

Bread

Basic Bread Recipe

3/4-1 cup dry milk powder
1-2 cups whole wheat flour
4-6 cups bread flour
1 tsp salt

Once you have that together you can pour 2-3 cups of warm water in another bowl and dissolve 2 tbsp sugar in it. Add 2 tbsp of your active dry yeast and let sit for around 3-5 minutes after stirring. This allows the yeast to awaken from its' slumber and start growing before adding it to the mix.

Now here's where things can be changed to your liking. I've used the following to flavor the bread at different times:

Modifications

1/2-3/4 cup shredded parmesan cheese
2-3 large sprigs of rosemary diced

1 1/2 cups greek depitted olives

2 tsp fennel seed
2 tsp dill seed

1 cup shredded sharp cheddar
3/4 cup diced cooked crispy bacon

This recipe can be changed infinitely. It makes a good loaf for sandwiches and toasting for breakfast.

Once you've added the ingredients you want to add the water and yeast mixture and stir with a spoon. You may have to add extra water to make it the consistency you want. I can't give exact details on how wet you want the dough but once I've kneaded it in the bowl and it's formed a clump, all the little pieces form ONE solid mass, then it's time to use olive oil to oil another bowl for the proofing.

I take the kneaded dough and place it in the oiled bowl to sit on top of my monitor. :) I cover it in aluminum foil and puncture it with a knife so it can breathe. It keeps it warm and I find it easy to chat while I cook.
:P

After 30-45 minutes I find it ready for the final kneading and proofing in pans. I cut the dough in half, knead it to size and press it down in the pans to make a solid mass that covers the bottom of the pan. Two bread pans are greased with shortening and the dough is allowed to proof till it's the size I want for bread slices and sandwiches.

I usually bake for 30-45 minutes at 375 degrees. Once you knock the bread and it sounds hollow it's done. I sometimes deloaf and place the loaves back in the oven for 5 to 10 minutes to brown the bottoms as well.

Have fun, bread is great...nothing stimulates warmth and food longings like fresh baked bread.

Namaste,
Robert

Beer Bread

1 cup dark beer
1 pkg. yeast
2 Tbls. sugar
3-3 1/2 cups unbleached bread flour (you can also use all-purpose)
1 tsp. salt
1 large egg, beaten
1/4 cup melted butter or veg. oil

Warm the beer to lukewarm, pour into large bowl, and stir in the yeast. Let sit until the yeast foams. Then add the sugar, salt, egg, butter, and 2 cups of the flour. Beat until it makes a smooth batter. Then add 1/2 cup at a time, flour, mixing until it forms a medium dough. Turn out dough on a lightly floured surface and knead until it is smooth and elastic. Cover, right where it is and let rise until doubled in bulk. then punch down, shape, and place in a lightly greased loaf pan. Bake at 375 F for 30 min or so-until browned and done. Makes 1 loaf.