

JEM'S QUICK & EASY HOMEMADE BREAD

(Almost like her Amma used to make)

TIPS AND TRICKS

- Making sure the yeast is fresh is important to the process of 'proofing', which is allowing time for the yeast to grow. Add a teaspoon of sugar to warm water (not too hot, not too cold to ensure success). Sprinkle the yeast on top of the water mixture. Let it work for about 10 minutes. It should produce a visible layer of foam on the water's surface.
- Adding flour one cup at a time is important so you can see when the dough pulls away from the sides of the bowl. That's when you know it's ready.
- Put flour down on the counter so the dough doesn't stick. Use a rolling pin, roll out into a 9 x 12 rectangle.
- Bake at 375 degrees for 18-22 minutes. Watch it carefully to turn a light golden-brown color.



Recipe for Homemade Bread

Ingredients

- 2 Tablespoons Yeast (Purchase at Health Food Store)
- 1/2 cup Warm Water
- 2 cups Hot Water
- 3 Tablespoons Sugar
- 2 1/2 teaspoons Salt
- 1/3 cup Oil (Use Vegetable Oil)
- 6 1/2 cups Flour
- 1 Egg for brushing on bread

Instructions

- In a small bowl, dissolve your yeast in 1/2 cup warm water. Make sure that your water is warm (not too cold, not too hot). Let proof for 10 minutes.
- In a separate mixing bowl, combine hot water, sugar, salt, oil and 3 cups of the flour and mix together. Add the yeast mixture to a bowl.
- Add the remaining 3 1/2 cups of flour, one cup at a time, mixing after each addition. Watch for it to start pulling away from the bowl to know it's ready. Once all the flour is added, let sit for 10 minutes.
- Separate your dough into 3 pieces. On a floured surface roll, each piece into a 9x12 rectangle. Roll it up like a jelly roll. Shape into a bread loaf and smooth out edges.
- Place the dough on a greased baking pan, seam side down. Using a knife, make 3-4 diagonal cuts about 1/4-inch-thick in bread. Brush with your beaten egg.
- You might also sprinkle with coarse sea salt or fresh Icelandic Arctic herbs
- Let dough rise uncovered for 30-40 minutes in a warm place.
- Bake at 375 for 18-22 minutes or until golden brown.