

Whole Wheat-Honey Bread



PREPARATION TIME
30 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
honey butter



To test whether your yeast is active, combine it with the $\frac{1}{2}$ cup warm milk called for in the recipe and 1 teaspoon honey.

If the mixture swells and bubbles within 5 minutes, the yeast is active.

SHOPPING LIST

- whole wheat flour
- fast-rising yeast

ON HAND

- flour • salt • milk • honey
- margarine • egg

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INGREDIENTS

- 1³/₄ cups all-purpose flour, divided
- 1¹/₂ cups whole wheat flour
- 1 teaspoon salt
- 1 package fast-rising yeast
- ¹/₂ cup milk
- ¹/₂ cup water
- ¹/₄ cup honey
- 2 tablespoons margarine
- 1 egg white
- 1 tablespoon cold water

MAKES **1** LOAF

COOKIN'
Express

- Place a damp dish towel underneath the pastry board before kneading the dough. This will prevent the board from sliding around on the countertop.

Make Ahead

You can prepare the bread dough through step 2 up to 8 hours ahead. Refrigerate; bring to room temperature before proceeding with step 3.

♦ VARIATION

Use slices of this bread to make some incredible French toast for next day's breakfast.

1 Combine ³/₄ cup all-purpose flour, whole wheat flour, salt and yeast in a large bowl. Heat milk, water, honey and margarine to 130°F or until hot to the touch. Add milk mixture to flour mixture; stir well.



2 Add remaining flour to make a soft but not sticky dough. Knead dough on a floured surface until springy, about 5 minutes. Roll out to an 8 x 15-inch rectangle. From long side, roll into a loaf.

3 Pinch seams of loaf to securely close; place on a baking sheet. Cover loaf with a towel. Let rise in a warm place for 20 minutes. Preheat oven to 400°F.



4 Combine egg white and cold water in a small bowl with a fork. With a serrated knife, make 4 diagonal slashes in top of loaf. Brush egg white mixture over loaf. Bake about 25 minutes.