High Protein Bread

1 pkg. active dry yeast
1/4 cup warm water
1 Tbsp. salt
1 Tbsp. melted butter
1 3/4 cups water
1/4 cup sugar
1/4 cup Stone-Buhr wheat germ
5 cups Stone-Buhr unbleached whitebread flour
1/3 cup Stone-Buhr soy flour
1/2 cup nonfat dry milk or whey powder

In small bowl, dissolve yeast in 1/4 cup warm water. In large bowl, combine dry ingredients, reserving 1 cup of flour for kneading. Add dissolved yeast, melted butter, and 1 3/4 cups water; mix to blend well. Knead dough, gradually adding reserved 1 cup of flour until smooth and satiny.

Place in well greased bowl, cover and allow to rise in a warm place for about 1 1/2 hours. Punch down, fold over edges of dough and turn the whole mass upside down. Cover and allow to rise again for 15 to 20 minutes. Shape into 2 loaves; place in 2 greased 9 x 5-inch loaf pans. Cover and allow to stand about 1 hour in a warm place, or until dough rises and fills pans. **Bake** at 400˚F for 40 minutes or until done. Remove from pans and cool on wire rack.

Makes 2 loaves.

Honeyed Wheat Bread

1 pkg. active dry yeast
1/2 cup warm water
1/4 cup honey
2 Tbsp. soft butter
1 Tbsp. grated lemon peel
2 cups milk, scalded and cooled
3 cups Stone-Buhr unbleached white bread flour
3 cups Stone-Buhr whole wheat flour
2 1/2 tsp. salt

Scald milk in saucepan; set aside to cool. In small bowl, dissolve yeast in 1/2 cup warm water; set aside. In large bowl, combine honey butter and lemon peel; add yeast mixture and milk. In a separate bowl, combine 2 cups of bread flour with salt, stirring well to blend. Add to the large bowl. Stir in 2 cups whole wheat flour and mix until thick. Add remaining flour gradually until dough becomes soft, thick, and leaves the sides of bowl.

Turn onto lightly floured board; round up into ball and knead for 5 to 10 minutes, or until dough is smooth and elastic. Cover and let rise until doubled. Punch down and shape into 2 loaves. Place in greased 9 x 5-inch loaf pans. Let rise until doubled.

Bake at 400˚F for 30 to 40 minutes or until done. Remove from pansimmediately and let cool on wire rack. Brush tops with butter after baking if you want a soft crust.

Makes 2 loaves.