

## French Bread

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1 pkg. active dry yeast	1 Tbsp. sugar
1/2 cup lukewarm water	1 Tbsp. butter
1 1/2 cups cool water	1 cup high-gluten flour
1 Tbsp. salt	3-4 cups Stone-Buhr unbleached white bread flour

This recipe is about the closest you can get to real French bread. The high-gluten flour provides the texture that we all enjoy. You must use a pan of water in the oven or the crust will not be crisp enough.

In large mixing bowl, dissolve yeast in lukewarm water. Set aside. In a small bowl, combine cool water, salt, sugar and butter; add to yeast mixture. Stir in high-gluten flour and enough bread flour to make a soft dough. Turn onto floured board and knead until smooth and elastic, about 2 minutes. Place in greased bowl and cover; let rise in cool place until doubled, about 2 hours. Divide dough into 3 equal parts. Roll each piece on lightly floured board into a 14 x 8-inch rectangle. Roll the long side of the rectangle toward you in a tight roll. Pull into shape, about 1 1/2-inches in diameter.

Grease cookie sheets and sprinkle them lightly with cornmeal. Place the 3 loaves seam side down onto cookie sheets. Cover and let rise until doubled, about 1 1/2 hours. Brush with cold water. Cut 3 or 4 shallow diagonal slashes across each loaf. Set a shallow pan of water in the bottom of the oven. **Bake** at 400°F for 40 minutes or until done, brushing loaves with cold water 2 or 3 times during baking. Cool on wire rack.

Makes 3 loaves.

## Soy Enriched 7~ Grain Country Loaf

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Sponge:	2 Tbsp. brown sugar
2 tsp. active dry yeast	1 cup Stone-Buhr whole wheat flour
1 1/2 cups warm water	1 cup Stone-Buhr unbleached white bread flour

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1 1/4 tsp. salt	1/3 cup Next Soy low-fat soy flour
1/3 cup 7-grain cereal	1 cup Stone-Buhr unbleached white bread flour, plus extra for kneading and shaping
2 Tbsp. flax seeds	
1/3 cup sunflower seeds	

### Sponge

In a large bowl, dissolve yeast in water. Add sugar and both flours. Beat well. Cover and sit at room temperature for 1 1/2 to 2 hours. It will be very spongy. (For more flavor, you may refrigerate it overnight. The next day, bring the sponge to room temperature for about one hour, then continue).

### Dough

Add all of the ingredients except the white flour to the sponge. Mix well with a wooden spoon. Gradually add the white flour. When the dough gets too hard to mix, scrape it onto a lightly floured board and knead 8 to 10 minutes, adding more flour as needed to get a smooth elastic dough. Transfer dough to a lightly oiled bowl and turn to coat. Cover with plastic and let it sit at room temperature until doubled, about 1 to 1 1/2 hours.

Turn out dough onto a lightly floured board, divide in 1/2. Roll each piece into a 16-inch rope. Lay ropes side by side and twist together to form a compact two-rope braid. Pinch ends and tuck under to form a 12-inch loaf. Roll heavily in flour, and place on a lightly oiled sheet that has been sprinkled with corn meal. Cover with plastic and let rise at room temperature until doubled in size, about 45 minutes to 1 hour. **Bake** in a 425°F oven for 25 to 35 minutes (may baked on a pizza stone). Bread is done when it is very dark and sounds hollow when tapped on the bottom.

Cool on a rack. This bread makes great sandwiches, and since there is no oil in the recipe, it makes exceptionally crispy toast or grilled sandwiches.