

Miss Lynn's Whole Wheat Bread (Dragon Bread)

3 c. warm water

7 ½ c. whole wheat flour

½ c. cooked millet

3 T Oil

2 T dry yeast

3 T barley malt (or maple syrup)

1 tsp. salt

1. Measure yeast into a small bowl; add 1 tsp. barley malt and ½ cup very warm water.
2. Let rise.
3. Put remaining 2 ½ cups warm water into a large bowl.
4. Add barley malt, 3 cups flour and cooked millet.
5. Beat vigorously for 100 strokes to develop gluten.
6. Add softened yeast and mix well with about 25 quick strokes.
7. Cover and let to rise in a warm place 20-30 minutes or until double in bulk.
8. Add oil, salt and two cups of flour.
9. Mix well.
10. Put on floured board and knead until smooth and elastic.
11. Place in oiled bowl, cover and let rise until double in bulk.
12. Punch down and shape into a log that you drape over an empty juice can tin.
13. Let rise until double and bake at 350 until golden.
14. Add this recipe to your collection for next year's Michaelmas!!!