

SUGGESTIONS

I. If you wish to set your bread at night make the sponge at noon in the winter time at 86° F. In the summer time make the sponge at 4.00 p.m. having the water at 70° F.

II. If you wish to make your sponge up into a dough in the morning make it at night using a temperature of 70° F. and keep the sponge at that temperature until morning.

Whole Wheat Grain Bread (loaves)

3 cups of wheat grains
2 tsp. sugar
2½ tsp. salt

½ to 2 yeast cakes (compressed)
¼ cup lukewarm water
White flour

Wash the wheat thoroughly in a wire sieve in cold water. Put in a bowl, cover with cold water and let soak for two or three days in a room of moderate temperature, or until the wheat shows signs of sprouting. As the weather gets warmer this would take a shorter period of time and it would have to be kept cooler.

Drain off water and put through meat grinder three times using a coarse plate first and then twice more using the nut plate.

Dissolve the yeast cake in lukewarm water to which is added half the sugar. Add the remainder of the sugar and salt to the ground wheat. To this add the dissolved yeast and beat well. Then add sufficient flour to make a dough as for white bread.

Set away to rise until double in bulk. Cut and shape into loaves and put in greased pans and allow to rise until double in bulk again and bake as white bread.



(A well-shaped Graham Loaf)