

UPP with Metric Bread!

- Put **250 mL** (_____) of lukewarm water into a large warm bowl.
- Dissolve **5 mL** (_____) of sugar in the water.
- Sprinkle 2 packets of yeast over the water.
- Let it stand for about 10 minutes. The yeast will rise to the surface.
- Stir until the yeast is dissolved into the water.
- Stir into the yeast mixture:

500 mL (_____) lukewarm water

125 mL (_____) (or less) of sugar

15 to 18 mL (_____) of salt

125 mL (_____) of salad oil

- Stir in, a bit at a time:
 - about **1125 mL** (_____) white wheat flour
 - about **1125 mL** (_____) whole wheat flour
- Mix until it is very stiff. You may need to add another **125 mL** (_____) water to work in the last **500 mL** (_____) of flour. Mix until the dough hangs together and is easy to handle but floppy and a little moist.

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