

Walter Veith Healthy Brown Bread

Dry Ingredients:

7 cups of Stone Ground Whole Wheat flour. I use Bob's Red Mill 100% Stone Ground Whole Wheat

1 package of yeast 10 grams. About 2 ½ tsp.

4 Tablespoons finely chopped flaxseed or linseed.

1 tablespoon salt. I use Ground Himalayan Pink Salt.

Mix all dry ingredients - wheat, yeast, salt, and ground flaxseed in large bowl.



Wet Ingredients:

3 2/3 cup to 4 cups warm water. I just use hot water out of the tap. You can warm water on the stove if you prefer.

1 tablespoon molasses.

Wisk or stir molasses in with the warm water.

Pour water and molasses solution into the bowl with the dry ingredients. Mix with a large spoon until the dry ingredients are bound together with the liquid.

Make sure your hands are washed.

Knead by hand for about 6 minutes – Watch Walter Veith video on Healthy Brown Bread.

<https://www.youtube.com/watch?v=1XMAuuNXpZE>

Cover and leave kneaded dough in bowl in a warm place for about 20 minutes. Contents should double. Be gentle with the bowl. No banging.

Then gently knead dough for a minute or so. Split dough in half and put in two bread pans. I use two non stick XL 9.7" x 5.75" x 2.8 loaf pans.

Wet your hands and shape the top of dough in the pan so it is rounded on top.

Then let it sit another 20 minutes or so. Again, no banging. Begin to pre-heat the oven to 420 F.

After the bread has risen in the bread pans gently pick them up and place them in the oven.

Leave at 420 degrees F for about 5 minutes.

Reduce to heat to 400 degrees F.

Bake for about 50 minutes. Use a kitchen timer or timer on your phone.

Take out and let it cool down a few minutes.

Then take the loafs out of the pans cover and let them cool.

Walter Veith Healthy Brown Bread

<https://www.youtube.com/watch?v=1XMAuuNXpZE>

HEALTHY BROWN BREAD

Ingredients:

7 cups stone ground brown bread flour
(unbleached, no preservatives)
1 tablespoon salt (sea salt or fine Himalayan Rock Salt)
4 tablespoons finely ground linseed (optional)
1 packet instant yeast (10grams) or you could use regular yeast
but mix it with a little water, 1 teaspoon sugar or honey and
a little flour and allow it to stand until it bubbles)
1 tablespoon molasses or honey or sugar
900 millilitres to 1 litre lukewarm water

HEALTHY BROWN BREAD

Method:

Mix all dry ingredients.
Mix water and molasses or other and add to the dry ingredients.
First add only 900 millilitres and if the mixture is too dry,
add the rest of the water.
Different flours react differently so the 900ml is a rule of thumb.
Mix thoroughly and then knead for \pm 10 minutes until the
mixture has a chewing gum consistency.

HEALTHY BROWN BREAD

Method:

Set aside to rise to double the size.
Knead down again and place in greased bread pans.
Let rise again to double the size.
Place in pre-heated oven at 220 degrees C (420 F) for 5 minutes.
Lower temperature to 200C (400F) and bake for total baking
time of 50 minutes.
When baking is complete, allow to stand for a couple of minutes
for easy release from the pan.