



**Welcome to the King Arthur Baking School's Virtual Honey Whole Wheat Bread and Rolls class. In this 90-minute class you'll learn to make a high-rising loaf of whole wheat bread that tastes as good as it is for you. We'll also practice shaping the dough into soft, tender dinner rolls. Hands-on class time will be 90-minutes, but plan on 3 hours total from start to fully baked bread. Below you'll find a list of ingredients and equipment to have on hand and ready to go before class begins. Any prep work to be done before class is highlighted in yellow. We look forward to baking with you!**

### **INGREDIENTS (total amount needed for the class)**

White Whole Wheat Flour: 454 grams (4 cups)

Salt: 1 tablespoon

Instant yeast: 1 tablespoon

Unsalted butter: 28 grams (2 tablespoons), room temperature

Water: 654 grams (2 3/4 cups)

Honey: 42 grams (2 tablespoons)

All-Purpose Flour: 390 grams (3 1/4 cups), plus more for kneading

### **EQUIPMENT**

Scale (preferred) or measuring cup set

Measuring spoons

Liquid measuring cup

Bowl: 1 large

Mixing spoon or spatula (or bowl scraper)

Bench knife (optional)

Plastic wrap or bowl cover

8 1/2" x 4 1/2" loaf pan: 1 or 2

Baking sheets: 1 or 2

Parchment paper or silicone baking mat: 1 or 2