

Two-tone Bread

(from Natural Nine Cookbook, no longer in print)

White Dough:

3 cups warm water

1/3 cup honey

2 Tbsp. Saf yeast

1 Tbsp. Dough Enhancer

1/3 cup oil

1 1/4 Tbsp. salt

1 cup dry powdered milk (we use non-instant skim milk powder)

7-8 cups all purpose or bread flour

Wheat Dough:

3 cup warm water

1/3 cup molasses

2 Tbsp. Saf yeast

1 Tbsp. Dough Enhancer

1/3 cup oil

1 1/4 Tbsp. salt

1 cup dry powdered milk

5 -5 1/2 cups whole wheat flour

2- 2 1/2 cups all-purpose flour

To prepare white dough pour warm water into the Bosch mixing bowl equipped with the dough hook, add honey, oil and 4 cups of flour. Place yeast, salt, dough enhancer, and powdered milk on the flour and turn machine on speed one. Add enough of the remaining flour to clean the bowl and let knead 7 min.

To prepare wheat dough do the same adding the wheat flour first (4 cups) then add the remaining wheat and white flour until the sides of the bowl are clean and let knead 10 min. To form loaves, divide the white dough into four equal portions. Divide the wheat dough also into four portions. On an oiled surface, roll one portion of each into a 14"x8"x1/2" rectangle. Position the whole wheat dough on top of the white dough. Roll up beginning with the 8" side. Press ends and edges of the dough together to seal. Roll dough back and forth two or three times to further seal the edges. Repeat procedure with remaining white and whole wheat dough sections. Place in 4 - 8 1/2"x4 1/2" well-greased bread pans and let rise until double. Bake in 350 degree F. oven for 45 min. and let cool on racks. Makes 4 loaves.