

My Mothers Hi-Protein Bread

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Yield: 2 loaves

2 packages dry yeast
2 1/2 cups very warm water
1 cup nonfat dry milk
2 tablespoons honey
2 tablespoons vegetable oil
3 teaspoons salt
1/2 cup soya flour
2 tablespoons wheat germ
6 1/2 cups sifted flour

In a large bowl, sprinkle the yeast into very warm water. Stir until the yeast dissolves. Then stir in the dry milk, honey, oil and salt. Beat in the soya flour and wheat germ with two cups of flour until smooth. Beat in enough of the remaining flour to make a soft dough.

Turn out onto a lightly floured surface. Knead until smooth and elastic, about 10 minutes, using only as much flour as needed to keep the dough from sticking. Place in a greased bowl. Turn to coat all over with shortening. Cover. Let rise to double, about one hour. Punch down, turn out onto a board. Invert a bowl over the dough. Allow to rest 20 minutes. Divide into two loaves. Place the loaves into 9x5-inch pans. Let rise again until doubled, about 40 minutes.

Bake in a 350 degree oven for 50 minutes or until golden and the loaves sound hollow when tapped.

Remove from the pans to wire racks. Cool completely.

Per Serving (excluding unknown items): 3618 Calories; 37g Fat (9.4% calories from fat); 129g Protein; 680g Carbohydrate; 26g Dietary Fiber; 24mg Cholesterol; 7063mg Sodium. Exchanges: 38 Grain(Starch); 1/2 Lean Meat; 5 Non-Fat Milk; 5 1/2 Fat; 2 1/2 Other Carbohydrates.