

White Bread with Variations

1 pkg. active dry yeast
1 1/8 cups warm water
2 tsp. sugar
1 Tbsp. olive oil
3 cups Stone-Buhr unbleached white bread flour
1 tsp. salt

For bread machines: Follow the manufacturer's directions regarding the order of ingredients. Use the dough setting, then hand shape and oven bake, or the automatic setting to complete the loaf in the machine.

By hand: In a large bowl dissolve yeast in the water, add the sugar and let sit 5 minutes until it starts to foam. Add the rest of the ingredients and stir into a shaggy mass. Scrape onto a lightly floured board and knead 8 to 10 minutes, adding more flour as needed to get a smooth elastic dough. Transfer to a lightly oiled bowl and turn to coat. Cover with plastic (a shower cap works well).

Let dough sit at room temperature until doubled, 45 minutes to 1 hour. Punch, re-shape and let rise again to double, 30 to 45 minutes. Turn out onto a lightly floured board, pat out, roll up, and pinch seams. Place dough in a lightly oiled 9 x 5-inch loaf pan. Cover, let rise until doubled, 30 to 40 minutes. Bake at 400°F for 30 to 40 minutes. Makes a deeply golden loaf that sounds hollow when the bottom is tapped. Cool on a rack. Freezes well.

Sesame Braid ~

After the 2nd rise, divide the dough into (3) 8oz. balls and let rest 10 minutes on a floured board. Roll into 14-inch ropes, braid, and brush with water. Roll in sesame seeds for a heavy coat. Put on a lightly oiled sheet sprinkled with cornmeal. Cover until doubled, 30 to 40 minutes. **Bake** at 400°F for 30 to 40 minutes.

Hamburger Buns ~

Finely chop 1/2 onion and mix with 1 Tbsp. poppy seeds. After the 2nd rise, divide dough into (8) 3oz balls, and rest on a floured board 10 minutes. Pat out each bun into a 4-inch, slightly flat circle. Brush with milk, and press in onion mixture. Place on a lightly oiled sheet sprinkled with cornmeal. Cover until doubled in size, 30 to 40 minutes. **Bake** at 375°F for 15 to 20 minutes until lightly golden. Cool and split. These freeze well.

Rosemary Bread Sticks ~

Add 2 Tbsp. coarse-chopped fresh rosemary with the rest of the ingredients. After the 2nd rise, roll out dough to 6 x 12- inches on a heavily floured board, and heavily flour the top. Let rise until puffy, about 20 minutes. Cut into 24, 1/2-inch strips. Gently stretch and twist to 10-inches. Place 1 inch apart on lightly oiled sheets. Cover until puffy, about 20 minutes. **Bake** at 350°F for 15 to 25 minutes until golden brown. These freeze well. Re-heat to serve.

100% Whole Wheat Bread

2 1/2 tsp. yeast
1 1/2 cups warm water
1 tsp. salt
2 Tbsp. honey
4 cups Stone-Buhr whole wheat flour

In a large bowl, dissolve yeast with water. Add honey and 1 1/2 cups flour. Wait for bubbles to begin; add salt and the rest of the flour until you have non-sticky, elastic dough. Knead for 5 minutes and place in greased bowl. Cover and let rise until doubled. Punch down, knead briefly, and let rise again until doubled. Shape dough into desired loaf shape. Place in greased 9 x 5-inch loaf pan, and let rise for 10 to 15 minutes. **Bake** at 400°F for 25 or 30 minutes or until done.

Makes 1 loaf.

Options: Brush loaf with soy milk for a nice brown crust. While shaping, you can add nuts, seeds, or any other ingredients.