

Yeast Bread

Ingredients:

1 tablespoon yeast	1 tablespoon sugar
1/2 teaspoon salt	2 1/2 cups flour
1 cup warm water	2 Tb cooking oil

Directions:

Put yeast, sugar and salt into 1 cup of warm (NOT hot) water. Mix together gently to allow yeast to activate.

Place 2 cups of the flour, the oil and the yeast mixture into the mixer bowl and mix until combined- it will be sticky.

Add the remaining 1/2 cup of flour in small increments until dough is no longer sticky.

Place dough on a well-floured board and knead for about 5 minutes until dough is elastic and smooth.

Place dough into a well greased bowl and cover with a tea towel and let it rise until double its size- about 1/2 hour. For class, to speed things up, use the "proof box" method and place a pan of boiling water & the covered dough into a 200° oven. Turn the oven off when you put the dough in.

When the dough has doubled in size, Punch it down.

Shape the dough to fit into a well-oiled loaf pan or 3 mini loaf pans. Leave to rise until the dough has reached the rim of the pan. (for class use the proof box method again).

Bake at 400° . 40 minutes for a standard loaf or 15 for mini loaves.

If needed rub hot breads with water and wrap in a tea towel to "sweat" this will soften the crust.