

# McCLINTOCK'S COOKERY

*with MK McClintock*

Rise with the sun, bake bread and take the dogs for a walk - now that's a perfect way to for a day to begin. As I'm moving through the house cleaning and readying for the day, the delicious aroma of freshly baked bread wafts through the entire house. I step outside for a moment, and the moment that door opens, the scent alone is homey and welcoming.



jam or honey.

If you've not yet enjoyed the simple pleasure of baking bread, then there's no better time to begin. Bread recipes have certainly adapted over the years and I have more than a few cookbooks dedicated to the art of bread baking, but I have to admit, that it's the classics that bring to mind pioneers in the kitchen, the hearth burning bright, and a warm and fluffy slice of bread with fresh

Believe it or not, this recipe was adapted from an old Betty Crocker recipe I began using more than ten years ago. This time, I updated my version with flax and I love the results. Not only is it delicious but the consistency is perfect! Now, there is no such thing as a bread machine in my kitchen, so if you opt for using one, know that this recipe has not been tested for it.



# Whole Wheat Honey and Flax Bread

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- 3 cups 100% Stone Ground Whole Wheat Flour
  - 1/3 cup organic honey
  - 1/4 cup unsalted butter or [Earth Balance Vegan Buttery Sticks](#), softened
  - 1 Tbs sea salt
  - 2 pkgs yeast (approx 4 1/2 tsp)
  - 2 1/4 cups very warm water (120 F)
  - 1/2 cup ground flax
  - 3-4 cups unbleached bread flour
  - 1 Tbs unsalted butter, for melting if desired
1. Combine the wheat flour, honey, butter, salt and yeast.
  2. Using a dough hook in the mixer (or lots of arm power if you prefer mixing and kneading by hand), on low speed, mix the first five ingredients and then add the warm water.
  3. Mix on low speed for one minute and then increase to med speed for one minute. Stop and scrape the sides down as needed.
  4. Return the mixer to low speed and slowly add the ground flax, allowing to mix until the flax is well blended (you'll need to scrape the sides again).
  5. Then slowly, with the mixer still on low speed, add three cups of flour, one at a time, keeping the fourth set aside.
  6. Continue to let the mixer do it's work on low speed, kneading for about 7-10 minutes. Use some of the flour set aside for when the dough begins to climb too high up the dough hook.
  7. Once kneading is complete, the dough will appear somewhat smooth and be 'springy'.
  8. Roll out and knead enough to form somewhat of a ball.
  9. Grease or spray a large stainless steel bowl and roll the ball of dough around enough to coat it.
  10. Set aside to rise, covering with a flour sack towel or similar light weight baking/kitchen cloth, until double in size. (This can take anywhere from 1-2 hours depending upon the temperature of where the bread is rising).
  11. Once doubled, punch down and turn out onto a floured surface, let rest for a few seconds.
  12. Cut the dough in half before doing anything to ensure consistency in loaf size.

13. Knead each half until a ball is formed and then 'shape' it to the loaf pans (spray the loaf pans beforehand). The dough should only take up the center half of the pan.
14. Set back to rise, covered, for another 1-2 hours.
15. Once risen, heat the oven to 375 F, with rack in the lower half of the oven.
16. Bake 25 minutes loosely covered with foil. Remove the foil and bake for an additional 15-20 minutes until golden brown and done.
17. Allow to cool on a rack in the pans for at least 1/2 an hour, remove and continue to cool on rack.

*Allergy Warning: This recipe contains dairy if using butter.*

**Dinner Roll Alternative:** This recipe also makes excellent dinner rolls! Instead of halving the dough after the first rise, divide into equal amounts (approx 2 oz), roll into balls, and place in a 9x13 metal pan (sides of dough will be touching). Use an extra pan if necessary. Allow to rise as you would the loaves and then bake, covered in foil for 10 minutes. Remove foil and bake for an additional 10-15 minutes until golden brown and done. Cool in pan on rack for about ten minutes before removing - serve warm or freeze (these freeze very well).

**MK's Favorites:** Here are just a few ingredients/brands that I prefer to use.

- Flours: [Bob's Red Mill](#) for the whole wheat flour or [King Arthur](#) (both used in this recipe)
- Butters: Any good quality unsalted butter or [Earth Balance Vegan Buttery Sticks](#) (note: if you don't want to use butter and can't find Earth Balance, Land O'Lakes makes a vegetable buttery stick alternative (do not confuse with margarine). I've used this and the results are exactly the same as using the other two.
- Sprays: I always keep Flour Baking Spray handy and always have excellent results. It's an inexpensive and easy alternative (and healthier) to shortening.
- Ground Flax: [Bob's Red Mill](#)

*Bob's Red Mill:* this brand also carries an excellent selection of other organic and gluten-free flours. I've always had great results when using any of the flours or ground meals.