

# The BEST Bread

SIMPLE RECIPE

## Ingredients

- 9-9 1/2 cups of freshly milled Guardian Grains or Stone Milled Flour. I like to use 3C of Spelt Flour & 6+ of ANY Guardian Grains red wheat flour
- 3 3/4 cups WARM water.
- 2 1/4T Instaferm Yeast
- 1/2 Cup Honey
- 1/2 Cup Olive Oil
- 3 1/4 tsp salt

## Directions

1. To proof the yeast: Combine the warm water, yeast & 3C of the hard red flour. Mix together & let it sit, covered, for 15-20 minutes until nice & bubbly.
2. After proofing, add honey, oil, salt and 5 more cups of flour (the last 1C-1 1/2C I add slowly and as needed) Mix by hand or a mixer with a dough hook until the dough is pulling away from the sides of the bowl. If more flour is needed, add it little by little.
3. Once the dough is pulling away from the side of the bowl, its time to knead. If you are mixing with a mixer set the timer for 9-10 minutes. If kneading by hand it may take up to 20 minutes until dough is soft and stretchy.
4. Once dough is kneaded--it should be soft, stretchy & NOT sticky. Fold into (2) 4x9 bread pans. Rise only until dough is 1" above the pan (this can take as little as 20 minutes).
5. Bake in a preheated 350 degree oven for 35 minutes or until center of bread reaches 190 degrees.
6. Rest the bread in pans for 10 minutes then move to cooling rack and let cool before slicing.



## Notes

This recipe stems from Grains & Grit "Simple Yeast Bread"

