

BREAD

Anchorage Country Store Whole Wheat Bread

18 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	16	\$0.31	220 kcal

Ingredients

- ☐ ½ ounce envelopes active dry yeast
- ☐ 2 cups all-purpose flour
- ☐ ½ cup instant nonfat dry milk powder
- ☐ 3 cups water, divided
- ☐ 2 tablespoons butter or margarine
- ☐ ½ cup honey
- ☐ 1 tablespoon salt
- ☐ 4 cups whole wheat flour, divided

EQUIPMENT Bowl, Oven, Hand mixer, Aluminum foil

Method

- 1 Beat 3 cups whole wheat flour, dry milk powder, salt, and yeast at low speed with a heavy-duty electric mixer until combined.
- 2 Bring 2 cups water to a boil over medium heat; add honey and butter, stirring until butter melts.
- 3 Remove from heat, and stir in 1 cup cold water. (
- 4 Mixture will register about 120.)
- 5 Add honey mixture to flour mixture, beating at low speed 1 minute. Increase speed to medium, and beat 2 more minutes. Gradually add remaining wheat flour and enough all-purpose flour to make a soft dough.
- 6 Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 5 minutes).

- 7 Place in a well-greased bowl, turning to grease top.
- 8 Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- 9 Punch dough down, and divide into 2 equal portions.
- 10 Roll each portion into a 15- x 10-inch rectangle.
- 11 Roll each up jellyroll fashion, beginning with short end. Fold ends under, and place each, seam side down, in a 9- x 5-inch loafpan.
- 12 Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- 13 Bake at 375 for 40 to 45 minutes, shielding with aluminum foil after 25 minutes to prevent excessive browning.
- 14 Note: Equal amounts of whole wheat and all-purpose flour may be used.

Nutrition per serving

220	7 g	2 g	45 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.5 g · 3% of daily needs
Fibre			3.9 g · 16% of daily needs
Sugar			10.8 g · 12% of daily needs
Sodium			477 mg · 21% of daily needs
Cholesterol			0.8 mg · 0% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/anchorage-country-store-whole-wheat-bread-143443