



Week 5: Bread

INGREDIENTS

- 2 ¼ teaspoons active dry yeast (1 packet)
- 1 ¼ teaspoon salt
- 2 ¾ cups all-purpose flour (you can you bread flour)
- 1 tablespoon sugar
- 1 cup water
- 2 tablespoons butter, at room temperature

EQUIPMENT

- Large mixing bowl
- Measuring cups and spoons and liquid measuring cup
- Whisk and spatula
- Cutting board
- Cereal spoon and butter knife
- Loaf pan
- Plastic wrap, foil, or parchment
- Blanket to keep bowl warm

DIRECTIONS

- In a large mixing bowl, combine yeast, salt, 2 cups of flour, and sugar. Whisk to combine.
- Measure 1 cup of water into a glass measuring cup (or other heat-proof container). Add 2 tablespoons butter. Microwave for about 45 seconds, or heat to very warm. If you have a thermometer, you want the water + butter mixture to be between 115-120 degrees Fahrenheit.
- Pour the water + butter into the bowl with the yeast, salt, flour, and sugar. Stir with a spatula to combine.
- Measure out another ¾ cup of flour. Slowly add it to the dough, a little bit at a time. Stir after each addition. Eventually, you can use your hands to combine the dough. Stop adding flour when the dough is no longer sticky.
- Place dough on a lightly floured cutting board. Knead for up to 10 minutes.
- Wipe any remaining flour out of the bowl and add a bit of oil. Use a paper towel to smear the oil around the inside of the bowl. This will keep the dough from sticking as it rises.
- Add the dough to the bowl. Cover with a piece of foil or parchment or plastic. Wrap in a large blanket and put in a warm spot in your house. Let rise for 40 minutes.
- Grease a loaf pan. Punch down dough and shape to fit the pan. Place dough in pan, cover it again and let rise for 30 minutes. Bake at 350°F for 40 minutes.

EXTRA!

- This is the fastest way to make a yeast bread. If you want to make your bread rise a bit more, it will take a bit longer. If so, try this:
- Heat the water to 100-110°F. Add yeast and stir to dissolve all of the yeast. Sprinkle sugar on top. Let sit for about 10 minutes until the yeast foams.
- Then, mix together the flour, salt, melted butter, and yeast mixture, knead, and proceed with rising.

