

WHOLE WHEAT FRENCH BREAD (HAND METHOD)

2 tsp yeast

½ cup warm water

5 ½ cups whole wheat flour (or a combination of 4 cups of whole wheat bread flour and 1 ½ cups of soft wheat or pastry flour)

2 ½ tsp. Salt

1 ½ cups cold water

Dissolve the yeast in the warm water

Stir flour and salt together and add cold water and the yeast and mix together. The dough will be stiff. Add at least ½ cup more water by wetting your hands as you knead. Take care to develop the dough very fully. Knead at least 20 min. The dough should be quite soft and silky when finished. Cover and let rise in a cool place (never over 70 degrees F.) for about 2 ½ to 3 hours. Deflate with a floured board and wet hands and knead a min. to deflate the gas. Cover and let rise 2 more hours. Shape into Rounds or long style loaf and place on a cookie sheet powdered with cornmeal. Let rise at room temperature for 1 hour. Slash top before baking, diagonally. Bake at 450 degree F. preheated oven for 5 min. spraying the top of the bread. Turn temperature down to 350 degree F. and bake another 25 to 30 min. until done.

Cool on cooling rack

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