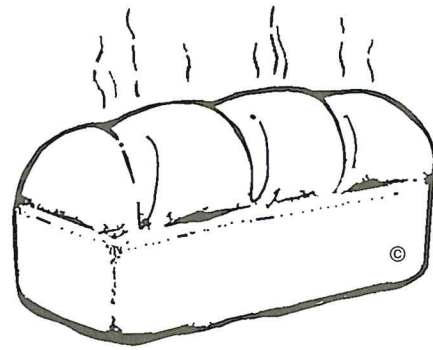


## Basic Bread

*Yield: 1 loaf, 20 slices*

### Ingredients

- 1 1/4 cups water, heated to 100 to 110 degrees F
- 1 package yeast
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 3 to 4 cups all-purpose or bread flour



### Order of Work

1. Place water in microwave-safe bowl and heat in microwave for 1 to 2 minutes. Remove from microwave and check temperature with food thermometer.
2. Pour warm water into large mixing bowl and sprinkle yeast over water. Stir in sugar and allow mixture to stand 1 to 2 minutes. Add salt and oil.
3. Add 2 cups flour to mixture. Stir until smooth. Add enough flour to make dough that is soft, but stiff enough to handle.
4. Turn dough out onto a lightly floured surface and knead until dough is smooth, elastic, and does not stick to surface or hands, about 8 to 10 minutes.
5. Place dough in a mixing bowl lightly coated with nonstick cooking spray. Coat top of dough with nonstick cooking spray. Cover the bowl with a damp, clean dishtowel and let dough rise until doubled in size.
6. Lightly coat a 9" x 5" loaf pan with nonstick cooking spray.
7. Punch down dough, turn out on a floured surface, and shape into a loaf. Place in prepared loaf pan. Cover and let rise until doubled in size.
8. Bake at 400 degrees F for 30 to 40 minutes. Bread is done when the crust is golden-brown and the loaf has a hollow sound when tapped on the top crust.
9. Cool bread in pan for about 5 minutes; remove from pan and cool to room temperature on cooling racks.

*Nutrition Facts per Slice: 95 calories, 1 g fat, 117 mg sodium, 18 g carbohydrates, 1 g fiber, 3 g protein, 4 mg calcium*

### Variations

**Two Loaves** — Double all ingredients except yeast. Divide dough into two pieces; shape into two loaves.

**Whole Wheat Bread** — Substitute whole wheat flour for half of the all-purpose flour. For best quality, use half whole wheat and half bread flour.

**Rye Bread** — Substitute rye flour for half of the all-purpose flour. For best quality, use half rye flour and half bread flour.

**Milk as the Liquid** — Heat milk in microwave to 100 to 110 degrees F. Combine yeast with warm milk before adding salt and oil.

