



Solid equipment. Sound advice.



N50 MIXER RECIPES

LIGHT HONEY WHEAT BREAD Yield: 2 loaves

Proofing Yeast

- 2 tablespoons of active dry yeast
- 3 teaspoons sugar
- 3/4 cup of warm water (100 – 115°)

In the mixer bowl, combine yeast, sugar and warm water; stir to mix. Place bowl in a warm water bath for 10 – 15 minutes. This will proof the yeast, allowing you time to get other ingredients together, and will also let you know if the yeast is good.

In another bowl, combine the salt, 2 cups of whole wheat flour and 4 cups of bread flour; stir with a wire whisk to incorporate.

Bread Dough

- 1 1/2 cups whole milk
- 1 tablespoon vinegar
- 3 tablespoons melted butter (cooled)
- 4 tablespoons honey
- 2 cups whole wheat flour
- 4 – 4 1/2 cups bread flour
- 1 tablespoon salt

In a microwave proof container, mix vinegar and milk. Microwave until just warm. Stir.

When yeast is foamy and bubbly, take out of water bath, wipe outside of bowl, add milk/vinegar mixture, butter, honey and 2 cups of flour/salt mix.

Using the dough hook, mix on speed 1 until incorporated (about 3 minutes). Add the rest of the flour/salt mixture on speed 1 until the dough is slightly tacky and starts to form a ball around dough hook (about 2 minutes). Add more flour if needed, mix on speed 1 until the sides of bowl are clean (about 4 minutes). Dough should be tacky, but not wet. Do not over mix, as bread will be tough if over mixed.

Place dough in a large greased bowl or pan, cover and let rise for about an hour or until doubled. Punch down, roll out on floured surface and form loaves. Place loaves into greased/sprayed loaf pans. Cover and let rise for an hour. Bake bread in a preheated 375° oven for about 30 minutes or until golden. Bread will sound hollow when knocked on. You may baste the dough with melted butter before baking to have a buttery crust.