

Maple Wheat Bread

3 cups warm water (110°F to 120°F)
2 tablespoons yeast
2/3 cup honey
5 cups all purpose white flour
3- 4 cups whole wheat flour (you have to kind of play it by feel)
2/3 cup maple (or honey)
1 tablespoon salt
3 tablespoons butter

In a large stand-up mixer bowl mix warm water and honey, stir to blend. Sprinkle the yeast on top, add flour and mix well. Let proof for 30 minutes.

Cook's Tip: Spray your measuring cup with no-stick spray before using, it'll keep the honey from sticking. Use the same measuring cup to measure the warm water, it'll rinse any remaining residue for an easy clean-up.

After dough has proofed for 30 minutes, add syrup, salt and butter, mix with your stand mixer with a dough hook, on low until well incorporated. Add 3 cups flour one cup at a time mixing well between each cup. Add the 4th cup flour 1/4 cup at a time with the blender running, until dough pulls away from the sides and starts to form an elastic ball (if it's a little sticky that's okay). Turn dough onto a floured surface. Knead for 5-8 minutes or until smooth and elastic. Place in a large oiled bowl, cover with a towel.

Cook's Tip: Use non-stick spray to evenly coat your bowl, then spray some on top of the dough and cover with plastic wrap before covering with a towel. This will prevent the dough from sticking to the towel and save on laundry.

Let dough rise in a warm draft free area until doubled (about 2 to 3 hours). When doubled, punch dough down and turn out onto a board, divide dough evenly into 3 loaves. Form dough into roughly 9x5 rectangles and place into three greased buttered loaf pans. Cover with a towel and let rise until doubled, about 1 hour.

Preheat oven to 350°F. Bake bread for 30 minutes or until lightly browned on top and sounds hollow when tapped. Let cool 10 minutes and then remove from pans, finish cooling bread on cooling racks.

Source: Amy Grisak, Backyard Bounty