

Some of my favorite RECIPES:

Please note: since everyone's oven differs (and mine constantly changes its mind!) the cooking times I've listed may vary from your oven. I recommend you start checking your baked goods after 25 minutes in a 350 oven and every five minutes after that. You never want to open an oven door on baking products in the first 20 minutes of baking as the sudden change in oven temperature could cause your bread, etc. to FALL. Experiment to see what works best in your kitchen.

Basic Whole Grain Bread (8-10 lbs)

Works with DLX or Bosch

1. Mill 8-9 cups of wheat berries, spelt or Kamut. (Can substitute up to 3 cups of millet, oats, rye or a combination.) You will need more or less flour depending on the humidity levels. The more humid the day, the more flour you will use. Also note: Spelt will absorb more liquid, so either mill extra flour or cut back on the water.
2. Pour 5 cups hot water into bowl (not so hot as to kill the yeast! I find 2 1/2 minutes in the microwave to be the perfect temperature).
3. Turn machine on, (set speed control at 6 o'clock position and secure bread hook in center of bowl, scraper in its regular place for DLX).
4. Add 1/2 cup oil (preferably olive or canola)
5. 1/2 cup honey (or use barley malt sweetener or rice syrup)
6. 3 Tbsp yeast (I prefer SAF instant or FirmaPan)
7. 3 Tbsp dough enhancer -optional (can substitute vitamin C, lecithin granules or a "dollop" of liquid lecithin-- doesn't have to be exact)
8. If using a low gluten grain (basically anything NOT regular wheat berries) add 3 heaping Tbs of gluten.
9. Slowly shake freshly milled flour into bowl. (DO NOT just dump it in by the cupful, it needs to mix well. I find shaking it in between the spatula and the dough hook to be most effective.) Either machine will take about 12-14+ cups of flour, depending on the humidity, weather, etc. Both the DLX and Bosch machines will tell you when you have enough flour-- the dough cleans the sides of the bowl in the Bosch and the curve of the bottom of the bowl (in front of the scraper) in the DLX.
10. I usually add the salt AFTER all the flour is in since salt inhibits yeast action. 1 1/2 Tbs Salt (also optional, we use RealSalt®)

11. Set the DLX timer for 9 minutes (some Bosch's do not have timers, set another) and wait! I put away my mill, throw the measuring cup and spoon in the dishwasher, spray the pans or cookie sheets, preheat the oven and put a little oil on my counter while I await the dough.

12. When dough is finished, take a small amount of dough out with oiled fingers. Stretch and pull the dough while holding it up to the light. If you can stretch it so that it's almost transparent without tearing, the gluten (stretchy little protein fibers) are hanging onto each other, which means it is fully developed. If it pulls apart too easily, turn machine back on for another 2 minutes or so.

At this point, you can allow the bread to rise in the bowl (covered with a dishcloth and still sitting on the machine base) for a few minutes if you like—this step is not necessary, but if you are not in a rush, I think it makes for lighter loaves. After it has risen to the top of the bowl, just pulse the power a couple of times to pull the dough back down and then continue with the next step.

13. Turn dough out onto oiled counter and do with it what you will! If making bread loaves, divide and put into oiled pans; making sure NOT TO OVERFILL! (This will cause it to collapse under its own weight.) Fill any size bread pan less than half full and allow to rise (covered and in a warm place) to fill the pan. I've had particular success in making sandwich rolls instead of loaves. They're easier to store, they never fall and it's very easy for all the children to make sandwiches.

***For even lower fat bread** (and this is pretty low fat to start with!) you can easily get away with 1/3 cup oil and/or 1/3 cup sweetener. We've successfully used applesauce in place of the oil, though the bread is not as moist.

For Specialty Breads: Grate sharp cheddar cheese (substitutes made from soybeans are readily available in most health food stores now if you don't want to use dairy cheese). Throw a handful or two into the dough when you finish adding the flour for cheese bread. If you like, toss in some minced onion at the same time for an outstanding cheese and onion loaf. There are unlimited options for this type of bread. Toss in herbs (basil, for example) for herb bread. A dessert bread, such as Cinnamon-Raisin can be had by tossing in some raisins and cinnamon—some chopped nuts, if you like. Our family loves to experiment!

For loaves: Pans with a narrow base (smaller than the 5" standard) work far better as the sides are better able to support the extra weight of whole grain breads. Look for narrower base pans at kitchen stores and some discount stores. Spray or coat pans with oil to prevent sticking. Separate dough into pans and let rise for 20-30 minutes. Rising time will vary depending on the warmth of your kitchen. Bake mini-loaves (5 3/4" x 3 1/2" x 2 1/4") in a 350 degree oven for 30 minutes. Larger loaves will require 45 minutes. Since ovens vary, you will need to adjust these cooking times to fit your particular situation. You may also want to check your oven from time to time with an oven thermometer--I ruined a few batches before I figured out my heating element was shot! Remember--DO NOT OVERFILL PANS!

For rolls: squeeze dough with thumb and index finger of both hands in a strangling motion (great way to get rid of excess frustration without getting into trouble!) and "pop" off rolls. Separate on greased cookie sheet or

touching in pan, depending on the “look” you want. If they touch while rising and baking, you end up with softer rolls. For a clover-roll, put 3 small “balls” of dough together in the cups of greased muffin cups and let rise.

For pizza crust or pizza rolls: Take a hunk of dough and roll out on counter or pizza peel (wooden board) sprinkled with cornmeal. Bake on cookie sheet—or better yet—pizza stone preheated at 450 (sprinkle cornmeal on stone before placing dough on it). Add favorite sauce and toppings (the kids love to do this on a "family night!") Pizza rolls are quick and easy to handle. Roll out dough on oiled counter in rectangular shape, add sauce and topping and then roll up. Bake in loaf pans or on cookie sheet or pizza stone—options unlimited! These freeze well (cooked) and take up very little freezer space. Great for quick nutritious dinners on very busy days!

Guilt free (well, almost) Cinnamon Rolls: Roll out dough on oiled counter in large rectangle. Spread VERY THIN layer of butter (melted in microwave and brushed on works great). If you don't want to use butter, use thin layer of barley malt sweetener, rice syrup or honey. Thinly spread brown sugar (if you used butter). Sprinkle with cinnamon and, if you like, a little nutmeg. Add chopped walnuts, raisins and/or pecans. Roll up the dough lengthwise and use dental floss or serrated knife to slice off 1 1/2” rolls. Place on a cookie sheet or nestle in cake pan. Bake at 350 for 25-45 minutes (depending on thickness and size). If you want bakery-style BIG muffins, let them rise for 15-20 minutes before baking.

Variation on this: after rolling out the rectangle, use homemade jams or fruit-only preserves as filling. When sliced, they have a beautiful design and look lovely on a dessert plate.

Nutritional NO-NO: If you want to break every nutritional rule in the book for really decadent rolls --or to convert a really hard core anti-nutrition family member--use frosting made from melted butter, confectioner's sugar and vanilla. Use very little--just enough to convince ANYONE to taste scrumptious whole wheat rolls.

Braided dough (Christmas Wreath): Roll out three thin equal lengths of dough (like long snakes). Starting at the top, braid as you would hair, all the way down. Bake this way, or, for a wreath, bring the bottom around and meet the top. Hide the seam with candied fruit, or use a little extra dough fashioned into a bow. Decorate your “wreath” with candied fruits, nuts or whatever you like. If you want it to be shiny, use an egg white wash before baking. Bake at 350 for 25 minutes.

Jelly Roll: Roll out dough into a tall triangle (Christmas tree shape). Slice about 2 inches into each of the two long sides, with each slice about 1 1/2 inches apart all the way down. Place fruit filling of your choice in the middle. Pull each slice over, starting on the right and bringing over the corresponding slice on the left and overlapping all the way down. Tuck the end of each slice in as you go. Bake at 350 for 25-35 minutes (start checking for doneness after 20 minutes.).

For FREEZER COOKING Pizza Rounds *(thanks to Jill Bond for this fabulous idea and recipe):* Form a loaf's worth of dough (about 1-2 lbs of dough) into a round disk--using a pizza pan as the mold. Let rise and then bake for only 15 minutes (about half way done). Allow to cool, wrap airtight and freeze. Keep lots of pizza fixings in 1-cup amounts (in freezer bags) in the freezer at all times. *(At Costco, I buy large bags of shredded mozzarella or the large loaves and shred it myself to avoid the excess cellulose added to the pre-shredded, then store the shredded cheese in 2 cup servings in ziplock® freezer bags for use as pizza toppings, etc.)* When you

want pizza, simply grab a few pizza rounds from the freezer and some of the fixin's bags. Spread the rounds with pizza sauce (store-bought or that which you made and froze in 1 cup amounts--or use dehydrated tomatoes reconstituted) and then top with fixings. Bake. As the cheese melts, the dough will finish the last bit of baking.

Also from JILL BOND:

Pinwheels or Pizza Loaf (and variations):

With oiled hands, smooth dough out into a large rectangle. Use an oiled rolling pin if you can't work it with the palms of your hands. *(Note from Donna: I use small pastry rollers available at most kitchen stores--they are wonderful!)*

Spread with sauce or oil (or softened butter). Sprinkle with cheese, cut up meat, vegetable powder and/or vegetable pieces. Roll it up jellyroll fashion. For pinwheels, cut the log into disks and lay in an oblong cake pan (sprayed or lined with Teflon-liner sheet). For a loaf, just form the log into an "s" shape and place in a regular loaf pan.

For Pizza, just put tomato paste (used dehydrated tomato powder reconstituted with olive oil and seasoned with oregano), sprinkled with meat, pineapple, bell pepper and cheese --whatever your favorite pizza toppings are.

Reubens: spread with thousand island dressing, add layers of sauerkraut, swiss cheese and pastrami.

Southwestern: Spread with salsa, add black beans and cut-up grilled beef or chicken topped with Monterey Jack cheese.

Chicken Salad: Spread with your favorite salad dressing, layer on bits of cooked chicken, celery, carrots, and other salad fixings.

Leftover Loaf: Spread with any left-over casserole fixings or fillings. For example, Beef Stroganoff makes for a delicious loaf. Pot-pie fillings work great, also. Try leftover chili. There are so many variations, you could have pinwheels everyday for lunch and have "new" recipes each day for weeks!

Dinner Roll Variations (also from Jill Bond):

Cloverleaf Rolls: Simply roll three small balls and place in each cup in muffin tin. They become cloverleaves as they rise against each other.

Crescent Rolls: roll the dough into a circle. Cut it into wedges and roll those "pie pieces" up starting with the widest end (you can add any number of fillings to make a meal of these).

Italian Bread Sticks: Roll bits of dough into "snakes." Next, roll them in either butter or olive oil seasoned with garlic and then roll in shredded or grated parmesan or romano cheese.

Butterfans: Roll out dough into large rectangle. Spread with soft butter. Cut into one-inch strips and stack. Then place the stacks, cut side down, into muffin tins to bake.

Bow Ties: Roll dough into "snakes," then tie the dough around itself into a "bow" and bake on cookie sheet.

Rosettes: Roll dough into "snakes," knotting the dough and curving the loose ends to make a rosette.

S-Rolls: Form dough into "snakes," then form an "s" (or really please the family by making their initials and serving each personally).

Braids: Roll dough into thin "snakes" and braid as you would hair. Cut into "roll-sized" amounts and bake.

Snails: Roll the dough into "snakes" and then wrap it around itself to form the shape of a shell.

Parkerhouse Rolls: Roll dough out into little circles by making little balls and flattening with your palm. Butter the top of the circle. Fold it over. The easiest way to do these is to simply roll the dough into balls and place on a prepared round cake pan and let them rise into each other--they will be very soft if their sides are touching when they rise and bake.

MEGA-Recipe (makes 15 lbs whole wheat bread dough)

Caution: This recipe works only in the DLX

Thanks to Carol Wayner of Somerset, Virginia for this recipe

Add ingredients in the order listed while the machine is running on low to medium.

9 cups hot water	6 Tbsp Yeast
8 cups freshly milled flour	4 cups freshly milled flour
3/4 cup oil	6 Tbs Pro Wheat Gluten
3/4 cup honey	3-4 Tbs Dough Enhancer
8 cups freshly milled flour	2-4 cups freshly milled flour
	3 Tbs Salt

After adding last ingredient, set speed control at 3 o'clock position and time for 6 minutes. The last 2 minutes, move the speed control to the 6 o'clock position. The temptation is to overknead, but let the timer do its thing. When the timer goes off, you'll have 15 lbs of dough to do anything you want! If you don't have enough pans or oven space to cook all at once, leave some in the bowl or on the counter unshaped while the first batch cooks—it doesn't hurt it to let the dough "rest" for a little while and some people say it makes for an even lighter loaf of bread. Bake as you usually do. Enjoy!!!

PLEASE NOTE: REAL whole wheat bread does **not** have a long shelf life! It will start to mold after about 4 days. You can keep it in the fridge, but this tends to dry it out quickly. It does freeze well, but be sure and use good wrapping. It is always best fresh from the oven and with a home flour mill and good kneader should take only about 20 minutes prep and clean-up time. I usually have my bread done in an hour—from the time I walk in the kitchen to get my mill out until we "sacrifice" the first hot loaf out of the oven. I can't get to the store and back in that time!

Also, when toasting bread, avoid "over-browning" as vital B vitamins are destroyed. It is better to eat it without toasting or very lightly toasted only.

Other uses for whole wheat bread:

~Cut slices into cubes, toss lightly with olive oil (add Italian seasoning if you like) and toast lightly in oven or saute for **CROUTONS** (store in freezer).

~Tear a couple of slices of whole wheat bread into pieces and process in blender or food processor for **bread crumbs**. Add your favorite Italian spices or keep plain. Store in a jar in the freezer until needed. For **toasted bread crumbs**, heat in a dry skillet and store in freezer until needed.

Whole Wheat or Kamut® Pasta

1 1/2 cups fresh whole wheat or Kamut® flour

1/4 tsp sea salt or RealSalt®

1 cup plain yogurt

Mix flour and salt thoroughly. Add enough yogurt for a stiff dough. Knead for 3 minutes by hand (about 1 minute by machine depending on the machine). Oil counter. Roll out dough to a **very thin** consistency. Let rest 5 minutes. With a very sharp knife, cut into 1/8 inch slices for spaghetti noodles or 1/4 inch for noodles. Spread on wax paper and let dry until hard (approx. 3 hours). To cook, bring water or bouillon to rapid boil and drop in noodles. Cook 10-15 minutes. Serves 6.

Whole Wheat Sesame Crackers

(Kamut® or spelt can be used with equally delicious results)

Adapted from a recipe by Joyce Meyers

Mix dry:

2 cups freshly milled whole wheat flour, spelt flour or Kamut flour (or a combination)

1 tsp salt (I use RealSalt®)

1/2 cup sesame seeds

1 cup bran

Options: In place of bran choose one of the following:

1/4 cup dried onion flakes

1/4 cup oregano or Italian seasoning

1/4 cup grated cheese

Slowly Add:

1/4 cup canola oil

3/4 cup cold water

Mix until thoroughly combined.

Place dough between waxed paper. Roll thinly. Oil Jelly roll pan. Remove one side of waxed paper; place thin dough on pan, then remove other side of paper. Cut into desired shapes.

OR

Roll out thinly on an oiled cookie sheet or, better yet, a pizza pan with holes in the bottom. You can take a knife and thinly slice across the dough to create crackers the size you desire. Make sure to roll the dough out evenly so it is not thicker in the middle than the edges.

Optional: For extra nutrition and taste, roll sunflower seeds into the top of the dough before baking.

Bake at 250 for about an hour. For longer storage, I have dried the crackers even more in my dehydrator.

Delicious Whole Grain Pancake Mix

Thanks to Margaret Bechtel for this treat!

4 cups soft wheat flour

2 cups oat flour
1 cup rice flour
4 1/2 tsp baking powder
3 tsp baking soda
1 1/2 tsp salt
1 Tbsp sugar
(optional: 1/2 cup tofu white, buttermilk powder or dry milk)

Thoroughly mix all ingredients in a very large bowl (a wire whisk is helpful).

To make pancakes: Mix together 1 egg, 1 Tbsp oil, 1 cup mix and 1/2-3/4 cup water (or substitute buttermilk, milk, soy milk, rice milk or thinned yogurt for water). Cook on medium heat. Makes about 12 medium sized pancakes. Cook a double batch and freeze extras. Reheat frozen pancakes in microwave or toaster oven.

Whole Grain Yogurt Waffles

Thanks again, Margaret!

Waffles are an excellent way to rotate various grains. **You can use them in place of bread to make sandwiches.**

2-4 eggs, separated
1/2 cup yogurt
1 cup water
1/4 to 1/2 cup oil
1/2 tsp baking powder
2 cups flour, any kind
optional: 1/2 tsp ground cinnamon or ginger OR ground cloves or nutmeg

Beat egg whites until stiff; set aside. In a large bowl, beat egg yolks with yogurt. Add remaining ingredients and mix. Fold in beaten egg whites. Pour batter into a preheated and greased waffle iron and cook until it stops steaming.

NOTE: Various flours absorb more or less water than wheat flour, so use less water with millet flour and more water with barley flour. Waffles take a long time to bake, so set aside an afternoon to make them and freeze the extras for another day. Put wax paper between waffles before freezing for easy separation later.

Mommy's Granola

This is really an adaptation from Sue Gregg's Yummy Granola Recipe in More Than Breakfasts (page 118) with a minor twist. My kids call it "Mommy's Granola" and love to eat it instead of cold cereal.

1. Preheat oven to 300.
2. Warm and blend together on very low heat (40 seconds in microwave)

1 cup honey
1 cup oil
4 tsp vanilla or almond extract (or 2 of each)

2 tsp cinnamon (opt)

Optional ingredients (add after baking if already toasted):

1 cup wheat bran

1 cup wheat germ

1/2 cup raisins or other dried fruit (unsulfured)

1/2 cups ground sesame seeds

1/2 cup ground sunflower seeds

1/2 cup ground flax seed

(I grind these items in a clean coffee/spice mill)

3. Put 8 cups of freshly flaked oats (or purchased rolled oats), 1/2 cup chopped or sliced almonds and 1/2 cup shredded coconut in each pan and gently pour half warmed liquid ingredients over each pan, mixing as you pour.

4. Bake at 300 for 30-40 minutes, stirring well each 10 minutes.

Don't be afraid to experiment—mix and match and find your family's favorites. Make sure to have a good time doing it! (For resources to obtain these and other grains, see Appendix).

BREAD TIPS:

If you like a **crisp crust**, brush baked loaf with water.

If you like a **soft crust** - brush baked loaf with melted butter.

If you like a **shiny crust**, brush with egg whites before baking (you can sprinkle sesame seeds on top at this point, too, if you like).

For **french bread type crust**, place pan of water in oven while baking. After first 15 minutes, spray crust with water every ten minutes until done. It works best if you use french bread pans and slice the tops diagonally with sharp knife prior to rising and baking.

GENERAL REMINDER:

For each cup of non-wheat flour that you use in bread (barley, millet, bulgur, what have you), add 2 Tablespoons of dough enhancer, lecithin or gluten.

TROUBLE SHOOTING

If your bread is too heavy, check for....

1. Too much flour. Using a bread kneader like a Bosch or DLX, we add 20% less flour than making bread the old-fashioned way because the machines don't care how sticky the dough is. The less flour, the lighter and fluffier the bread. Add flour to your bowl while the machine is kneading only until the dough begins to clean the sides of the bowl (bosch) or the bottom edge of the bowl (DLX). I've found it most effective to "shake" the flour in gently. Then stop! Please note also that on humid days your dough will take more flour than on dry days. If you live in a perpetually humid climate, try proofing your yeast **BEFORE** adding all the other ingredients. In other words, put the yeast and 1 Tbsp of your sweetener in one cup of water, set aside until it become foamy, then add to the rest of the liquid. Continue with your recipe. Sprinkle (don't dump) gluten one tablespoon at a time into the dough after it starts kneading.

2. **Over-kneading.** Seven to nine minutes of kneading for either machine is enough. I set my speed control at the 6 o'clock position. Those little gluten fibers will only stretch so far and then they wear out like a rubber-band stretched over and over again. When they break, your dough loses its elasticity.

3. **Rising too long.** Using fresh ground flour which is so much more responsive than commercial flour, 15-20 minutes of rising is generally long enough. Too much rising and the dough will collapse on itself in the oven from the weight.

4. **Pans that are too large.** The larger the expanse that those little gluten fibers have to hold hands and bridge across, the harder it is and the more likely to collapse from its own weight. I use either four-in-one pans that are small non-stick loaf pans linked together for small one pound loaves, stone "mini-loaf" pan (same material as pizza stone, only in loaf shape) or, for larger "loaf-sized" bread, long narrow pans no larger than 4 1/2 inches across at the base. With low gluten grains, I find my family prefers sandwich rolls as opposed to loaves that require slicing. Let rise on cookie sheet for a few minutes and pop in the oven. If you want soft rolls, let them rise touching each other. For crisper crust, brush with water and space on cookie sheets so they don't touch when rising and baking.

5. **Overfilling bread pans.** This is one of the most common problems. Remember that fresh ground flour is going to rise 20% MORE and FASTER than commercial flour. It's tempting to put too much dough in the pan. Fill your pan NO MORE than half full and less is better. The dough will rise to fill the pan and come out with a much lighter, fluffier loaf.

6. **Dead yeast.** Yeast is a living organism and can die. I keep mine in the freezer and it seems to work even years after its expiration date (though I don't recommend keeping it that long). By the way, I don't bring my yeast to room temperature before using it and my bread turns out great. You can also kill your yeast if you start with water that is too hot. It should be very warm to your hand, but not steaming. You can "proof" it to see if it's still viable by sprinkling some of your yeast in a bowl filled with warm water and sugar or honey (it needs a sweetener to feed on). If it's not "foamy" after about 10 minutes, toss it and get some fresh yeast. Buy it by the pound, not in those little packages at the grocery store. You shouldn't have to pay more than \$4 or so for a pound of really good yeast like SAF® or Fermipan®. Those little packages at the grocery store work out to about \$30 a pound.

7. **Wrong wheat.** Make sure you are using hard wheat. Soft wheat is pastry wheat, wonderful for cookies, cakes, non-yeast breads, pie crusts, etc. but will not make good yeast bread. It doesn't have enough protein (gluten). You need wheat with greater than 14% protein content and less than 10% moisture. Check the Supplier Appendix for good resources.

8. **Dough Enhancer** may be needed. Especially if you are just starting out, you may want to use a commercial dough enhancer as an "insurance policy" to keep your bread from falling or use LECITHIN (available at health food stores). It helps to activate the yeast and yield a lighter, fluffier loaf. You can use liquid lecithin (a good "dollop" after adding yeast), granulated lecithin, vitamin C or a commercial dough enhancer available in kitchen stores. Measurements don't have to be exact, but I usually use an amount equal to the yeast I've added. I do the same with extra gluten.

