

PANDULSE (WHOLE WHEAT SWEET BREAD)

12 cups flour

6 cups water

2/3 cup honey

2/3 cup oil

2 Tbsp. wheat gluten

2 Tbsp. dough enhancer

3 Tbsp. Saf yeast

1/2 Tbsp. anise seed

1 tspl cinnamon

1 Tbsp. salt

brown sugar

Serves 10 to 12 people

Add 6 cups of warm water into the Bosch bowl equipped with the dough hook. Turn on speed one and add in oil, honey, anise seed, and cinnamon. Mix it well.

NOTE: Put the oil first and use the same cup to measure the honey, Oil will loosen the honey and reduce it from sticking to the cup.

Add 6 cups of flour little by little while on speed one. Add yeast, gluten, and dough enhancer. While it continues on speed one add remaining 6 cups of flour and salt and let mix until everything is mixed in. Stop the machine and let the dough rest for 5 min. Spray a baking sheet with 1 “ sides with Vegeline or you can use 9x 13” cake tin (need 2). Flour a counter and pour out the mixture. Coat the outer layer with flour and let it rest. Cut it into pieces depending on the size of your baking sheet. Now transfer the dough to baking tray and flatten it using your hands. Not too much just to level with the side of the tray.

Best part now is to sprinkle brown sugar on top per your taste. Now put the baking trays n the plastic bags and leave it for 10 min. to rest. After 10 min. you will see that the dough has fluffed up a little. Now put it in the oven and bake for 35 min. at 375 degrees F. until brown sugar has carmelized turning golden brown or you will know when your kitchen is filled with the fresh smell of bread.

Remove from oven and cool on a rack. Cut into squares to eat

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