

Whole Wheat Baguettes

This is the easiest and tastiest whole wheat dough I know I know for French or Italian breads.

I prefer for both taste and nutritional value to only use stone ground whole wheat flour.

1½ packages dry yeast (1½ Tbs)
1 Tbs sugar
2 cups water, baby bottle warm
2 Tbs extra-virgin olive oil
1 Tbs salt
2½ cups flour, whole wheat
2½ cups flour, all purpose
1/2 cup wheat bran
As needed oil, canola or olive

Procedure

- In a large bowl stir together the flours, bran and salt.
- Put sugar, yeast and water together and allow yeast to bloom for about 4- 5 minutes.
- Add the oil to the yeast mixture.
- Make a hole in the middle of the flour and add the yeast- oil mixture and stir and then knead for 5 minutes or until a nice dough. If too wet add up to a 1/2 cup more of flour.
- Oil the dough in a bowl, cover and let rise until doubled in size.
- Punch down the dough. Split in 2 for baguettes or leave whole for Italian bread.
- Shape and Place on a non-stick cookie or baking sheet pan or one lined with bakers' paper. Oil or spray loaf(s) with pan spray. Let rise until doubled.
- In a pre-heated 400°F oven bake for approximately 18 minutes on bakers paper or on a non-stick cookie sheet. Spin the pan and bake 5 minutes more.
- Loaves will be lightly browned and will have a hollow sound when thumped on the bottom.

Yield: 2 French baguettes or 1 Italian loaf