

Recipe

Sage-Wheat Bread

By

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Ingredients

2 ¼ to 2 ¾ cups all purpose flour
2 packages active dry yeast
2 cups whole wheat flour
1 tbsp flaxseed meal, optional
1 tsp dried sage
1 ½ cup milk
¼ cup brown sugar
3 tbsp butter
2 tsp salt
1 tbsp milk

Preparation

In a large mixing bowl combine flour, yeast, and sage. In a small pot, heat and stir, sugar, butter, and salt until warm (120F). Add milk mixture to dry mixture for 3 to 4 minutes.

Turn dough on a floured surface. Make the dough that is elastic (8 minutes total). Shape into a ball and place the ball in a greased bowl. Turn once. Cover; let rise in a warm place until double (at least one hour).

Punch dough down. Turn out onto a lightly floured surface. Divide the dough in half or into several small balls. Lightly grease a large baking sheet. Place balls on a prepared baking sheet. Use a knife to make ¼-inch deep cuts on the top of the loaves. Brush milk on the loaves. Cover, let rise until double (about 40 minutes).

Brush milk on the loaves and bake in a 375F oven for 30 minutes. Transfer to wire rack to cool. While the loaves are warm, brush some butter if desired.

Serves

2-3 loaves

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