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Making Tasty Home Made Whole Wheat Bread Fully Described

Making whole wheat bread requires special procedures and it is important to know about it. Homemade whole wheat bread has a distinct taste and texture, not to mention, all the nutrients that will keep you slim and fit. Some individuals use 100% whole wheat flour but fail to acquire the right firmness. It's possible to get a pretty tough bread if you decide to follow your own rules. Below here you will find tips that were proven to work by experts.

The Basics

To make the best 100% whole wheat bread, you need 3 things. Firstly, always use the right amount of protein flour for making your bread. As an alternative to that, you can put vital wheat gluten in to your bread dough. Second, avoid adding flour a long while before you need to. Third tip: knead your dough consistently and without stopping. It is helpful to use a food processor, as it saves you effort and time. Using a mixer or your own hands will of course help to move on with this tiring task.

To achieve a pleasing texture and a soft crumb you will have to be able to make strong gluten. That is because the whole wheat is heavier, compared to white flour. More gluten is available when you have higher protein content. Never use too much flour - you would only manage to create stones instead of bread. Kneading continuously leads to gluten forming a consistent and strong matrix.

Here's The Recipe

To make a full loaf, you will need 2 tablespoons of vital wheat gluten, 3.5 cups of 100% whole wheat flour, 2 to 3 tablespoons of sugar, 1 1/4 teaspoons of salt, 1 package of dry yeast, 1 tablespoon of oil, 1 tablespoon of liquid lecithin and warm water. If you are using food processors to do the kneading for you, always use ice water. Later, when you master the procedure, you can start experimenting by adding extra ingredients, e.g. nuts or seeds.

When baked inside an 8.5 x 4.5 inch pan, these ingredients are enough to make a loaf weigh about 1 1/4 pounds. This pan is ideal compared to metal or glass pans. Metal is perfect for baking as it results in a fantastic crust on the outside and the bread bakes evenly in it. This pan also cleans up very easily.

Understanding the Process

Wanting to make 100% whole wheat bread, you can several processes that create a crusty and soft texture outcome. It does not matter if you use a food processor or your hands, the process is always the same. The 4 processes included are the mixing process, the kneading process, the rising process and the baking process.

Alternatively, you could simply use [bread makers](#) to carry out the hard work.

Another way how to make bread is using bread machines. They do everything in the correct order and help with adding the right amounts for each ingredient that you need to use. The bread machine can all 4 processes for you. This certainly works great with white flour dough. It is not as suitable for the dough made of 100% whole wheat flour. Whole wheat bread generally requires more rising and kneading times. Do make the effort to check out the bread machines. They are surely a major help.

To check some great overviews and discounts for the best [Zojirushi bread machine](#) visit:
<http://www.bestautomaticbreadmaker.net>

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