



Bread Machine & Baking Videos with Ellen Hoffman

Honey Wheat Berry Bread

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Mostly Whole Wheat with Wheat Berries

(Original Recipe from my friend Sheila Kendall, shared with her permission)

Make in a 2-pound capacity bread machine on dough course or Use Whole Wheat setting on your bread machine.

- 345g water or milk or half and half
- 85g honey
- 132g King Arthur bread flour
- 419g whole wheat flour
- 28g dry milk (eliminate if you used milk instead of water)
- 57g regular (salted) butter
- 7g salt
- 7g SAF INSTANT YEAST
- 130 g ground and cooked wheat berries. Add the wheat berries at the ADD beep or however your bread machine tells you it's time to add ingredients.

I use the Dough Course and the Whole Wheat Course in the video.

For dough: Dump out of bread pan onto lightly floured cutting board or solid surface. Shape and put in loaf pan sprayed with nonstick spray.

For final rise, turn on oven to 170 and turn off in one minute. Let rise in the slightly warmed oven for 45 minutes.

Take out of oven and preheat oven to 375. (Watch after 25-30 minutes to make sure it doesn't get too brown and tent with aluminum foil to prevent over browning.). Bread will take approximately 40-45 minutes to come to the internal temperature of 190 degrees.

For Dough and Baked in Machine: Cool 2-3 hours on a rack, slice, put in heavy duty plastic freezer bag and freeze same day as baked to preserve freshness. Take out slices as needed to defrost or toast.



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How to prepare the Wheat Berries:

1. Using a small coffee grinder, slightly grind one cup of the wheat berries, so there is both powder and bits of the berries.
2. Put the ground berries into a small pot and fill with 3 cups of water.
3. Bring to boil, turn down to simmer, and cover pot. Cook for one hour.
4. Refrigerate until you are going to use in the bread.
5. The leftover cooked wheat berries are yummy and can be eaten like rice! Add some butter and salt and eat. They are really yummy!