Wheat-Soy-Sesame Bread

Makes 3 loaves (16 slices each, 4 g protein per slice)

Ingredients

- 4 cups warm water
- 2 Tbsp yeast
- 1/2 cup oil
- 1/2 cup honey
- 1 Tbsp salt
- 1 1/2 cups sesame seeds
- 1 cup soy flour
- 1/4 cup soya grits
- 2 cups high gluten flour
- 6 cups whole wheat flour
- Up to 1 cup white flour (if needed for kneading)

Instructions

1. Dissolve yeast in warm water.
2. Add oil, honey, salt, sesame seeds, soy flour, soya grits, and high gluten flour; stir to combine.
3. Add 3 cups of the whole wheat flour and beat thoroughly.
4. Add the remaining whole wheat flour, plus up to 1 cup white flour if the dough is too sticky to knead.
5. Turn dough out onto a floured board and knead, adding additional white flour as necessary.
6. Allow dough to rise until doubled, approximately 1 1/2 hours.
7. Punch down and knead again.
8. Divide into 3 loaves and place in pans. Allow to rise until nearly doubled.
9. Bake at 350°F for 30 minutes.

Wheat-Soy- Sesame Bread (3 loaves=16 slices=4 gr. protein per slice.)

4 cups warm water
2 T. yeast
½ cup oil
½ cup honey
1 T. salt
1½ cup sesame seeds
1 cup soy flour
¼ cup soya grits
2 cups high gluten flour
6 cups whole wheat flour

Dissolve yeast in water, add oil, honey, salt, sesame seeds, soy flour, grits, & gluten flour. Add 3 cups flour and beat thouroughly. Add remiining flour +1 cup white flour if too sticky to knead. Turn out on floured board, knead adding white flour if necessary. Rise till doubled (1½ hours). Punch down, knead again. Divide in 3 loaves, rise in pan until nearly doubled. Bake at 350 for 30 minutes.

SORRY FOR THE MESS, I'M A COOK, NOT A TYPIST.

recipecardarchive.com | RCA0007-20260618-0046

