

# JUST THE FACTS YEAST BREAD RECIPES

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## Baguette

2 cups lukewarm water	2 teaspoons salt
1 package (2 teaspoon) active dry yeast	2 teaspoons cornmeal
5-6 cups high-gluten or all-purpose flour	1 egg
	2 Tablespoons (1 ounce) water

### Procedure:

1. Mix yeast and water in a large bowl. Set aside for 3 minutes.
2. Add flour and salt to the bowl. Mix well.
3. Turn the mixture out onto a floured board. Knead until smooth, elastic and shiny.
4. Place dough in a greased bowl, covered by a damp cloth, and set it in a warm place to rise.
5. When dough has doubled in size (about 1½ hours), punch down.
6. Divide dough into 4 equal parts, and roll into baguette shapes.
7. Sprinkle cornmeal into baguette pans, and place the dough in it. Cover dough with a cloth again and set aside for the second rising.
8. Beat the egg well with the water.
9. When the dough has again doubled in size, slash the top of each baguette, and paint them lightly with the egg mixture.
10. Place the loaves in a preheated 400° oven. Cook 25 minutes or until nicely browned.
11. Remove the baguettes from the pans and cool on a wire rack.

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## Honey Whole Wheat Bread

2 cups lukewarm water  
1/3 cup honey  
1 package active dry yeast  
6 cups **whole wheat** flour

1½ teaspoons salt  
1 egg, lightly beaten  
½ stick (2 ounces) melted butter

### Procedure:

1. Dissolve honey in water in a large bowl, add yeast and set aside for 3-4 minutes.
2. Add flour, salt, egg and melted butter and mix well
3. Turn the mixture out onto a lightly floured board and knead until smooth, elastic and shiny. Place in an oiled bowl, cover it with a slightly damp cloth, and put it in a warm place to rise. Alternatively, let the dough rise slowly overnight in the refrigerator, then take it out the next day and let it rise at room temperature until doubled in size.
4. Punch the dough down, divide it in half, and shape the halves into loaves. Place in 2 oiled bread pans, cover with a cloth, and set aside for a second rising.
5. When the loaves have doubled in size, place them in the center of an oven preheated to 350°, leaving a few inches between the pans. Bake about 50 minutes, or until the tops are nicely browned.