

Here are the ingredients I'm using and their costs.

Prairie Gold Wheat Berries 50 pound bag	\$28.05
Organic Valley Butter 1 pound	\$4.59
Fresh Milk 1 gallon	\$3.00
SAF Yeast 1 pound	\$3.69
Local Raw Honey 1 gallon	\$39.50
Light Gray Celtic Salt 1 pound	\$5.00

Here's how much of each ingredient I use and the cost of each in my bread recipe.

Ingredients	Two Loaf Recipe	One Loaf
6 cups whole wheat flour (1.3 pounds)	\$0.73	\$0.36
2 tablespoons butter (1/16 pound)	\$0.29	\$0.14
2 cups fresh milk	\$0.38	\$0.19
2 teaspoons yeast	\$0.02	\$0.01
1/4 cup honey	\$0.62	\$0.31
2 1/2 teaspoons salt	\$0.16	\$0.08
Total:	\$2.18	\$1.09

Here's my favorite bread recipe. It's from [The Laurel's Kitchen Bread Book](#).

- 2 cups fresh milk
- 1/4 cup honey
- 2 teaspoons active dry yeast
- 1/2 cup warm water
- 6 cup freshly ground hard white wheat flour or a combination of 2 parts hard white, 1 part hard red, and 1 part spelt flour
- 2 1/2 teaspoons salt
- 1/2 cup more water
- 2 tablespoons cool butter

1. Scald the milk and cool to lukewarm. To cool it quickly, put the pan of milk into a dishpan of cool water and stir until it's cool. Stir the honey into the milk.
2. Dissolve the yeast in the warm water.
3. Measure the flour and salt into a large bowl and stir lightly. Make a well in the flour and pour the milk and dissolved yeast into it. Stir until all the flour is mixed in, making a stiff dough. Knead vigorously for about 10 minutes without adding more flour. Use the extra water on your hands to keep the dough from sticking, working in as much as you need of the 1/2 cup (or even more) to make a soft, elastic dough. Now knead in the butter in bits, continuing to work the dough until it is silky.
4. Form the dough into a ball and place it smooth side up in a bowl. Cover and keep in a warm, draft-free place. After about an hour and a half, gently poke the center of the dough about 1/2 inch deep with your wet finger. If the hole doesn't fill in at all or if the dough sighs, it is ready for the next step. Press flat, form into a smooth round, and let the dough rise once more as before. The second rising will take about half as much time as the first.
5. Press the dough flat and divide it in two. Round and let relax, then deflate and shape into loaves. Place in greased loaf pans and let rise in a warm place until the dough slowly returns a gently made fingerprint. The loaves should arch beautiful over their pans.
6. Place in a preheated oven (350 degrees) and bake about 40 minutes, or until done. If the occasion merits, brush the crust with butter. Cool this bread before you slice it... if you can wait that long!