

RICHARD'S HONEY MULTI-GRAIN BREAD

Delicious as sandwich bread, plain or toasted without butter. But be careful. It's addictive!

This bread has no preservatives. Warning: If you don't eat it within two days, it may get moldy. Refrigerate or freeze if you plan to stretch out the gourmet experience more than two days.

DAK, Welbilt, or Large Bread Machine 2 1/2 Lb Loaf Recipe. Actually it weighs a lot more than 2 1/2 lbs. Cut it proportionately for a smaller bread machine.

2 tsp. dry yeast
3 c. bread flour
1/2 c. whole wheat flour*
1/2 c. corn meal*
1/2 c. raw wheat bran*
1/2 c. rolled oats*
2 tbs. non-fat dry milk
1 tsp. salt (can be omitted)
1/4 c. honey
2 tbs. canola oil
1 1/2 c. + 2 tbs. warm water

*You can substitute other flours/meals/brans for the four 1/2 c. ingredients. I've used wheat germ and oat bran, or I've left out one and doubled another. Just make the total 2 cups.

The first step is to measure out the water and heat it in the microwave at full power for 90 seconds. Add ingredients into the bread maker bowl in order of recipe. Two tablespoons is 1/8 cup. I pour the oil to the half-way point in the 1/4 measuring cup before I use the cup for the honey. That way the honey doesn't stick. Then I "wash off" the cup as I add the hot water into the bread bowl on top of the other ingredients.

I set the DAK machine to TURBO and the crust dial to 12 noon and run the white bread setting. I've had to experiment with the amount of water. It's better to have slightly too little than too much. Too much water and the top sinks and the bread is sticky. But be careful of using too little water, because you will overwork the machine.

VARIATIONS & OTHER HELPS:

Mix only the dry ingredients (including the yeast) for a few minutes. Stop the machine and add the liquid ingredients on top and let sit for 15 minutes (or overnight with the timer set). It will activate some of the yeast and the bread seems to be lighter.

(Continued)

I sometimes vary this recipe to make cinnamon bread as follows:

Additional ingredients & equipment

1 c. bread flour (brings the total to 4 cups.)

1/2 c. water (brings the total to 2 cups)

1 c. sugar

1/4 c. cinnamon

Empty shaker

Non-stick spray

2 - 4 bread pans

80-90 degree oven

Add the cup of flour to the rest of the dry mixture before adding the oil, honey and water. Put the sugar and cinnamon into the shaker and mix thoroughly. Spray the bread pans with the non-stick spray. Run the bread machine on "Manual" or stop it after the second kneading cycle.

Depending on the size of your bread pans and how many you have, cut the dough into 2 to 4 equal parts, flatten out each piece of dough so it is about 5" x 12" and sprinkle each with 2 tablespoons of the sugar and cinnamon mixture, covering the dough surface. Roll up the dough and place into the bread pans. Put the dough in the warm oven and let rise for 1 hour or until it doubles. Bake in a 350 degree oven for 20 - 25 minutes. The wonderful smell of baking cinnamon bread will drive your taste buds crazy. Most folks just slice the bread and eat it as toast with butter, but if you let the slices dry out a bit, it makes a great French toast--(it really soaks up the batter!)

Recipe available on the J.O.y-ful Noise Ministries website: <http://www.j-o-y-ful.org>

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