaped breads such as challah, bagels, and brioche.

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*Uncommonly kosher* / presented by Yeshiva Parents. Skokie, IL : Hebrew Theological College, 2001

The marble cake recipe is based on a recipe found on page 178 of this book.

Wheat Flour Institute. *From wheat to flour : the story of man in a grain of wheat*. Washington, DC : Wheat Flour Institute, 1976.

Wheat Flour Institute. *Quick breads*. Chicago : Wheat Flour Institute, 1961.

Small pamphlets with recipes for baking powder bread and variety used for flour.

## About the author and illustrator

Daniel D. and Maria J. Stuhlman are a brother and sister team, raised in University City, Missouri, where they both learned how to cook and bake from their mother. These recipes were developed over a period of four years and of course are all approved by Mom. He earned BA and MS LS degrees from Columbia University and a doctorate from Jewish University of America. She studied art at Forest Park College and University of Missouri-Columbia. He is a librarian and writer living in Chicago, while she lives in Vancouver, B.C. and is a nurse.

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