

## Hello MBC Family ~

In preparation for our special homebound family communion I wanted to offer some help. Baking bread for your family will set a glorious invitation and expectation for what is to come. For those of you accustomed to baking bread you know exactly what I mean. The smell of bread baking in your home creates an inviting atmosphere few other aromas can match.

But for those who have not tried their hand at bread baking -- I wanted to offer a simple recipe. Just make sure you plan ahead as the entire process from beginning to end will take 3 - 3 ½ hours. Here is the recipe that I followed in preparation for Todd's video:

### Ingredients:

3 cups warm water (110 degrees) I used my hot tap water  
1 tsp white sugar  
1 Tablespoon active dry yeast  
1 Tablespoon salt  
7 cups flour

1. Mix **yeast, sugar & water** in a your stand mixing bowl or large mixing bowl. Let rest for **10 minutes**
2. Stir in **4 cups of flour** with your mixing paddle or sturdy wooden spoon. Beat until smooth. Cover with plastic wrap or clean towel and let rest for **15 minutes**
3. I used a dough hook to beat in **salt & remaining 3 cups of flour** -- one cup at a time. I mixed until the dough was pulling away from the sides of the bowl. Then I kneaded the dough on my countertop for several more minutes using about another ½ cup of flour until smooth as a bambino's behind! (Please know you do not need a dough hook to mix bread -- you can totally do it by hand). Spray a large bowl with cooking spray and place your dough in the bowl, turning it once so that all sides of the dough are greased. Cover with plastic wrap (or a towel), and let double in size. I preheated my oven for 2 minutes & then turned it off. I put my greased, plastic covered bowl of dough in the oven for **1 hour**.
4. Once doubled, punch down & let rise again. I put my plastic covered bowl back in the oven to double again -- took about **45 minutes**.
5. Once doubled again, punch down and form into three fat "footballs." Grease heavy cookie sheet and sprinkle with corn meal. Place bread on sheet, cover with plastic wrap & let rise. I put my sheet back in my still warm oven for another **30 minutes**.
6. Take the baking sheet out of the oven & preheat to 450 degrees. Once preheated, remove your plastic wrap & cut diagonal slits across the tops. Then spritz your loaves with water & put them in your oven. After 5 minutes I spritzed again. After another 5 minutes I spritzed again. Total baking time was **20-25 minutes**. Immediately remove from baking sheet & cool on wire rack.

7. **ENJOY!!**

*Lovingly ~ Kris*

