

# Whole Wheat Bread

I have been baking bread since I attended medical school – and lived with 5 other people in a fairly spacious apartment in West Philadelphia (attending the University of Pennsylvania). We each took 1 day per week to cook for the group – and bread was my specialty.

I make bread now once a week – the staple is whole wheat bread. So pretty much every weekend, I make this bread. I still make bread the old-fashioned way – in a bowl, kneading it, letting it rise twice in the a warm oven, and baking in an oven. My baguettes – made with nothing more than white flour (OK, not so healthy), yeast, and water – are delicious – but this takes a full day to prepare. Bread machines are really a great convenience.

Using the little bread machine shown here – which has served me well for about 10 years – I make the following whole wheat bread loaf every week:

- 1 cup water
- 2 tsp Bread Machine yeast (any yeast will do)
- ½ tsp salt
- 1 Tbsp powdered milk
- 1 Tbsp canola oil
- 2 and ¾ cups of King Arther whole wheat flour
- 1 Tbsp Hodgsen Mill Vital Wheat Gluten
- 2 Tbsp sugar

Toss all this into the bread machine (water first, then flour, then the rest). Set it on whatever mode you want – I generally use the 3 hour and 30 minute firm loaf setting.

Walk away, and in less than 4 hours, you have fresh, great tasting, pretty healthy, whole wheat bread. Pretty simple. Pretty cheap. Pretty tasty.

