

Artisan Breads

The Recipes

French Bread

A classic lean bread

1 3/4	pounds	Bread Flour
1/3	ounce	Yeast -- instant
1/2	ounce	Salt
1	ounce	Sugar
16	ounces	Warm Water
3/4	ounce	Butter*

Combine flour, salt, yeast, sugar and butter in large mixing bowl.

Add water.

Knead for approximately 10 minutes or until smooth and elastic.

Place in oiled bowl and let rise until doubled (about 45 minutes)

Punch down dough and release all air bubbles.

Divide dough into 3 equal parts.

Let rest for 10-15 minutes.

Shape dough.

Let proof for 30-45 minutes.

Bake at 425°F for 20 minutes or until golden brown.

* Canola or Olive Oil can be substituted for the butter.

Per Serving (excluding unknown items): 88 Calories; 1g Fat (8.9% calories from fat); 3g Protein; 17g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 158mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Herb & Cheese Rolls

A variation to French Bread

Ingredients for French Bread plus:

4	ounces	Cheddar Cheese -- shredded
1	T	Dried Dill
1	T	Chives -- chopped

Follow recipe for French Bread, except when mixing ingredients, add herbs and all but 1 ounce of cheese.

Knead for approximately 10 minutes or until smooth and elastic. In last round of kneading, add reserved cheese.

Follow the remaining instructions and bake at 425°F for 10-20 minutes or until golden brown.

Per Serving (excluding unknown items): 95 Calories; 1g Fat (13.7% calories from fat); 4g Protein; 17g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 173mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Old-Fashioned Yeast Roll

The "never-fail" yeast roll

2	pkg	Yeast
1	T	Salt
1 1/2	cups	Warm Water
2	each	Eggs -- Beaten
1/2	cup	Sugar
3	cups	All-Purpose Flour
3	cups	Bread Flour

Combine yeast, salt, sugar, and water. Stir.

Add eggs.

Add bread flour. Stir.

Add remaining flour. Knead into a ball.

Let rise for 1 hour.

Make into rolls or a loaf.

Let rise 1 hour.

Bake for 15-20 minutes at 400.

Per Serving (excluding unknown items): 284 Calories; 2g Fat (5.3% calories from fat); 9g Protein; 58g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 190mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.

Granny's Potato Sourdough

based on a recipe by Effie Davis

4 1/2	ounces	Sugar
1/2	ounce	Potato Flakes
8	ounces	Warm Water
8	ounces	Granny's Sourdough Starter

6	cups	Bread Flour
4 1/2	ounces	Sugar
1	T	Salt

8	ounces	Warm Water
8	ounces	Starter Mix (from above)
4	ounces	Corn Oil

Combine first set of ingredients in a bowl and stir well.

Let sit for 8 to 16 hours. (This becomes your starter mix.)

Combine second set of ingredients in a bowl. Make a well in the center.

In a separate bowl or jar, stir together the third set of wet ingredients. Pour into well.

Using a fork, combine the wet into the dry, making a dough.

Knead dough slightly in the bowl just to combine all of the ingredients.

Cover the dough and let proof for 8 to 16 hours.

Pour the remainder of the starter mix back into the original jar. (This 'feeds' the starter and keeps it going.)

After dough has proofed, punch down and pan into 2 greased loaf pans.

Rise for 8 hours.

Bake 25 to 30 minutes at 350 until golden brown and hollow sounding when tapped.

Notes

(1) Substituting half of the bread flour for wheat flour produces a wonder sourdough as well!

(2) The dough makes an excellent base for cinnamon rolls.

(3) As the starter ages, it will become more potent and the same recipe will yield enough dough for 3 loaves.

Per Serving (excluding unknown items): 152 Calories; 4g Fat (20.9% calories from fat); 3g Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Granny's Sourdough Starter

Needed for Granny's Potato Sourdough

1/4	ounce	Yeast
4	ounces	Warm Water
12	ounces	Warm Water
3 1/2	ounces	Sugar
3/4	ounce	Potato Flakes

Combine first 2 ingredients in a quart-size jar until yeast is frothy.

Combine next set of ingredients in a quart-size bowl. Stir until sugar has mostly dissolved.

Pour sugar and potato mixture into the yeast mixture. Put on an air tight lid and shake.

Set at room temperature for 24 to 36 hours.

Once the mixture has set at room temperature for the allotted time, it is ready to be used in *Granny's Potato Sourdough Bread*.

Per Serving (excluding unknown items): 480 Calories; trace Fat (0.7% calories from fat); 4g Protein; 119g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Other Carbohydrates.

Basic Sourdough

based on a recipe by Emeril Lagasse

2 cups Bread Flour
1 1/2 cups Basic Sourdough Starter
1/2 t Salt

Mix the flour, salt and starter together to make a dough.

Knead the dough until it is elastic and smooth.

Place a bowl sprayed with pan spray. Lightly spray top of dough with pan spray and cover with plastic wrap. Let rise in a warm place until doubled (about 1 hour).

Lightly punch down the dough to release the air bubbles. Working from the edge, pull at the side of the dough and gently fold over the side until all of the edges are folded over and the bulk of the air bubbles have been released.

Shape into a small sphere and place on a parchment-lined sheet pan and cover. Allow dough to double – this will take about 1 hour.

After the dough has doubled, preheat the oven to 400°F. With a sharp knife, cut a large "X" or cross-hatch pattern into the top of the dough. Brush or mist water over the loaf.

Bake until dark golden brown. The loaf should sound hollow when tapped with your finger.

Remove the loaf from the oven and let cool completely on a wire rack.

Per Serving (excluding unknown items): 1348 Calories; 6g Fat (3.9% calories from fat); 44g Protein; 273g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1608mg Sodium. Exchanges: 18 Grain(Starch); 0 Lean Meat; 0 Other Carbohydrates.

Basic Sourdough Starter

based on a recipe by Emeril Lagasse

3 cups Warm Water
1 1/2 T Active Dry Yeast
1 t Sugar
3 cups All-Purpose Flour

In a large bowl, combine the water, yeast, and sugar. Let sit until the yeast becomes foamy, about 5 minutes. (If the yeast does not foam, toss the mixture and begin again with a new yeast.)

Add the flour and whip into a mixture. Cover with cheesecloth and let rest in a warm [not hot] place for 8 to 12 hours. Use or cover and store in refrigerator.

Each time you use the starter, save at least a 1/2 cup. Replace the amount that you have taken out with equal amounts of flour and water. [i.e., take out 1 1/2 cups and replace with 1 1/2 cups warm water and 1 1/2 cups flour.]

Feed the starter every 2-3 days. First, remove a cup [for use or just throw away]. Then feed with a cup of warm water and a cup of flour. Whisk in until combined, cover and return to refrigerator.

Emeril's Disclaimer:

"CAUTION: Never keep your starter tightly closed! The gasses expelled by the yeast will build up pressure and may cause the container (such as a glass jar) to burst! "

Per Serving (excluding unknown items): 1435 Calories; 4g Fat (2.9% calories from fat); 46g Protein; 297g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 19 Grain(Starch); 1 Lean Meat; 1/2 Other Carbohydrates.

Scones

An delicious quick bread

8 1/2	ounces	All-Purpose Flour
3	ounces	Cream
2	t	Vanilla extract
1		Egg -- beaten
2	ounces	Sugar
3	ounces	Butter
1	pinch	Salt
2	t	Baking Powder

Combine flour, sugar, salt, and baking powder in a bowl.

Cut in butter.

Combine cream, egg and vanilla. Add to dry mixture.

Form into a dough, kneading slightly.

Form into a ball and press into a disk.

Slice raw dough into 8 wedges. Place wedges on parchment-lined baking sheet.

Brush tops with cream.

Bake at 400 for 15 minutes or until golden brown.

Per Serving (excluding unknown items): 251 Calories; 12g Fat (43.6% calories from fat); 4g Protein; 31g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 238mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 1/2 Other Carbohydrates.