

Cracked Wheat Bread

1 lb. Loaf

Bread Machine

Ingredients:

1+ cup water
1/3 – 1/2 cup cracked wheat (bulgar)

2 Tbsp sugar
2 Tbsp vegetable oil
1 tsp salt
2 ¼ cups bread flour
1 ¼ - 1 ½ tsp active dry yeast



Instructions:

Bring water to a boil. Place cracked wheat in a bowl and pour water over wheat, stir. Leave mixture to soak until cools to 80°F, about 45 minutes.

Pour water and cracked wheat into bread machine pan. Add other ingredients in order listed.

Plug in bread machine, set to basic cycle, 1 lb. loaf, medium crust. Do not use delay timer. Check dough consistency after about 5 minutes and see that all flour from the sides has been incorporated. If too dry, add a teaspoon or so of water, if too wet, add a little more flour (my machine needs a scant more than 1 cup of water for proper texture).

Tip: After last punch but before last rise, check paddle is in the 6 or 12 o'clock position so that later when slicing, fewer pieces will have a whole in the bottom. Lift bread gently, adjust paddle and spread dough evenly across pan to minimize high/low spots (for the countdown timer on my machine this occurs at 1 hour and 38 minutes). Do not open lid again until bread is finished cooking.

When bread cycle is complete, remove bread from pan, pull paddle, and leave to cool right side up on a wire rack for a couple of hours.

Tip: Once cooled, if place in a sealed plastic container overnight, bread will slice more easily the next day. Should make approx. 12 slices including heels.

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