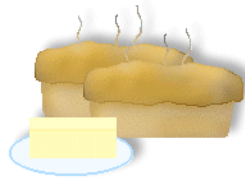




Daily Bread



*4 cups water -- 110 degrees*

*2 tablespoons yeast -- SAF instant is best*

*about 9 cups whole wheat flour, more or less (I sometimes use a multi-grain*

*blend)*

*½ cup vital gluten*

*½ cup olive oil*

*½ cup honey*

*2 teaspoons sea salt*

*In a large mixing bowl, place warm water, SAF yeast, honey, oil, gluten, and 5 cups flour.*

[If you are soaking overnight, just add water flour, honey and oil to the bowl. Be prepared to use a little less flour than otherwise in the morning. You have to play with this. Then add the yeast and gluten in the morning and proceed.]

Stir to mix well, then cover and let sponge two or three hours, more time makes the bread sour and sort of rancid and not in a good way. The shortest sponge time is about fifteen minutes. I've done this in a pinch. Any shorter, and the yeast won't be developed enough.

Stir to punch down; add salt. (I tend to forget the salt-without salt your bread will over-rise. Salt checks the yeast.) Mix to blend; add 2 cups flour and turn mixer on low. Add flour by 1/2 cupfuls until dough cleans the sides of the bowl and is no longer sticky. Knead on low speed 6-8 minutes. The flour amount is approximate; use only enough flour to cause the dough to pull away from the sides of the mixer bowl. Do not add more flour. The dough should be a little sticky and you should require oiled hands to work with it. Let dough rise in covered bowl about 30 minutes until doubled. Turn machine on to punch down, let rise again in the bowl, then remove from bowl to oiled counter, divide into four pieces.

Form loaves and place in greased and floured loaf pans (the smaller ones, not the real big ones).

Let rise in warm oven (turned off) until 1 1/2" above the rim of the pans.

With loaves still in oven, turn oven on and bake at 350 degrees for about 30 minutes.

Remove from oven and cover with clean towel to soften crust, if desired.

*Per Serving (excluding unknown items): 131 Calories; 3g Fat (18.3% calories from fat); 5g Protein; 24g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 81mg Sodium.*

