

HONEY WHOLE WHEAT ENGLISH MUFFIN BREAD



INGREDIENTS

- 2 cups milk
- 1/2 cup water
- 1 T honey
- 2 (.25 oz) packages active dry yeast
- 2 cups all-purpose flour
- 3 1/2 - 4 cups whole wheat flour
- 1/4 t baking soda
- 1 t salt
- 2 T corn meal

DIRECTIONS:

1. In a small saucepan, heat milk, water, and honey until very warm, but not hot. Whisk in the yeast and set aside.
2. Combine the all-purpose flour, baking soda, and salt in a large bowl. Add warm milk mixture and beat well. Stir in enough of the whole wheat flour to make a stiff batter one cup at a time. Divide between two nine by five loaf pans that have been greased and dusted with corn meal. Sprinkle some additional corn meal over the dough. Cover with a light towel and let rise in a warm place for 45 minutes.
3. Bake at 400 degrees for 25 minutes. Remove from pans immediately and cool.