

Basic Loaf Bread



Yield: 10 Servings (1 loaf) Portion Size: 1 Slice

INGREDIENTS

1 ¼ tsp	Active Dry Yeast
1 C + 2 TBSP	Warm Water
1 ½ TBSP	Sugar
1 ½ tsp	Salt
1 ½ TBSP	Oil
3 C	Bread Flour (All Purpose can be substituted)

DIRECTIONS

In a medium bowl, add all of the dry ingredients, and give it a little stir. Add the liquid ingredients and mix until it comes together as a dough. Make sure you scrape down any excess flour from the sides of the bowl and incorporate them into the dough. Turn the dough out onto a lightly floured surface and knead for 8 minutes. Add small amounts of flour as you knead but ONLY if the dough is sticking to you or the table. You will know the dough is kneaded properly if it bounces back when you touch it. If it dimples, keep kneading!

If making this recipe at home: Transfer the dough to an oiled bowl with a towel on top. Let it sit at room temperature until doubled in size, 1 ½ to 2 hours.

If making this recipe in the classroom: Transfer the dough to a well oiled ziploc bag and store in the refrigerator.

Punch the risen dough down and turn it onto a very lightly floured surface. Shape the loaf by pressing it out into an 8 inch square on the table surface. Roll it tightly from one side and pinch the seam to hold it in place. Turn the dough over so the seam is on the bottom and pinch the ends. Tuck the ends

underneath so you have a smooth loaf shape and place it into a greased loaf pan. Cover loosely and let rise until doubled in size, about 1 hour. You will know it is ready to bake if you gently press it with a fingertip and it leaves a dimple. If it bounces back it isn't ready to bake yet.

Preheat the oven to 375°F. Bake the loaf until golden brown and the internal temperature has reached at least 190 degrees (approximately 35 minutes).

Remove the loaf from the pan, and cool it on a rack before slicing.