

## Whole Wheat Bread

Sprinkle 1 envelope active dry yeast over 1 cup warm water. Stir and let stand while you mix 2 cups hot milk, 1/2 cup honey and 1tsp salt, using a mixer with a dough hook or a stout spoon. Add the yeast mixture.

Begin adding flours, mixing in 1 cup at a time: 1 cup white flour, 4 cups whole wheat. You may also substitute other grains in this: 1 cup corn meal, 1 cup oat-meal (which helps gentle the texture a bit) or other grains.

Add more flours and mix until dough is stiff, then knead with hook or by hand until smooth and elastic, 8-10 minutes. In all you may be adding 6-7 cups of flours; it's difficult to be exact.

Turn the mixture into a greased large bowl and cover with a towel. Let rise in a warm place until double, about 90 minutes. Punch down and turn out onto board. Divide into two equal portions and shape into two loaves. Place in loaf pans, cover and let rise again, about 45 minutes. Bake at 375° for 30 minutes, or until nice and golden.

*Recipe: Barbara Cawthorne Crafton is an Episcopal priest and retreat leader.*

