

Absolutely Easy Yogurt Bread

Ingredients

2 C. wrist-warm water
1 1/2 T. dry yeast
2 T. honey
2 t. salt
1 C. plain yogurt
7 1/2 C. unbleached white flour*
Shortening to grease pans



Directions

Grease 2 8" loaf pans** with shortening and set aside. Preheat oven to 350 degrees.

Mix water, yeast, and honey together; stir to dissolve. Allow to sit for 5 minutes. Add salt and yogurt and mix together thoroughly. Using a heavy-duty mixer with a dough hook or heavy spoon, stir in about 7 1/2 C. flour until the forming dough starts to leave the sides of the bowl.

If mixing by hand, scrape the dough onto a floured board. Dust with flour as needed, and knead for 10 minutes or until dough feels smooth and satiny, and pops back when you poke it with a finger.

If using a heavy duty mixer, continue to mix for about 7 minutes.

For two 8" loaves, divide dough in half, and briefly knead each to shape; place into greased loaf pans. Cover dough with a cloth, and let rise in a warm spot until it comes to the top of the pan, about 30 minutes. Bake in a pre-heated 350 degree oven for approximately 40 minutes.

Remove from pans immediately, and cool in wire racks.

**Or 50/50 white/whole wheat flour, or 100% white whole wheat*

***Or 5 one-pound loaf pans; bake for about 35 minutes.*

Recipe adapted from Make Your Own Convenience Foods, by Joan and Don German.



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