

## Wheat Berry Bread

### Ingredients

1 cup organic Kamut wheat kernels - rinsed 5 times in cold water and soaked in water to cover overnight

1/3 cup vegetable oil

1 package yeast

1/3 cup honey

1/4 cup water

2 cups water

3/4 cup powdered milk

5 cups all purpose flour

### Process

Proof yeast in 1/4 cup of warm water.

Combine wheat berries with 2 cups water in blender or Cuisinart and whirl for **3 minutes**.

Pour the wheat and water mixture into a mixer bowl and add yeast, powdered milk and 2 cups of flour and beat with a dough hook or heavy-duty mixer blades for **5 minutes**.

Add oil and honey and beat for **3 minutes**.

Add remaining 3 cups of flour and stir by hand and knead until the mixture is no longer sticky, approx. **5 minutes**.

Allow to rise in a warm place until doubled in bulk.

Divide the dough into two halves. Knead again until satiny and firm. (Add as little flour as possible)

Place into oiled bread pans or on parchment paper or oiled cookie sheet and allow to raise again until double in bulk.

Bake in 350 degree oven for approximately 25 minutes. The loaves will sound hollow when tapped.

\*\*\*Taken from Betty Best's recipe box, mother of Rural Foodie Betty Sayers

