

Brown Bread

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

Yield: 5 loaves

*1 package dry yeast
4 cups water
1/2 cup shortening
2 tablespoons molasses
1 teaspoon salt
3 cups whole wheat flour
3 cups dark rye flour
white flour*

Prepare the yeast according to package directions.

In a bowl, add the yeast to the water, shortening molasses and salt. Stir.

Add the whole wheat flour, dark rye flour and enough white flour to make a smooth dough. Stir together.

Let rise until double in bulk.

Form the bread into five loaves and let rise on pans for one-half hour.

Preheat the oven to 375 degrees.

Bake for 45 minutes.

Per Serving (excluding unknown items): 3500 Calories; 120g Fat (29.0% calories from fat); 106g Protein; 556g Carbohydrate; 57g Dietary Fiber; 0mg Cholesterol; 2201mg Sodium. Exchanges: 35 Grain(Starch); 1/2 Lean Meat; 24 Fat; 2 Other Carbohydrates.