

Hallelujah Acres Colonial Bread

Prep Time: 12 minutes + cooking time

1 package yeast
2-1/2 cups unbleached white flour
1/2 tsp Celtic Sea Salt (optional)
1-1/2 cups very warm distilled water
1 cup rye flour
1 cup yellow corn meal
1/2 cup raw unfiltered honey

Instructions:

Heat water to between 110 and 115 degrees. Combine honey, yeast, Celtic Sea Salt and water, and stir to dissolve. Allow to work for 10 to 20 minutes. Add corn meal, mixing thoroughly, then add rye flour while continuing to mix. Work in unbleached flour 1/2 cup at a time until dough is smooth and elastic - about 5 to 10 minutes. Dough should be stiff.

Place the dough on a well-floured cutting board, and sprinkle with enough flour to cover lightly. Flour your hands. Knead* dough to form an even, elastic consistency. This step is extremely important as it develops the gluten. The gluten acts as a net to hold in air bubbles formed by the yeast. The result is a bread that is more airy and light.

Place the dough in a bowl lined with liquid lecithin. Cover with a clean dish towel. Place in a warm location and allow to rise until doubled. This usually takes about 1-1/2 hours.

Remove the dough from the bowl, punch it down and knead for a few seconds. Divide dough in two, and shape each half into a loaf. Place into lecithin-lined loaf pans (8"x4"x2"), cover and allow to rise until doubled. About 45 minutes.

Bake in a preheated oven at 350 degrees for 40 to 45 minutes. The crust should be golden brown. Remove from oven and place pans on a wire rack to cool.

*Kneading consists of folding the dough in half, pushing it down and away from you. Turn the dough a one-quarter turn and repeat until all the dough is kneaded. The harder the dough is worked, the better the texture will be and the more the bread will rise. If the dough is sticky, add a small amount of flour. After kneading 5 or 10 minutes, press slightly to see if the dough returns to its original shape. If so, it is ready to rise.

You can also put the ingredients into a bread maker. Coat the sides and bottom of the bread maker with olive oil.

Recipe Credit:

Rhonda Malkmus of Hallelujah Acres from "Recipes For Life."

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