

SHEM CENTER WHOLE WHEAT BREAD RECIPE

1/2 cup **honey** and 1/4 cup **molasses**

3 cups boiling **water** and 1 cup cold water

3 packages of dry **yeast**, or 4 tablespoons of bulk yeast

1/4 cup vegetable **oil**

10 cups whole wheat **flour**, divided & placed in two 3 X 5" paper lunch bags

1 teaspoon **salt**

(bake @350 degrees for 40 minutes, perhaps more)

Pour some of the oil into a measuring cup to coat it lightly. Measure the honey and molasses in the cup and pour into a large mixing bowl. Add the hot water and mix well. Add the cold water and allow to cool to lukewarm. Sprinkle the yeast evenly over the surface and enjoy watching it "bloom." Gradually add the flour, salt and the rest of the oil. When dough becomes too stiff to mix with a spoon, empty it out onto a floured surface and begin kneading the rest of the flour into the dough. The amount of flour to add will depend upon its moisture content and the "feel" of the dough in your hands.

Kneading is a gentle yet firm process of pushing away and scooping back toward you as the dough is returned to a spherical shape. Do not slam or punch this dough. While kneading, meditate on the earth, the sun, the rain and all of the Creator's blessings that bring the wheat, and other ingredients into our hands. Send blessings to those who will eat this bread. Allow the sensuous experience of seeing, smelling and touching the dough to bless you. Use your memory and imagination to recall the bread stories of your own life.

Place the dough in a lightly oiled clean bowl, cover with wax paper and a clean towel and allow it to rise for an hour in a warm, draft free place. Briefly knead a second time on a lightly floured surface, return it to the bowl, cover it and let it rise for another 45 minutes. Knead on a floured surface, divide with a pastry scraper and shape into 3 loaves. Use a very sharp knife or razor blade to make a 1/2 inch deep cut along the length of the top of the loaf. Place in non stick bread pans or well oiled pans, cover and allow to rise about 30 minutes.

Bake at 350 degrees for about 40 minutes or until bread sounds hollow when the top is knocked with the knuckles. Remove from pans and place the loaves back into the oven for another 5 minutes to bake the loaves a bit more. Allow the loaves cool on racks. This recipe makes 3 large loaves. or 4 smaller loaves. Two round loaves will also fit on a cookie sheet.

Utensils you will need:

1 very large mixing bowl

1 8 oz. measuring cup

1 16 oz. glass measuring cup

1 very large spoon for mixing ingredients

1 tablespoon measuring spoon

1 kettle for boiling water

1 bread dough scraper

4 standard sized baking pans, 8.5" X 4.5", nonstick pans work best
(1 can of Pam vegetable spray if nonstick is unavailable)

1 very sharp knife to score loaves before baking

wax paper and kitchen towels to cover loaves while rising

oven @ 350 degrees plus a timer

wire racks for cooling loaves

4 plastic bags with twist ties

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