



# *Gammy's House Recipes*

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## **Honey Whole Wheat Bread**

### **Ingredients:**

1/2 cup warm water  
2 Tbsp. dry yeast  
1/2 tsp. honey  
2 cups warm water  
1 Tbsp. salt  
2 Tbsp. honey  
1 Tbsp. shortening  
1/4 cup chopped sunflower seeds  
6 cups whole wheat flour  
butter

### **Directions:**

Stir 1/2 cup warm water, the yeast, and 1/2 teaspoon honey into a cup to proof. In large bowl, add two cups of warm water, salt, 2 tablespoons of honey, and the shortening. Beat until the shortening has melted. Add the chopped sunflower seeds, then add one cup of flour at a time until you have a medium batter. Add the yeast mixture. Add flour, while beating well. Stir the thickened dough with a wooden spoon until it is ready to knead, adding more or less flour, as needed. Turn out onto a floured board and knead for ten minutes. Grease the top and place the dough in a greased bowl and cover with a warm, damp towel until it rises to double in size. You may now punch down the dough and divide it into two loaves, or punch down the dough, and let it rise a second time for a finer loaf.

Place the loaves in greased bread pans and let rise until nearly doubled. Preheat your oven to 350° F.

Bake the bread about 45 minutes until tops are golden and sound hollow when tapped with a finger. When done, butter the tops and sprinkle with chopped sunflower seeds or sesame seeds, if desired.

Okay, we've made some traditional easy or everyday breads. Pretty darned good, huh? These are some of my everyday recipes. Remember, you can easily perk them up by making one "loaf" into a pan of rolls by making golf ball sized balls and placing them side by side in a greased 8-inch by 8-inch pan. Or you can divide one loaf of dough into thirds and make three dough snakes and braid them beautifully, pinching and tucking the ends under. The braids are baked on a greased cookie sheet. I often make a glaze, using one teaspoon of egg white and one tablespoon of water mixed well and brushed on the risen loaves, then sprinkle poppy or sesame seeds on top. Bake as usual. They come out shining and crisp-crusted.

Besides these basic breads, I usually make several other everyday breads. The most common three in the Clay kitchen are spoon rolls, tortillas (flour and corn), and biscuits. All are super easy and fast to make. And they taste great too. Here are my recipes for you to try.