

Homemade Yeast Bread

9th-12th Grade



Ingredients:

- 1 stick of butter (not margarine)
- 1 cup warm water
- 1 cup scalded milk
- 1 Tbs. yeast
- 1 cup sugar
- 2 eggs
- ½ tsp. salt
- 7 cup bread flour

Directions:

1. Melt a stick of butter and set aside to cool.
2. In separate bowl add warm water, scalded milk and yeast. Allow yeast to soften. It will lose its grainy look.
3. Add sugar, eggs, melted butter, yeast mixture and salt to mixing bowl. Mix until all ingredients are incorporated.
4. Add in 3 cups of bread flour. Turn mixer on low and mix until flour is thoroughly mixed. Add in an additional flour one cup at a time making sure flour is thoroughly incorporated before adding another cup. (You may add up to 7 cups of flour but depending on humidity, you may not need all 7 cups).
5. Turn mixer on med/high and allow to mix for 1-2 minutes. When the dough no longer sticks to the sides of the bowl it is done.
6. Form dough into a smooth round ball and place into a well-greased bowl. Cover and place in a warm area. (You may want to turn your oven on 150 degrees for a few minutes. Turn it off and place your bread dough in the warm oven). Let stand for about an hour to an hour and a half. The dough should have risen and doubled in size.
7. Place the dough on a floured surface and divide the dough into thirds. Place dough into greased 9X5 loaf pans. Place back in a warm spot and allow to rise for the second time. Allow dough to rise to the tops of the pans. (approximately 30 min.)
8. Heat oven to 350 degrees. Set the loaf pans evenly on the middle rack of the oven and bake for 25-30 minutes or until golden brown. A knife or toothpick inserted in the center will come out clean when bread is done.
9. Remove from oven and place on a wire cooling rack.

Rules:

1. Prepare cornbread using the above recipe.
2. Select three of your best products, and put them neatly on a small clean plate made of paper or plastic. (No breakable plates will be accepted).
3. Cover with plastic wrap or aluminum foil.
4. Tape name, grade and teachers name on bottom of plate.
5. Bring to school on _____ . Entries will be accepted in the library.

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