
Cracked Wheat Bread

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1/2 cup cracked wheat (bulgar)

2 cups warm water

1 package dry yeast

1/4 cup brown sugar

1/4 scant cup white sugar

2 teaspoons salt

1 tablespoon vegetable oil

5 cups (+/-) flour

Soak the bulgar in one cup of warm water for 15 minutes. Dissolve the yeast in the other cup of water. Add to the bulgar. Add the sugar, salt and oil. Mix well.

Add the flour, one cup at a time, stirring well after each addition. Add flour until a soft dough forms. Let the dough rest for 10 minutes. Turn out on a floured board and knead well. Place in a bowl. Cover with a damp tea towel. Let rise until doubled. Punch down. Let rise again.

Cut in half. Roll out and place in two greased loaf pans. Let rise again.

Bake at 375 degrees for 20 to 25 minutes.

Yield: 2 loaves

Breads, Muffins

Per Serving (excluding unknown items): 2552 Calories; 20g Fat (7.2% calories from fat); 67g Protein; 515g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 4308mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 2 1/2 Other Carbohydrates.