



Hard Red Spring Wheat Bread Flour



Spring Wheat Bread

Ingredients

- 1/2 cup honey
- 1/2 cup gluten
- 2 Tbs salt
- 11-14 cups hard red (Spring) wheat flour
- 5 1/2 cups water lukewarm
- 4 Tbs yeast
- 1/2 cup oil

Directions

- Add lukewarm water to large container, add yeast; let stand until yeast dissolves.
- Add oil, honey, gluten, salt, and 6 cups of wheat flour.
- Beat thoroughly with a spoon or mixer to make a "sponge." Let rest for 10-15 minutes.
- Gradually stir in rest of flour.
- Knead well on a floured breadboard. Let rest while greasing loaf pans.
- Form into 4-5 loaves, put in each pan; cover with towel
- Let dough rise in warm area not higher than 3-3.5"
- Bake in preheated oven 350-375° for 35-45 mins.
- Add to plate immediately





Hard Red Spring Wheat

Hard red spring wheat is named for the color of its berries, which are closely associated with hard red winter wheat. This grain is usually grown in the northern United States, planted in spring, and harvested in the fall.



Health Benefits

High in protein content: 13.3%

A serving would contain 30g of protein and
23g of dietary fiber

Excellent source of fiber

High in manganese and selenium



To learn more about NJ's grain movement scan this QR code