

HOLIDAY ORANGE BREAD

1 cup walnuts, chopped

1 cup raisins

1 cup boiling water

1 Tbsp. Saf yeast

½ cup warm water

¼ cup honey or Xagave

1 cup orange juice

2 Tbsp. oil

5 ½ cups fresh ground whole wheat flour

2 ½ tsp. salt

2 Tbsp. grated orange peel

Take 1 cup walnuts, chopped and toast lightly in the oven. Place 1 cup raisins and 1 cup boiling water in a saucepan and simmer for 5 min. Drain immediately and set aside adding enough water to make up to 1 cup raisin water.

Dissolve 1 Tbsp. Saf yeast, in 1/2 cup warm water. Separately mix 1/4 cup of honey or Xagave, 1 cup orange juice, 2 Tbsp. oil, and the raisin water in the Bosch Universal bowl equipped with the dough hook. (this recipe could also be made in the Slicer/Shredder bowl with the new mini-dough hook) Add 2 cups freshly ground hard wheat flour (we use the Nutrimill grain mill to mill our flour) , 2 1/2 tsp. of salt and 2 Tbsp. orange zest. Turn on speed one and let mix for 30 sec. and then add remaining 2 more cups of wheat flour **and then the yeast mixture**. Continue to add 1 -2 more cups of whole wheat flour until the bowl begins to clean around the sides. This is a small recipe so be light with the flour as it will be fairly sticky but as it continues to knead will get drier. Let knead 5 to 6 min. until gluten is developed. Cover and let rest in a warm place for 15 min. and then add raisins and walnuts and let knead another 5 min. Divide into 2 and shape them into rounds and let them rest covered until relaxed. Make pretty round hearth loaves or two 8"x4" pan loaves. Set them in their own warm place to rise and then bake at 375 degrees F. for 55 min. until done.

HEALTHYKITCHENS.COM

