

French Bread

Jan Druyvesteyn

The Church of St. Michael and St. George - St. Louis, MO - 1980

Yield: 2 loaves

4 1/2 to 5-1/2 cups bread flour

1 tablespoon sugar

1/2 tablespoon salt

2 packages dry yeast

1 tablespoon margarine, softened

1 3/4 cups very warm tap water (120-130 degrees)

cornmeal

vegetable oil

1 egg white

1 tablespoon cold water

In a large bowl, thoroughly mix 1-1/2 cups of flour, sugar, salt and undissolved yeast. Add the margarine. Gradually add the tap water to the dry ingredients. Beat for 2 minutes at medium speed of a mixer, scraping the bowl occasionally.

Add 3/4 cup of flour. Beat at high speed for 2 minutes. Stir in enough additional flour to make a stiff dough. Turn out onto a lightly floured board. Knead until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap and then a towel. Let rest for 20 minutes.

Divide the dough. Roll each half into an oblong 15x10 inches. Beginning at the wide side, roll up tightly; pinch the seam to seal. Taper the ends. Place on greased baking sheets, sprinkled with cornmeal. Brush the dough with oil. Cover loosely with plastic wrap.

Refrigerate for two to twenty-four hours.

When ready to bake, remove from the refrigerator. Uncover the dough carefully. Let stand at room temperature for 10 minutes.

Bake at 425 degrees for 15 minutes.

Remove from the oven and brush with an egg white/water mix.

Per Serving (excluding unknown items): 2433 Calories; 22g Fat (8.4% calories from fat); 83g Protein; 465g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 3405mg Sodium. Exchanges: 30 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Fat; 1 Other Carbohydrates.