



King Arthur Flour Life Skills Basic Bread Recipe

Makes 2 loaves (Alert!!! This recipe takes about 3 1/2 hours to make.)



- 2 cups warm water
- 1/4 cup sugar
- 1 packet **Red Star** Active Dry Yeast
- 2 cups **King Arthur** 100% Organic White Whole Wheat Flour
- 1 tablespoon salt
- 1/4 cup vegetable oil
- 4 cups **King Arthur** Unbleached All-Purpose Flour, plus extra for kneading

- ❑ In a large bowl, combine warm water, sugar, yeast, and 2 cups King Arthur 100% White Whole Wheat Flour. Cover mixture with a clean towel and let stand 10 minutes until bubbly.
- ❑ Stir in salt and vegetable oil.
- ❑ Stir in King Arthur All-Purpose Flour, 1 cup at a time. When the dough holds together and all the flour is mixed in, plop dough out onto a clean, floured surface.
- ❑ Knead the dough (See Dough! page 3). Sprinkle your hands or the work surface with just enough flour to prevent sticking. Use your dough scraper, too. After 5 minutes, take a break and let the dough rest.
- ❑ Scrape out the mixing bowl, and smear oil all around the inside.
- ❑ Knead the dough for a few more minutes. (When you lightly press the dough with your fingertips, it should bounce right back.) Put the dough into the oiled bowl, flip the dough once, and cover with plastic wrap and a clean towel. Put the dough in a warm place to rise until double in size, about 1 1/2 hours.
- ❑ Gently deflate the dough and turn it out onto a floured surface. Divide the dough in half and form into loaves.
- ❑ Grease a baking sheet; put your loaves on it. Cover the dough with plastic wrap and a clean towel and let the dough rise again for 30 minutes. Preheat oven to 375°F.
- ❑ Carefully remove plastic wrap and slash the tops of the loaves with a sharp knife. Bake the loaves for about 30 minutes until the crust is golden brown and the loaf sounds hollow when tapped on the bottom.
- ❑ Cool the bread on a rack. Enjoy!



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Other ideas for the King Arthur Flour Life Skills Basic Bread Recipe—

Beautiful Braid

- After the first rise, use 1/2 Basic Bread Recipe. Divide this into three equal pieces.
- Roll the dough into ropes of equal size.
- Braid the dough. Cover and let rise 30 minutes.
- Preheat oven to 375°F.
- Bake braid for 30 minutes. Cool braid on a rack.



Pizza!!!

- After the first rise, use 1/2 Basic Bread Recipe. You can make two round pizzas. Press the dough into a circle on an oiled pizza pan. If the dough "fights" you, let it rest for a few minutes.
- Preheat oven to 450°F.
- Bake your pizza crust without anything on it for 10 minutes.
- Add toppings and bake 15 minutes more.



Scrumptious Cinnamon Rolls

- After the first rise, use 1/2 Basic Bread Recipe. Roll dough into a rectangle.
- Sprinkle dough with cinnamon sugar.
- Starting with the long edge, roll up the dough. Pinch the long seam together.
- Pass a length of dental floss under the dough where you want to cut it. Wrap the floss around the dough and pull both ends (like you're tying a shoelace) and voila!
- Tip: Cut the log in half, cut the halves in half, then cut those fourths in half.*
- Place the rolls, cut side up, into a well-greased cake pan. Cover and let rise 30 minutes.
- Preheat oven to 350°F.
- Bake rolls 30 minutes, until brown and puffy.



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