

English Muffin Loaf

Gina Siraco

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*2 packages yeast
6 cups unsifted flour
1 tablespoon sugar
1/3 cup water
2 teaspoons salt
2 cups milk
1/4 cup baking soda
cornmeal*

Preheat the oven to 400 degrees.

In a bowl, combine three cups of flour, yeast, sugar, salt and baking soda.

In a saucepan, heat the water and milk until very warm. Add to the dry mix, stir in the rest of the flour to make a stiff batter. Spoon the batter into two 8-1/2 x4-1/2 pans greased and sprinkled with cornmeal. Sprinkle the tops with cornmeal also.

Cover and let rise in a warm place for 45 minutes.

Bake for 25 minutes.

Remove from the pan immediately. Cool.

Slice as needed. Toast and serve with butter and jam.

Per Serving (excluding unknown items): 3119 Calories; 24g Fat (7.1% calories from fat); 99g Protein; 613g Carbohydrate; 24g Dietary Fiber; 66mg Cholesterol; 19630mg Sodium. Exchanges: 38 Grain(Starch); 1/2 Lean Meat; 2 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.