

THIS WEEK'S RECIPE

As seen on hdnews.net



Amish White Bread

By Chelsey Smith
Good Hope 4-H Club

- 2 c. warm water (110 degrees)
- 2/3 c white sugar
- 1½ T active dry yeast
- 1½ t. salt
- ¼ c vegetable oil
- 6 c. bread flour

In a large bowl, dissolve the sugar in warm water, then stir in yeast.

Allow to proof until yeast resembles a creamy foam.

Mix salt and oil into the yeast. Mix in flour one cup at a time. Knead dough on a lightly floured surface until smooth. Place in a

well oiled bowl, and turn dough to coat. Cover with a damp cloth. Allow to rise until doubled in bulk, about 1 hour.

Punch dough down. Knead for a few minutes, and divide in half. Shape into loaves, and place into two well oiled 9 x 5 loaf pans. Allow to rise 30 minutes or until dough has risen 1 inch above pans.

Bake at 350 degrees for 30 minutes.



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Water	Faucet
Sugar	11
Dry Yeast.....	11
Salt	11
Vegetable Oil	11
Bread Flour.....	11

Nutrition Facts

Serving Size (63g)		Servings Per Container 24	
Amount Per Serving			
Calories 170	Calories from Fat 25		
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 150mg			6%
Total Carbohydrate 31g			10%
Dietary Fiber less than 1g			4%
Sugars 6g			
Protein 4g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			



makes two loaves, cut into 12 slices

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