

## Hops Bread

### Ingredients (12 rolls)

- 1 ounce sachet dry yeast (15 mg)
- 2 teaspoons sugar
- 1 tablespoon melted shortening
- 4 cups all-purpose flour
- 2 cups whole wheat flour
- 2 ½ cups warm water
- 2 teaspoons salt

### Instructions

- Pour water into a bowl.
- Add sugar and dissolve.
- Dissolve yeast over sugar.
- Allow to develop for 10 minutes.
- Stir, mix with a fork.
- Add melted shortening.
- Gradually add flour.
- knead for 8 - 10 minutes.
- Make a med stiff dough.
- Return to bowl and cover.
- Let rest for 20 - 25 minutes.
- Punch down dough.
- Form balls.
- Put on greased baking tray.
- Cover with damp cloth.
- Let rise until double in size (approx 1 - 1 1/2 hours).
- Bake in hot oven 200°C for 15 minutes or light golden brown on top.