

▲ French Bread

Yield: 3 loaves, 12 slices per loaf

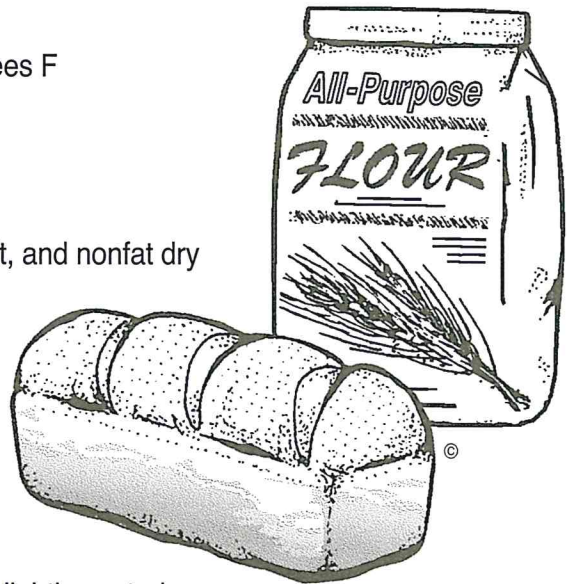


Ingredients

- 5 1/2 to 7 cups all-purpose flour
- 1 package yeast
- 1 1/2 teaspoons sugar
- 2 teaspoons salt
- 1/2 cup nonfat dry milk
- 2 1/4 cups water, heated to 120 to 130 degrees F
- 1/2 cup cornmeal
- 1/2 cup water

Order of Work

1. Combine 2 1/2 to 3 cups of flour with yeast, sugar, salt, and nonfat dry milk in large mixing bowl. Stir to blend.
2. Add warm water while constantly stirring dry ingredients in mixing bowl. Beat vigorously.
3. Add more flour as needed to form a soft dough and mixture begins to pull away from sides of bowl.
4. Transfer dough to a lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes.
5. Form dough into a ball and place in large mixing bowl lightly coated with nonstick cooking spray. Cover with clean, damp dishtowel. Let rise in warm place, free from drafts, until doubled in size, about 40 minutes.
6. Punch down and divide dough into three equal portions. Shape each piece into a long tapered loaf, about 2" x 14".
7. Sprinkle cornmeal over a cookie sheet. Arrange loaves on baking sheet, leaving space between loaves for rising.
8. Using a sharp knife, make diagonal slashes 1/2-inch deep at intervals across top of each loaf.
9. Brush loaves of bread lightly with water to toughen the top crust. Allow to rise until doubled in volume.
10. Preheat oven to 400 degrees F. Bake loaves for 35 to 45 minutes until they are golden brown and sound hollow when lightly tapped.
11. Remove bread from oven and place on cooling racks.



Nutrition Facts per Serving: 99 calories, less than 1 g fat, 136 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein, 18 mg calcium