

Whole Wheat Bread

Ingredients

2 cups milk
1/4 cup light brown sugar
1 tablespoon salt
1/4 cup butter
1 cup warm water (105 to 115F)
2 packages active dry yeast
8 cups unsifted whole wheat flour
3 tablespoons butter, melted

Directions:

1. In saucepan, heat milk not to boiling.
2. Remove from heat and add sugar, salt and 1/4 cup butter, stir until blended.
3. Cool to lukewarm.
4. Sprinkle yeast over water in large bowl.
5. Stir to dissolve yeast- stir in lukewarm milk mixture.
6. Add 4 cups whole wheat flour, beat vigorously with wooden spoon until smooth.
7. Gradually add remainder of whole wheat flour.
8. Mix in last of it with hands until dough is stiff Turn dough out onto lightly floured surface.
9. Knead dough for about 5 minutes until dough is smooth and has some elasticity.
10. Place in greased large bowl.
11. Turn dough so greased side is up.
12. Cover with towel; let rise in warm place (85F is good), until it doubles in size, about an hour.
13. Turn dough again on floured surface.
14. Divide into halves.
15. Roll each half into a ball to fit into a 9x5x2-3/4 greased pan.
16. Mold evenly into pan.
17. Brush tops of two loaves with a little butter, margarine or oil.
18. Let the two loaves rise in a warm place until dough rises to tops of pans- about an hour.
19. Preheat oven 400F.
20. Bake in middle of oven for 35- 40 minutes.
21. Turn out pans onto racks, brush top with melted butter.

Makes 2 loaves.

Note: You can use the same dough to make buns and pizza base.



Whole Wheat Pan Cakes

Ingredients:

- 2 cups whole wheat flour
- 4 1/2 tsp baking powder
- 1/2 tsp salt
- 2 tsp cinnamon
- 2 tsp sugar / brown sugar
- 2 large eggs
- 2 cups + 2 tbsp milk
- 2 tsp vanilla
- oil



Directions:

Mix all dry ingredients in a bowl. **Add** wet ingredients to the mixing bowl and **mix** well with a spoon until there are no more dry spots; don't over-mix.

Heat a medium sized frying pan on medium heat. Lightly **spray** oil to coat and **pour** 1/4 cup of pancake batter. When the pancake starts to bubble, you may add your fruit if you wish. When the bubbles settle and the edges begin to set, **flip** the pancakes. **Repeat** with the remainder of the batter.

Makes 14 pancakes.

Whole Wheat Pasta Noodles

Ingredients:

- 2 1/3 c Whole wheat flour
- 1/2 ts Salt
- 2 Eggs; beaten
- 1/3 c Water
- 1 ts Olive oil



Directions:

In a mixing bowl stir together 2 cups of the flour and salt. Combine eggs, water, and olive oil; add to flour. Mix well. Sprinkle the kneading surface with the remaining 1/3 cup flour. Turn dough out onto the floured surface. Knead till the dough is smooth and elastic (8-10 minutes). Cover; let rest 10 minutes. Divide dough into thirds or fourths. On a lightly floured surface roll each third of dough into a 16 x 12 rectangle or each fourth into a 12 inch square. If using a pasta machine, pass dough through machine till 1/16" thick. Dust with additional flour as necessary. Cut and shape as desired.

Makes 1 pound.

Whole Wheat Brownies / Chocolate cake

Ingredients:

2 1/4 cup whole wheat flour

1 2/3 cup sugar

2/3 cup Cocoa

1 1/4 tea spoon soda

1 tea spoon salt

1 1/4 cup water

3/4 cup oil / ghee

1 tea spoon vanilla essence

2 eggs

Directions:

Mix the water, cocoa, eggs, salt, sugar and oil (or ghee or butter) together. Use a beater. Add the soda to flour and mix both together. Now add the flour to the moist mixture while beating lightly one table spoon at a time. Make sure there are no dry spots. At the end fold in the vanilla essence.

Line a 12 inch round baking pan with butter paper, or brush with oil and sprinkle with flour. Pour the batter in the pan and bake in a 180 Degree Centigrade Pre heated oven for 45 minutes or till a fork / toothpick pricked comes out dry.

