

The PREPAREDNESS STORE and BOSCH KITCHEN CENTER

120 Northgate Mile Idaho Falls, Idaho 83401

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To make **ONE LOAF OF BREAD EVERY DAY** for **ONE YEAR**

You will need to **STORE**:

WHEAT 400 lbs. *OR* **FLOUR** 500 lbs.
WATER 34 gallons
YEAST 4 lbs.
DOUGH ENHANCER 4 lbs.
VITAL WHEAT GLUTEN 4 lbs.
SALT 4 lbs.
OIL 4 gallons
HONEY 4 gallons *OR* **SUGAR** 100 lbs.

	1 LOAF/DAY	2 LOAVES/DAY	3 LOAVES/DAY
WHEAT or	400 lbs	800 lbs	1200 lbs
*FLOUR	500 lbs	1000 lbs	1500 lbs
WATER	34 gallons	68 gallons	102 gallons
YEAST	4 lbs.	8 lbs.	12 lbs.
GLUTEN	4 lbs.	8 lbs.	12 lbs.
DOUGH ENHANCER	4 lbs.	8 lbs.	12 lbs.
SALT	4 lbs.	8 lbs.	12 lbs.
OIL	4 gallons	8 gallons	12 gallons
HONEY or	4 gallons	8 gallons	12 gallons
*SUGAR	100 lbs	200 lbs	300 lbs

*Note: 3 cups Flour = 1 lb 2 cups Sugar = 1 lb

100% WHOLE WHEAT BREAD

5-6 C. hot tap water (hot to touch, not hot enough to burn finger)

2/3 C. oil

2/3 C. honey (or 1 C. sugar—increase oil from 2/3 to 1 C.)

2 T. dough enhancer

2 T. instant yeast (we recommend SAF yeast)

2 T. salt

2 T. vital wheat gluten

12-16 C. freshly milled whole wheat flour

Pour warm water into (Bosch) mixing bowl. Add approximately 6 cups flour on top of liquid. Then add dough enhancer, oil, honey, yeast, and gluten. Mix well.

Add approximately 5 additional cups flour, and the salt. Continue adding flour ¼ cup at a time until the dough pulls away cleanly from the sides of the bowl. Oil or grease hands and the counter. Knead dough (in Bosch mixer—on speed 2 for another 5 minutes) or by hand for approx. 10 minutes.

Divide dough into equal portions and shape into loaves. Put into well greased pans. Let rise until double in size. Bake at 350 degrees for 25-30 minutes or until golden brown on top. Remove from pans and cool on a wire rack. Top of loaves can be brushed with water or butter for shiny appearance. Makes 4-5 loaves or 9 lbs of dough. Recipe can be used for dinner rolls, pizza crust, or cinnamon rolls.