

100% Whole Wheat Sandwich Bread

Most bread recipes leave too many variables to chance, leading to inconsistent results. This recipe removes those variables so your loaf turns out soft and tall every time.

Robin Hood Whole Wheat Flour	450 g (weigh this for accuracy)
Warm Water	312 g (weigh this for accuracy)
Avocado Oil	2 tablespoons (30ml)
Brown Sugar	2 tablespoons (30ml)
Salt	1.5 teaspoons (7ml, 9g)
Fleischmann's Quick-Rise Instant Yeast	1 teaspoon (5ml, 3g)

- In your bowl, combine the warm water, brown sugar, avocado oil and salt.
- Stir the yeast directly into the dry flour.
- Add 2/3 of the flour-yeast mixture to the liquids and mix.
- Add the remaining 1/3 and mix until fully hydrated.
- Press the dough into a 4" x 9" bread pan. Record the starting height with a ruler.
- Calculate your target height by multiplying the starting height by 1.8.
- Cover the pan.
- When there's an 80% height increase, put it in the oven. This could take as little as an hour in a hot kitchen or as much as 7 hours in a cold one. When it gets near the target, check it every 15 minutes. Don't let it get too high.
- Bake at 375°F (190°C) for 35 to 40 minutes until deep golden brown.
- Brush top crust with melted butter immediately out of the oven to keep it tender.
- Turn out onto a wire rack and cool completely before slicing.