



The Wonderful World of Bread

Bread FAQ's

1. Is there a difference between Vital Wheat Gluten and Gluten?

Vital wheat gluten comes from wheat and is specially designed for use with whole wheat.

2. Do I use all of the items you mention as dough enhancers or just pick and choose?

Yes, use ALL of the items (vinegar, gluten, and potato flakes) together for AMAZING bread!

3. Why do I have to add in gluten...doesn't kneading the bread create gluten?

Think of it this way....gluten is like the muscles of the bread holding together those air bubbles. Kneading the bread is like flexing or exercising the muscles to make them strong to be able to hold those bubbles with out breaking. So kneading doesn't create gluten, it just strengthens it. Because whole wheat is heavier than all-purpose flour and has bran and fiber which have jagged edges that can break the gluten we need to add more muscle into the bread.

4. Where can I buy gluten?

If you live in Utah, it can be purchased at Maceys in their preparedness section of the store. If you don't live in Utah I would suggest buying it [HERE](#) at the Honeyville Grain website because it is cheap and their shipping is a flat \$4.95 no matter how much you purchase.

5. What kind of wheat do you use?

I generally use hard white wheat in my recipes.



ez whole wheat bread (1 loaf)

Tastes BETTER than store bought bread.

- 1 1/4 cup warm water
- 1 Tblsp active dry yeast
- 1/4 cup honey or 1/3 cup sugar
- 2 3/4 cups whole wheat flour (or whatever combination white/wheat you like..I use 100% hard white wheat. To learn more about the different types of wheat, [download my wheat handout](#))
- 1/4 cup wheat gluten
- 1 tsp salt
- 2 Tblsp nonfat non instant dry milk
- 1 Tblsp butter/margarine/oil
- 1 Tblsp vinegar
- 1/4 cup potato flakes (NOT potato pearls)

Mix ingredients in order listed in mixing bowl of mixer with dough hook attachment (like kitchen-aid) for 12-15 minutes. Let rise until double, 1-1 1/2 hours. Punch down, and shape into loaf or rolls. Let rise again until double and bake 375 degrees for 20-30 minutes until golden brown and sounds hollow when lightly tapped.

If you are making this recipe in a bread machine, follow your bread machine's directions for wheat or whole grain selection and add the ingredients in the order listed for their recommendations. (only one loaf will fit in a bread maker)



Watch a How-to Video about this recipe at www.everydayfoodstorage.net or by clicking [HERE](#)

For more tips and tricks for using food storage everyday, visit www.everydayfoodstorage.NET

everyday...
food storage



The Wonderful World of Bread

Bread FAQ's

6. What is the difference between hard red and hard white wheat and which does the LDS cannery offer?

Hard red wheat is darker in color and stronger in flavor. Hard white wheat is lighter in color and in flavor and is much easier disguised in baked goods. Nutritionally they are basically the same, only differing slightly. The LDS cannery offers both but the white is slightly more expensive (but I think worth the price!) Before the cannery only sold red wheat so if you grew up and tried wheat and didn't like it, you should try the white wheat. Soft wheats do not have gluten and are not good for bread making, they are used more for pastries.

7. I've heard the LDS Cannery sells wheat with a protein level of only 8%, is that true?

No! A wheat with a protein level of only 8% CAN'T be a hard wheat by definition. The normal range for a soft wheat protein is 9-12% the normal range for a protein of hard wheat is 10-15%. The church's wheat is between 10-11% protein, which is right on target for a hard wheat (and suitable for bread making-<http://extension.usu.edu/foodstorage/html/wheat>). You can figure out the protein percentage by looking at the serving size in grams (for the church it's 48 g) and the protein weight in grams (for the church it is 5). $5/48=10.4\%$ You can purchase wheat products with a higher protein level at Lehi Roller Mills or Honeyville Grains.

8. Why do you store your wheat flour and your bread mixes in the fridge?

I store my freshly ground wheat in the fridge or freezer to preserve the nutrition and to keep it from going rancid. If you're using wheat flour from the store look on the packaging to see how they recommend storing it.



french bread (3-4 loaves)

So easy and SO delicious! Make loaves or rolls from it

2 T. yeast
2 1/2 c. warm water
7 c. flour
2 T. sugar
1 T. salt (remember this is for 3-4 loaves...so it's not really alot)

Dissolve yeast in water. Then add sugar, salt and 2 c. flour. Beat. Add rest of flour and knead on floured board (or in standing kitchen mixer) for about 5 minutes. Let rise about 30-45 minutes. Grease 1-2 cookie sheets and sprinkle lightly with corn meal. Punch down bread and knead one minute. Divide into thirds or fourths. Let rest 10 minutes. Roll each piece into ropes as long as the cookie sheet. Place on cookie sheet being sure there is ample space between each rope or loaf. make several evenly spaced shallow cuts diagonally in the top of each loaf; brush with water or egg wash, then brush again and sprinkle with sesame seeds. Let raise until double (about 30 minutes). Place pan of hot water on lower shelf of oven. Bake at 450 for 10 minutes and then reduce heat to 350 for 20-30 minutes or until bread gives a hollow sound when tapped. Remove from pans and cool and wrap in plastic bags. NOTE: This is EXTREMELY delicious warm and the next day but after that it starts to dry out and isn't very tasty.

YouTube

Watch a How-To video on how to make this bread and how to make sure your yeast is still alive at everydayfoodstorage.net or by clicking [HERE](#).

For more tips and tricks for using food storage everyday, visit www.everydayfoodstorage.NET

everyday...
food storage



The Wonderful World of Bread

Bread FAQ's

9. If I don't have a wheat grinder, can I grind wheat in my blender?

Most likely no. There are some blenders that have a dry blade and a wet blade. If you have one of those, you can grind it in your blender. However, you have an average blender with only one blade you CAN'T grind wheat in the blender without water. My suggestion is to find a friend, family member, or neighbor with a wheat grinder that you can borrow or click [HERE](#) to see my favorite wheat grinder at the lowest price available.

10. What if I don't have a Kitchen Aid or Bosch for kneading the bread?

If you're kneading it by hand, don't put in all the flour to start with so you can use some of the flour for kneading purposes (to keep it from sticking) with out making the bread too heavy. You'll want to knead it for the same amount of time 10-15 minutes...so you'll have really defined arms.

11. What if my dough is sticky?

When your dough is sticky, you'll want to slowly add in more flour until you have the right consistency. (Easy to touch and manage)

12. What if my dough is too dry?

When your dough is too dry, you'll want to slowly add in more water until you have the right consistency. (Pliable and easy to move around)

13. Do I have to roll out the dough like you did?

No, it just gives it a nicer bubble texture inside. If you're in a hurry, you can shape the dough by hand and it will take the form of your pan.



hot pockets (6 pockets)

These treats are great for kids to make and freeze well, simply bake them and freeze!

- 1 C. Luke Warm Water
- 2 T. Olive Oil or Canola Oil
- 1 t. Sugar
- 1/2 t. Salt
- 3 C. Flour (I usually do Half all-purpose and half whole wheat or all whole wheat flour)
- 1 1/2 t. Yeast

Dissolve Yeast in warm water. Add Oil, Sugar, and salt. Slowly mix in flour and knead. Cover and let rise for 45 minutes. Pre-heat oven to 375 When dough is ready, separate it in to 6 portions. If you want to be really exact, you can weigh the dough. I usually just eye ball it. Using a rolling pin, roll out dough to 1/8 inch thick circles. Let dough rest for 5 minutes. Put 1/4-1/2 cup worth of filling. If you're making all the same kind of hot pockets mix all your filling items together and use a scoop to fill the pockets. Fold dough in half over the filling and clamp edges with fork. You can brush the tops with an egg white wash (1 egg white beaten with 1-2 T. water) if you want them to look really professional! (I usually don't because I think they look delicious with out the hassle. Besides I can't ever figure out anything to use that one egg yolk in and I hate to waste it!) Bake for 15-20 minutes at 375.



Watch a How-to Video about this recipe at everydayfoodstorage.net or by clicking [HERE](#)

For more tips and tricks for using food storage everyday,
visit www.everydayfoodstorage.NET

everyday...
food storage



The Wonderful World of Bread

Bread FAQ's

14. What if I need my bread to rise faster?

There are a couple of options:

- You can up to double the yeast called for in the recipe to cut out an extra raising time.*
- Put the dough in a warm oven (I just let mine pre-heat for about 5 minutes and then turn it off). You can also put it in a warm place in your house, like on top of the dryer while it's running or by a warm vent)*

15. What if my bread didn't take as long to rise as you said?

Yeah for you! The time in the recipe is a general specification. Use your judgement as to when the bread is risen.

16. How can I tell if my yeast is dead?

When your yeast is dissolving in the water you should see it sort of bubbling after 5 minutes. If you don't see any slight bubble action after five minutes, either check your yeast or water temperature. (Too hot of water can kill the yeast, remember you just want WARM water)

17. What if my bread tastes too yeasty?

This generally means the bread was rushed. It was either too warm for the rising or too warm of ingredients when the yeast was added.

18. Can I use a Milk Alternative for the Powdered Milk in a bread recipe?

No. A milk alternative is NOT milk and lacks the nutrition (in fact they add high fructose corn syrup and EXTRA SHORTENING to it) and it lacks the enzyme that makes your loaf a nice even brown. Read your milk alternative read the label carefully.



45 Minute Breadstick or Pizza Dough

So easy, SO delicious, and SO FAST!

- 2 1/2 C. Medium Hot Water
- 5 tsp. SAF Instant Yeast*
- 2 Tbsp. Sugar
- 3 Tbsp. Oil
- 1 tsp. Salt
- 6 C. Flour (you can do half all-purpose and half white wheat or 100% whole wheat)
- 1 to 2 Cubes of Butter

Pour medium hot water in mixing bowl. Sprinkle yeast on top and allow to dissolve. Add sugar, salt, and oil. Gradually add approximately 6 cups of flour. Melt 1-2 cubes butter on cookie sheet in oven as it is heating to 400 degrees and melt in oven. 4. Place dough on cookie sheet and press to fill pan, make sure butter gets on top of the dough. Allow to double in size (About 10-15 minutes) Cook for 10 to 12 minutes or until desired browning is accomplished. Cut into strips or top with favorite pizza toppings.

* When using regular yeast change amount to 2 Tbsp.



Watch a How-to Video at
everydayfoodstorage.net or click [HERE](#)

For more tips and tricks for using food storage everyday,
visit www.everydayfoodstorage.NET

everyday...
food storage



The Wonderful World of Bread

Bread FAQ's

19. What do I do if I have Instant milk instead of Non-Instant Milk for the recipe?

If you're using instant milk, double the amount of milk called for.

20. Do I need to scald the powdered milk?

No! The enzyme that makes a tough bread that you are trying to kill by scalding the milk is already killed in the process of making powdered milk. Yeah for powdered milk!

21. What if my bread is doughy in the middle after cooking?

Make sure when you take the bread out of the pan that you turn it over and tap the bottoms. If it sounds hollow then it is done. If it is doughy, it didn't cook long enough. Cook it for 5 more minutes and try tapping it again to see if it is done.

22. Can I more than double your recipe?

Sure! You'll just need more ingredients, more pans and a bigger mixing bowl.

Homemade Flour Tortillas (makes 6)

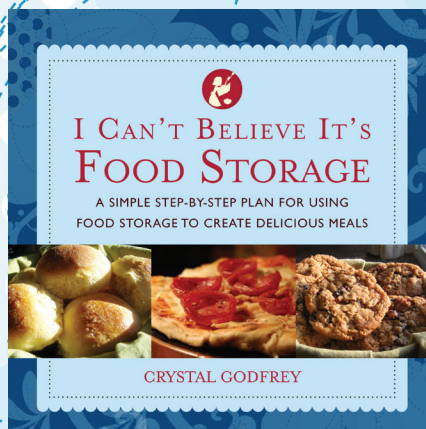
These seem really hard to make but they aren't! And they are really delicious and much cheaper than what you can buy in the store. Make sure and get helps to help roll out the tortillas while you cook them.

- 2 c. flour
- ½ t. salt
- 1 heaping ¼ t. baking powder
- ¼ c. oil
- 2/3 c. boiling water

Mix all ingredients in food processor. Mix until it forms a ball of dough. Cover with a damp cloth and allow to rest for 15 minutes. Uncover and form until balls of dough just larger than a golf ball. Cover with damp cloth and allow to rest for 15 minutes – 1 hour. Flatten and roll out. Cook on hot skillet flipping when bubbles form.



Watch a How-to Video at everydayfoodstorage.net or click [HERE](#)



Want more information about cooking with food storage in your own recipes? Check out my new cookbook, "I Cant Believe It's Food Storage!" It is a step-by-step plan for using food storage in your own recipes and has over 100 kitchen-tested recipes!

Available at Deseret Book® or Amazon.com



The Wonderful World of *Bread*

whole wheat cinnamon rolls

These taste just like Cinnabon cinnamon rolls but they are whole wheat...so healthy-ER.



Dough:

Use the EZ dough recipe on the first page of this handout.

Cinnamon Roll Filling:

1 c. packed brown sugar
1-2 T. cinnamon
1/3 c. butter

Cream ingredients together and spread over rolled out dough.

Cream Cheese Frosting:

4 oz. (half a bar) cream cheese (I use fat free)
1/2 c. butter
2 c. powdered sugar
1 t. vanilla

Cream together cream cheese and butter (I know I didn't do this in the video...it was only because I forgot...don't make my same mistake!) slowly add in 2 c. powdered sugar and vanilla. Store leftovers in the fridge.



Watch a How-to Video at everydayfoodstorage.net or click [HERE](#)

Make your Own Dough Enhancers



VITAL WHEAT GLUTEN

When yeast eats sugar it creates air bubbles and gluten strengthens the bubbles. This is important for wheat flour because it is heavier than all-purpose or bread flour.

Tip: Use 1-2 T. of gluten for every cup of flour in your recipe



POTATO FLAKES

These add starch to protect the air bubbles from popping. It's like adding "Goo" (a product you add to bicycle tires to keep them from popping) to your gluten bubbles.

Tip: Use 1/4 C. for every loaf of bread your recipe will make.



WHITE VINEGAR

White vinegar is an acid and strengthens the gluten bubbles. Some people use crushed vitamin C tablets or other acidic products for this reason.

Tip: Use the same amount of vinegar as you use yeast.

For more tips and tricks for using food storage everyday, visit www.everydayfoodstorage.NET

everyday...
food storage