

Dough Not Be Intimidated by Bread:

You Can Dough This!



Easy	Moderate	More time involved, but still easy!
<p align="center"><u>No Knead Bread</u></p> <p>https://youtu.be/_vVGq5V82pM</p> <p>4 c. water-almost too hot to touch 2 T. yeast 1-2 T. salt Place these in a bucket and stir until the yeast and salt are dissolved. Add 8 c. flour and mix. Cover loosely and let sit at room temperature for 2 hours.</p> <p>Dough will be very soft, jiggly and sticky. Sprinkle the top of the dough and hands with flour. Remove a softball size amount of dough and shape into a ball by tucking ends under and using flour to keep the dough from sticking.</p> <p>Place on a piece of parchment paper that is dusted with cornmeal or semolina. Let rise 30 minutes. Brush with water or butter and sprinkle with sesame seeds (optional).</p> <p>Bake 450° F for 30-40 minutes until golden brown.</p> <p>Unused dough can be stored in fridge for a week. Let warm and rise before baking.</p>	<p align="center"><u>Whole Wheat Potato Rolls</u></p> <p align="center"><small>Adapted from <i>The Breadman's Healthy Bread Book</i> by George Burnett</small></p> <p>1 ¼ cups of warm water 2 T. oil 3 T. honey ½ t. liquid lecithin 3 c. whole wheat flour ¼ c. powdered milk 2 T. gluten flour 1 ¼ t. salt 2 ½ t. active dry yeast 1/3 c. potato flakes or pearls soaked in the warm water or leftover Cream of Wheat</p> <p>Put all ingredients in the pan of a bread machine or mixer. Mix until stretchy ball forms without sticking to sides. It should be soft but not sticky.</p> <p>Remove from mixer. Squeeze off golf ball size pieces and place in a well-greased pan a quarter of an inch apart. Cover with oiled plastic wrap or damp towel and let rise an hour or until doubled.</p> <p>Bake 400° F 12-15 minutes until lightly browned. Brush hot rolls with butter.</p>	<p align="center"><u>Baguettes</u></p> <p align="center"><small>From <i>King Arthur Flour Whole Grain Baking</i></small></p> <p align="center">Day 1-Pre-ferment</p> <p>1 c. whole wheat flour ½ c. cool non-chlorinated water Pinch of instant yeast Mix together, cover, let set overnight.</p> <p align="center">Day 2</p> <p>Mix pre-ferment with: ¾ c. + 2T. cool water ¼ c. orange juice 1 ¼ c. whole wheat flour 2 ¼ c. unbleached bread flour 1 ½ t. salt ¼ t. instant yeast Knead in mixer or machine 7 min. Cover and let rise 1 hour, gently deflate and turn over. Repeat two more times. Divide dough into 3 flattened oval pieces. Let dough rest 15 minutes. Fold in half, seal with heel of hand two times. Gently roll into a 16 inch log. Repeat with other two pieces. Place on greased pan or parchment. Let rise for 30 minutes. Cover with greased plastic wrap. Leave overnight in the fridge.</p> <p align="center">Day 3</p> <p>Uncover and let rise in room for 1 ½ hours. Bake at 425°F for 18 minutes. Tent with foil and bake an additional 5 minutes. Cool completely in oven for crispier crust.</p>

<p align="center"><u>Corn Bread</u></p> <p>2 cup cornmeal 1 cup whole wheat flour 1 c. unbleached flour 2t. baking powder 1 t. baking soda 1 t. salt</p>	<p>2 c. buttermilk, soured milk, or milk with 2 T. vinegar 2 large eggs ½ c. oil or butter ¼ c. honey</p>	<p>Mix together dry ingredients. Mix together wet ingredients. Mix wet and dry together just until moistened. Bake in 9 X 11 well-greased pan 400°F for 30-40 minutes.</p>
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