

National Homemade Bread Day!

MOM'S FARM BREAD

1/2 cup warm water
1 pkg or 1 Tbsp yeast
1 tsp sugar or honey

Stir sugar or honey into warm water. Add yeast and let rise in a warm place for 10 minutes.

1. 3 cups warm water
2. 1/2 cup sugar or honey or molasses
3. 1 tsp salt
4. 1Tbsp vinegar
5. 1 large egg (optional - produces a nice crust)
6. 1/2 cup vegetable oil OR 1/2 cup applesauce
7. 6 cups flour, approximately

Got raisins or sprouts or some leftover cooked vegetables? Throw them in!

Mix together first 6 ingredients (plus any leftovers, etc.). Add two cups flour and risen yeast. Beat well until yeast and flour are absorbed. Add more flour a cup at a time, and continue kneading in more flour until dough will no longer absorb any more. Dough should be smooth and elastic by this time.

Grease a large bowl and place dough inside bowl. Turn dough in bowl to grease all sides and cover with a towel. Let rise for 1 hour in a warm place free of drafts (inside an oven with the oven light on works well). Remove dough from bowl, punch down and let rest 5 minutes, then form into loaves or buns. Rise for another hour. Bake 20 minutes at 400 degrees.

Makes 2 large loaves or 3 smaller loaves.

*For an even nicer texture, punch dough down and let rise a 2nd hour before forming into loaves or buns.

This recipe came from the mother-in-law of Harriett Fjaagesund. She Harriett has been making it for over 30 years now.

This recipe was discovered by Treasure Box Toys at:

<http://breadnet.net/moms-farm-bread.html>