



beth dooley's kitchen



Forever  
Green



# Beth's Kernza<sup>®</sup> Bread

Recipe developed by Beth Dooley

**1 tablespoon active dry yeast**

**2 1/2 cups warm water**

**3 tablespoons honey**

**1 tablespoon coarse salt**

**2 tablespoons hazelnut oil**

**2 cups Kernza flour**

**3 to 4 cups whole wheat flour**

- In a large bowl, dissolve the yeast in 1/2 cup of the warm water. Stir in the honey, salt, and oil. Stir in the Kernza flour and then add the wheat flour, cup by cup until the dough becomes too hard to stir.
- Dust a work surface with the wheat flour and turn out the dough onto the prepared surface and knead the dough until it becomes smooth and loses some of its tackiness, about 8 to 10 minutes. Turn the dough into a greased bowl and cover with a clean kitchen towel. Let the dough rise until double in volume, about 2 hours.
- Punch the dough down, then shape it into two round 8-inch loaves and place on a greased baking sheet. Cover the loaves with a clean kitchen towel and let rise until the dough nearly doubles in size, about 1 hour. Preheat the oven to 350° F.
- Bake off the loaves until they sound hollow when tapped, about 45 mins.

Makes two 8-inch round loaves