



## The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

### Breads: Kasha & Honey Bread

*Serves: 1 loaf*

#### Ingredients

---

1 package active dry yeast  
1/4 cup plus 2 tbsp. lukewarm water  
1/2 cup milk  
1 1/2 tbsp. butter  
1/4 cup honey  
1 1/2 tsp. salt  
1/8 tsp. allspice  
1/4 cup Wolff's coarse kasha, uncooked  
1/4 wheat germ (toasted)  
2/3 cups unbleached bread flour

#### Directions

---

Dissolve yeast in lukewarm water. Heat milk until warm; stir in butter and honey; cool to lukewarm.

In mixing bowl, combine yeast and milk mixture; add kasha, salt, allspice, wheat germ and 1 cup flour. Beat by hand or mixer until a firm dough is formed (adding too much flour will result in a dry, heavy loaf).

Turn dough out onto floured board and knead until it is smooth and elastic, adding small amounts of flour to offset stickiness, if necessary. Place dough in oiled bowl or pan; cover and let rise in warm place until doubled in bulk (about 60-90 minutes).

Then punch dough down and shape into a loaf (either a round loaf, or in a pan). Cover loaf lightly and let rise again until almost doubled, about 30 minutes.

Bake in preheated 375°F oven for 30-40 minutes, or until loaf sounds hollow when tapped. Cool bread in pan 10 minutes, then turn out onto rack to finish cooling.



The Birkett Mills Recipes  
The Birkett Mills © 2014  
P.O. Box 440, Penn Yan, NY 14527  
(315) 536-3311

### Kasha & Honey Bread

