

NAUVOO HISTORIC SITES

WHEAT BREAD RECIPE




We're happy to share our Nauvoo Historic Sites Wheat Bread recipe. This Pioneer and modern-day favorite is sure to be popular with your family as well. Print and cut out the following recipe cards:

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WHEAT BREAD

- In a large mixing bowl, add all the following ingredients in the order listed:
 - 2 tablespoons yeast
 - 1 cup Sugar *(if using honey, add after water)*
 - 1 cup Powdered Milk
 - ½ cup Potato Flakes
 - 5 cups Warm Water
- Stir mixture to dissolve milk and potato flakes. Then add:
 - 5 cups Wheat Flour
 - 6 cups Bread Flour (reserve 1 cup to add while kneading)
- Mix ingredients by lifting the liquid up from the bottom to form a shaggy mass (flour is not fully incorporated)
 - Sprinkle 2 tablespoons salt over the top and then,
 - Drizzle ½ cup oil over that.

(More)


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WHEAT BREAD CONT.

- Do not mix in until after the dough rests.
- Let dough rest 10 minutes to allow time for flour to absorb moisture. Stir the dough with a wooden spoon until the salt and oil are mixed in, then empty onto a floured surface. Knead about 10 minutes until dough is smooth and elastic, using the reserved flour. Additional flour may be needed to produce a medium dough- but not too stiff.
- Place dough back into the bowl, cover and put in a warm place to rise until doubled. You can create your own proofing box by heating your oven at lowest temperature, putting a pan of hot water on bottom rack and then turning off the oven. If you do this, there is no need to cover the dough.
- After dough has doubled (about 50 minutes), empty it onto a floured surface and divide into 8 pieces. Shape into 8 round balls. Pinching out any air bubbles as you go. Place 4 of the loaves onto baking sheet that has been sprayed with cooking oil. Put this one back into your oven that is your proofing box. Let it rise for about 50 minutes until doubled in size. Place the remaining 4 loaves on another prepared baking sheet, cover with a towel and put it in a warm place to raise.
- After your first loaves have doubled in size. Remove from your oven so that you can preheat to 350 degrees. Bake for 30 to 40 minutes, covering with foil as needed to prevent over browning.

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