

Brown Bread II

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

Yield: 3 loaves

*1 package yeast
1/2 cup lard or drippings
3 cups potato water
1 tablespoon molasses
1 teaspoon salt
1 teaspoon sugar
2 to 3 cups bran
flour*

Preheat the oven to 400 degrees.

In a bowl, dissolve the yeast according to package directions.

In a bowl, mix the lard, potato water, molasses, salt and sugar.

Add the yeast mixture and the bran.

Gradually add flour, enough to make a stiff dough. Place in a warm location to rise until double in bulk.

Form into loaves and set in a warm place to rise until double in size.

Bake for one hour.

Per Serving (excluding unknown items): 342 Calories; 5g Fat (9.2% calories from fat); 21g Protein; 96g Carbohydrate; 52g Dietary Fiber; 0mg Cholesterol; 2145mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 1 Fat; 1 Other Carbohydrates.