



Bread Machine & Baking Videos with Ellen Hoffman

Mostly Whole Wheat and Honey Bread *and 100% Whole Wheat Bread*

(First recipe) Mostly Whole Wheat

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

Make in a 2-pound capacity bread machine on dough course.

- 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
- Optional: Add about 1/4 cup seed meal on top of flour. Add 1/4 cup of various seeds at add beep.

Add seeds on top after egg wash.

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

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 350. Egg wash (sprinkle with seeds if desired) and bake for 30 minutes. (Watch after 20 minutes to make sure it doesn't get too brown and tent with aluminum foil to prevent over browning.).

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.

[Next page: 100% Whole Wheat Bread](#)



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Tender 100% Whole Wheat Bread by Ellen Walker Hoffman

Make in a 2-pound capacity bread machine on dough course or bake in bread machine whole wheat course.

I've been frustrated with whole wheat bread recipes for years. They were always tasty but dry as dust! I've tweaked and experimented and took risks and finally came up with a winner! I hope some of you try this recipe. It's really good, especially with the seeds! (You could probably add nuts. I am allergic to nuts so I don't!)

- 370 grams Half and Half
 - 40 grams honey
 - 553 grams Whole wheat flour (Feel free to subtract 10 grams from flour and add 10 grams vital wheat gluten.)
 - 36 grams sugar
 - 10 grams salt
 - 100 grams unsalted butter
 - Fistful Seed mixture of pumpkin, sunflower, hemp, and flax plus more for on top
 - 6 grams SAF Instant Yeast
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- Optional: $\frac{1}{2}$ cup seeds and more to sprinkle on top after egg wash. I use a mix of raw pumpkin, hemp, chia, and sunflower seeds. It's amazing!

Notes: I use dough cycle and bake in oven. You can do that or bake in the machine on whole wheat cycle.

375 for 30-35 minutes, until internal temperature reaches 190-200 degrees



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If you want to use milk instead of Half and Half you can, but Half and Half makes it so much better texture. You can cut the butter in half, but you will sacrifice the tender texture. You can also use water and add 8 grams (2 tbsp) milk powder, but then the texture will be drier and dustier, which is the whole reason I kept experimenting to improve the recipe.