
Whole Wheat Bread

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

6 tablespoons Crisco, melted

3/4 cup scalded milk

4 tablespoons sugar

3 1/2 teaspoons salt

3/8 cup molasses

1 1/2 cups warm water

2 packages dry yeast

4 1/2 cups whole wheat flour

2 cups sifted white flour

In a saucepan, melt the shortening. Add the milk, sugar, salt and molasses. Cool to lukewarm.

Dissolve the yeast in warm water. Stir the milk and molasses mixture into the yeast mixture. Add two cups of whole wheat flour. Beat until bubbly. Stir in the remaining flour. Knead well. Place in a large bowl and cover with a damp tea towel. Let rise until doubled.

Punch the dough down. Let rise again. Divide into two equal parts. Roll out for loaves. Place in greased loaf pans. Let rise until doubled.

Bake at 375 degrees for 10 minutes. Lower the temperature to 350 degrees. Bake for 20 minutes more. (The bread is done when it sounds hollow when tapped.)

Brush melted butter on top. Take out of the pans and cool on wire racks.

(This whole wheat bread is light and a little sweet., unlike most whole wheat breads.)

Yield: 23 loaves

Breads, Muffins

Per Serving (excluding unknown items): 2379 Calories; 11g Fat (3.9% calories from fat); 79g Protein; 528g Carbohydrate; 70g Dietary Fiber; 0mg Cholesterol; 7550mg Sodium. Exchanges: 26 1/2 Grain(Starch); 1/2 Lean Meat; 2 Fat; 8 1/2 Other Carbohydrates.