

## UPP with Bread!

- ❑ Put 1 cup of lukewarm water into a large warm bowl.
- ❑ Dissolve 1 teaspoon of sugar in the water.
- ❑ Sprinkle 2 packets of yeast over the water.
- ❑ Let it stand for about 10 minutes.
- ❑ Stir until the yeast is dissolved into the water.
- ❑ Stir into the yeast mixture:
  - 2 cups of lukewarm water
  - ½ cup (or less) of sugar
  - 1 heaping tablespoon of salt
  - ½ cup of salad oil
- ❑ Stir in, a bit at a time:
  - about 4½ cups of white wheat flour
  - about 4½ cups of whole wheat flour
- ❑ Mix until it is very stiff. You may need to add another ½ cup of water to work in the last 2 cups of flour. Mix until the dough hangs together and is easy to handle but floppy and a little moist.
- ❑ Flour the board or countertop where you will be kneading the dough.
- ❑ Scrape the dough onto it. Sprinkle a little flour on top. You might use a whole cupful of flour while you knead.
- ❑ Knead for several minutes (or as long as you want – you can't knead it too much!). When you are finished kneading, the dough should feel smooth and elastic, with a few sticky spots.
- ❑ Plop the dough back into the bowl. Sprinkle a little flour on top.
- ❑ Loosely cover the bowl with a tea towel (or clean cloth that you don't mind getting a little doughy). Next, cover it with a piece of plastic wrap. Finally, put a warm bath towel on top of the plastic wrap and place the bowl where there are no draughts.
- ❑ Let the dough rise for about 2 hours. It should double its size, and puff up smoothly.
- ❑ Punch the dough down with your hands to get rid of the air bubbles.
- ❑ Divide the dough into four parts.
- ❑ Take one part at a time, cover with flour and shape it into a loaf. Put each loaf into its own pan.
- ❑ Cover the loaf pans the same way you covered the dough bowl.
- ❑ Let the dough rise again until it is smooth and round over the tops of the pans—about an hour or a bit more.
- ❑ Bake in a 350°F oven for about 20 minutes. When the loaves are brown on top, remove them at once from the pans to a rack to let them cool.

From: *Food That Really Schmecks*, by Edna Staebler