

Tavern Bread

*The Clovia Recipe Collection
Best of the Best from Minnesota Cookbook*

Yield: 2 loaves

*1 3/4 cups beer (or water)
1/2 cup cornmeal
1/3 cup molasses
2 tablespoons shortening
1 package dry yeast
1/2 cup warm water
2 teaspoons salt
4 to 5 cups flour (part whole wheat)
1 pound Cheddar cheese, cut in 1/2-inch cubes
1/2 pound summer sausage (optional), cut in 1/2-inch cubes
cornmeal to sprinkle*

Combine the beer and cornmeal in a heavy two-quart saucepan. Bring to a boil, stirring frequently. Cook until thickened. Remove from the heat. Stir in the molasses and shortening. Cool to lukewarm.

Soften the yeast in warm water. Add to the cornmeal mixture. Mix well. Add the salt and enough flour to make a stiff dough. Knead on a well-floured surface until smooth, about 5 minutes. Place in a greased bowl and cover. Let rise until doubled, about one hour.

While the dough is rising, prepare a jellyroll pan by lining with aluminum foil, dull side up. Sprinkle with cornmeal in the areas where the loaves will be. Divide the dough in half. Roll or press each half into a 12x8-inch rectangle.

Press half of the cheese and sausage cubes into each piece of dough. Beginning with the long side, roll up tightly. Place on the prepared pan. Let rise until doubled, about one hour.

Preheat the oven to 350 degrees.

Bake until the loaves are a rich golden brown and feel firm, 40 to 45 minutes.

Cool the loaves on wire racks. If desired, brush the loaves with butter before cooling.

Per Serving (excluding unknown items): 2615 Calories; 178g Fat (60.8% calories from fat); 122g Protein; 137g Carbohydrate; 7g Dietary Fiber; 476mg Cholesterol; 7130mg Sodium. Exchanges: 3 1/2 Grain(Starch); 16 Lean Meat; 25 Fat; 5 Other Carbohydrates.