



Whole Wheat Bread and Tortilla Recipes

WHOLE WHEAT BREAD (WITH GLUTEN* ADDED)

YIELDS 3 LOAVES

4 1/2 cups warm water (105°-115°F)	3 T yeast
3/4 cup oil	10-12 cups HOMESTEAD WHOLE RED WHEAT FLOUR
1 1/2 T salt	1/2 cup vital wheat gluten
1/2 cup honey	

❖ Combine warm water, oil, salt, honey and yeast. Add 3 cups of flour. Mix until smooth and all lumps are gone. Add gluten. Slowly add enough flour to make a smooth and elastic dough. Knead for 10-15 minutes. Shape into a ball and place in a lightly greased bowl to rise for about 1 hour. Punch down and shape into 3 loaves. Let rise until double and bake at 350° for 30-35 minutes.

Note: Make sure dough is quite soft because the flour will continue to soak up liquids throughout the process.

*Adding gluten makes a lighter, more airy loaf.

FLOUR TORTILLAS

YIELDS 12 TORTILLAS

1 1/2 cups HOMESTEAD SIFTED RED WHEAT FLOUR	1 1/2 t salt
1 1/2 cups HOMESTEAD WHOLE PASTRY FLOUR	1/4 cup oil
1 1/2 t baking powder	1 1/4 cups hot water

❖ Mix together flours, baking powder and salt. Stir in oil and hot water until well mixed.

❖ Knead 2-3 minutes.

❖ Divide and shape into 12 small, smooth balls.

❖ If the dough is a little sticky, roll each little ball around in some flour.

❖ Roll out the balls in the same order that they were shaped, rolling them to 6-7" in diameter.

❖ Turn the burner on to medium-high and let the skillet get hot before you start to cook tortillas. (A cast-iron griddle is ideal.) Place the rolled-out tortilla on the hot griddle and cook 1 to 2 minutes on each side, or until bubbles appear.

❖ Fold a kitchen towel in half and place the hot tortillas in it.

❖ When they have completely cooled, remove from towel and package them for the freezer. Freeze them unless you plan to use them right away.