

# BREAD-MAKING FAQ



## DO YOU HAVE TO USE A STAND MIXER TO MAKE THIS BREAD?

Definitely not. Since you never know the reason you may be living off your food storage, it's a good idea to make sure you can prepare food without using electricity. We have experimented with making this recipe using no electric kitchen tools. We ground the wheat in a manual wheat grinder, kneaded it by hand, and cooked it in an All-American Sun Oven. Kneading by hand takes some time and a little bit of hard work but it still turns out without using a Bosch or KitchenAid.

## DO YOU HAVE A RECIPE THAT IS NOT SO LARGE?

This recipe is very easy to cut in half and still have good results. If you still end up with too much dough, consider making bread plus rolls to freeze for later or a pizza crust to use for dinner.

## DO YOU HAVE TO USE VITAL WHEAT GLUTEN?

One of our favorite things about our favorite bread recipe is the texture. We feel that vital wheat gluten and the "sponging" process are the keys to this as we have not had any other recipes turn out as well without using other additives. If you don't want to use vital wheat gluten you can try using Wheat Protein Isolate (found at Honeyville Grain). You should be able to get similar results using about 1/3 or 1/2 as much product.

## CAN THIS RECIPE BE FROZEN FOR USE LATER?

Yes it can. Freezing this dough works like frozen Rhodes Rolls. You will need to remove the loaves or rolls from the freezer with enough time to let them thaw and rise. If you use the dough for pizza crust you can either roll it out after it thaws, or freeze it on your pizza pan already rolled out.

## CAN I SUBSTITUTE AGAVE FOR THE HONEY/SUGAR?

While we have not personally tried this, we have a friend who always makes bread with Agave. We would recommend following the normal recommendations for Agave and use slightly less than the called for amount of honey.

## HOW CAN I KEEP MY CRUST FROM GETTING TOO DARK?

Check on your bread after about 10-15 minutes. If it looks like it is getting dark but not quite cooked yet, put a layer of tinfoil over the top. It will give you a perfect light brown crust.

## WHAT TYPE OF WHEAT SHOULD I USE FOR THIS RECIPE?

Our favorite is hard white wheat as it seems to have less of a "wheaty" flavor. However if you like that strong wheat flavor hard red wheat will work too.

## WHAT IS THE BENEFIT OF USING FRESH WHEAT FLOUR VERSUS ALL-PURPOSE FLOUR?

There are two big benefits to having whole wheat in your food storage. First is the shelf life. Wheat will store almost indefinitely making it a great item to keep on hand without having to worry as much about rotation. Second, the health benefits of using whole grains are immense. All-purpose flour has been stripped of most of the nutrients to give it a longer shelf life in its ground state.

**DO YOU HAVE TO GREASE YOUR PANS BEFORE PUTTING THE DOUGH IN?**

Yes definitely. It will make it much easier to get the cooked loaves out when they are finished cooking.

**DO YOU HAVE TO USE FRESH GROUND WHEAT EVERY TIME?**

When you grind your wheat it will lose a lot of the nutrients after 24 hours. It will also go rancid within a few weeks. If you store the wheat in your freezer it will keep it from going rancid but the nutrients will still be less than if fresh-ground. Ideally you would grind it before making each batch, but a lot of times it's easier to grind a big batch of wheat and store it in the freezer.

**WHAT KIND OF YEAST DO YOU USE?**

We use SAF instant yeast. When you use instant yeast, you don't have to "proof" it. Proofing yeast is when you add it to hot water and wait until it activates before combining it with other ingredients. We like using SAF instant yeast because you can throw it into the recipe and not have any worries.

**WHAT SHOULD THE CONSISTENCY OF THE DOUGH FEEL LIKE?**

Your dough should feel a little on the sticky side. If you over-flour, or add flour after you have done the kneading, you will get a crumbly bread. If your dough is too sticky to handle, spray it with Pam and spray the counter with Pam. That will make your dough more workable and fluffy.

**HOW DO YOU USE THIS DOUGH FOR PIZZA?**

There are two methods you can use to make a pizza dough. First make a half recipe, and then split that into 3 equal parts. You can use two for bread and the third for pizza. Roll it out and use it on a regular pizza pan or pizza stone. Let rise for 30-60 minutes depending on how thick you'd like your crust. Spray your pan with pam spray if you're not using a stone. Add sauce, cheese, and other toppings and cook for about 15 minutes at 425 or until the dough is firm and cheese is fully melted and lightly browned. If you like crunchy crust, you can take the pizza and put it directly on the rack for the last 3-4 minutes. Whole wheat pizza takes a little longer to cook than pizza made with white flour, but it tastes great and is healthier and more filling.

If you like a deeper dish pizza you can follow these directions instead. To make one large pizza crust, use about a quarter batch of dough (or use half of a half batch). Use a cookie sheet that has sides on it. This makes a large pizza with a thick crust. Melt about 1/2 cup of butter in the pizza pan in the oven. Pull it out and set your dough on it. Spread the dough out with your hands all the way to the edges flipping it over a few times to get it covered in butter. Let it rise a little while you pull out all your toppings. Don't let it rise for very long as this is already quite a thick crust. The consistency turns out thick and chewy almost like breadsticks. Bake at 425 for 10-15 minutes or until everything is golden brown and the dough is firm.