

Basic Bread (hand mixed or stand mixer)

Ingredients:

- 1 Tbsp Honey
- 1 cup warm (not hot!) water
- 1 1/2 tsp salt
- 2 Tbsp powdered milk
- 2 cups bread flour
- 1 cup whole wheat flour
- 2 Tbsp butter - softened
- 2 tsp active dry yeast



Instructions:

1. Place warm water, honey and yeast into a large bowl or the bowl of your stand mixer and allow to sit for 5-7 minutes until the yeast starts to bubble and the mixture looks slightly frothy.
2. Add the flours, powdered milk salt and softened butter to the bowl and mix well with your hand or a spoon. If using a stand mixer, use the dough hook and start slow until the dough comes together.
3. Once the dough comes together and forms a cohesive ball, increase the mixer speed to medium/medium high and knead for 7-10 minutes. If kneading by hand, turn the dough out onto a floured surface (countertop is fine) and knead for 20-25 minutes, turning a quarter turn between each fold. You know you are done when you have a smooth elastic ball of dough.
4. Drizzle a little vegetable oil into your bowl and place the dough in, turning once to coat the ball. Cover with a dish towel and allow to rise for 45-60 minutes. The dough should look puffy and almost double in size.
5. Spray your bread pan with baking spray.
6. Deflate the dough with your fingers. Grab the dough and remove from the bowl. Squish it around between your hands a few times to really punch it down.
7. Place the dough in your greased pan and cover with a dish towel. Set the pan in a warm (not hot) place and let it rise for about 30 minutes.
8. Preheat the oven to 350 degrees F (I use the quick bake setting with the fan) while your dough is rising.
9. Once the dough has risen and bounces back when you touch it, place it in the oven on the middle rack.
10. Bake for 30-35 minutes until the bread is a nice golden brown color and sounds hollow when you tap it. If you like your bread a darker brown, bake for longer.
11. Turn the loaf out onto a wire cooling rack and cool completely
12. Once cooled, place the loaf in a plastic bag and let it sit overnight before slicing.
13. After slicing, wrap the loaf in a beeswax food wrap (or Glad Press-n-seal works well) and place into a gallon ziploc bag. The loaf will keep for several days, and sometimes up to a week.