

HERITAGE WHEAT BREAD



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This rustic bread is delicious served warm out of the oven, or toasted and topped with a dollop of butter!

Ingredients

- 2 ¼ tsp (1 packet) (11 mL) yeast
- ¼ cup (50 mL) warm water
- 1 tsp (5 mL) honey
- 1 cup (250 mL) warm water
- 2 tbsp (15 mL) canola oil
- 2 tbsp (15 mL) molasses
- ½ tsp (2.5 mL) salt
- 2 cups (500 mL) Red Fife wheat flour or whole wheat flour
- 1 ½ cups (375 mL) all-purpose flour

Preparation

1. Preheat oven to 350°F (180°C).

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2. In a medium-sized bowl or a stand mixer fitted with a hook attachment, add the $\frac{1}{4}$ cup water, yeast, and honey.
3. Gently stir and let stand for five minutes.
4. In a small bowl, mix the cup of water with the oil, molasses, and salt.
5. When the yeast mixture begins to foam on the surface, add the other liquids and stir to combine.
6. Add the flour, one cup at a time, until blended. Using a wooden spoon or your hands, mix the dough until it comes together.
7. Turn the dough out onto a floured surface. Knead by hand for several minutes, until the dough forms a ball. Alternatively, you can knead the dough using the stand mixer for a few minutes. The dough is ready when it pulls away from the sides and forms a ball.
8. Lightly oil your hands and the bowl you've been using, then place the bread dough back in the bowl.
9. Let it rise in a warm place.
10. While the dough is proofing, prepare the bread loaf pan. Coat the loaf pan with cooking spray and set aside, until the dough is ready.
11. When the dough has doubled in size (about 30 minutes or so), punch it down and turn the dough out onto the floured surface again. Form it into one loaf.
12. Place the dough into the prepared loaf pan and bake for 20 to 22 minutes.
13. The bread is done baking when the crust is golden brown, it comes out easily from the pan, it sounds hollow when you tap it gently, and the internal temperature is between 190°F and 200°F.

Note: This bread is best eaten fresh out of the oven, or within two to three days. -If you can't finish the whole loaf within a couple of days, it's best to freeze it for future consumption.

Yield: One loaf of bread