

# Molasses Bread

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1 cup water  
2/3 cup yellow cornmeal  
1/2 cup molasses (not blackstrap)  
4 tablespoons unsalted butter  
1/2 cup lukewarm water (105 to 110 degrees)  
1 packet (1/4 ounce) active dry yeast  
4 to 5 cups all-purpose flour  
1/3 cup nonfat dry milk  
1 1/4 teaspoons Kosher salt  
vegetable oil (for brushing)  
melted butter (for brushing)

## Preparation Time: 50 minutes

In a saucepan, combine one cup of water, the cornmeal, molasses and butter. Bring to a simmer over medium-high heat, whisking constantly, until the mixture thickens and starts to bubble, about 3 minutes. Transfer to the bowl of a stand mixer and let cool until lukewarm (105 to 110 degrees), stirring occasionally, about 20 minutes.

In a small bowl, sprinkle the yeast over the lukewarm water and let stand until foamy, about 5 minutes. Add to the cornmeal mixture along with one cup of flour and the dry milk. Mix with a wooden spoon. Cover with a kitchen towel and set aside in a warm place until the dough increases slightly in volume and is bubbly, about 30 minutes.

Mix the dough with the dough hook attachment on medium-low speed, then mix in the salt and remaining three to four cups of flour, 1/2 cup at a time, scraping down the bowl after each addition, until the dough comes together into a firm, tacky ball. Increase the speed to medium high. Knead the dough with the mixer until it pulls away from the bowl, about 2 minutes. Turn out onto a lightly floured surface and knead by hand until smooth and pliable, adding more flour as needed, about 5 minutes. Brush a large bowl with vegetable oil. Add the dough. Cover with a kitchen towel and set aside in a warm place until doubles in size, 60 to 90 minutes.

Brush a 9x5-inch loaf pan with vegetable oil. Punch down the dough and turn out onto a clean surface. Shape into a smooth 8x4-inch loaf, then transfer to the pan. Cover loosely with oiled plastic wrap and set aside in a warm place until the loaf rises above the pan by 1/2 inch, 30 minutes to one hour. Meanwhile, preheat the oven to 375 degrees.

Uncover the pan and transfer to the oven. Reduce the temperature to 350 degrees. Bake until the bread is golden and sounds hollow when tapped, 35 to 45 minutes. (Cover loosely with foil if it is browning too quickly.) Brush with melted butter and let rest in the pan, 10 minutes. Turn out onto a rack and let cool before slicing or freezing

**HOW TO BLOOM YEAST**  
*Yeast is a living thing but you need to activate it (or "bloom" it) in warm water. The water should be 105 to 110 degrees; if it is too hot, it will kill the yeast. Sprinkle the yeast over the water and wait about 5 minutes. The mixture should appear bubbly and foamy. If it doesn't, start over with a new packet of yeast.*

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Per Serving (excluding unknown items): 2724 Calories; 53g Fat (17.8% calories from fat); 77g Protein; 476g Carbohydrate; 22g Dietary Fiber; 132mg Cholesterol; 2592mg Sodium. Exchanges: 30 Grain(Starch); 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 9 Fat.