

# tasty bread recipe!

1. Combine in a saucepan:

- 1½ cup water**
- 1 cup rolled oats**
- 1 Tablespoon oil**
- ¾ teaspoon salt**

Cook, stirring often, over medium-low heat, until smooth and thick. Set aside to cool.

2. Stir into the cooling oatmeal:

- ½ cup molasses**
- ½ cup cold water**

3. Measure into medium bowl & set aside:

- 4½ cups unbleached flour**

4. Wait till the oatmeal mixture is cool enough to hold your finger in for 30 seconds: 'warm bath' temperature.

5. Heat up a little bit of water and measure into a large mixing bowl:

- ¼ cup warm water**

When this is at 'warm bath' temp, add:

- 2¼ teaspoons bakers' yeast**

Let sit for 5 minutes, then stir to dissolve.

6. Add the oatmeal-molasses-water mixture to the yeast-water bowl. Stir till combined.

7. Mix in the 4½ cups of flour. When it gets too hard to stir, spread some flour on your clean countertop and dump out the whole mess. Scrape the crumbs out of the mixing bowl and rub it with oil.

8. Knead the dough:

- › Gather stray pieces into the center
- › Fold it towards you, back on to itself
- › Push it down hard with both hands
- › Rotate the blob a quarter turn
- › Stretch the mixture away from you

Repeat until the dough is springy and smooth, and has absorbed all its crumbs (10-20 minutes). If the dough sticks, spread some more flour under it.

9. Place the smooth dough ball into the oiled mixing bowl, turning it to coat it with oil. Cover with plastic wrap and let rise in a warm place for 1-1½ hours.

10. Cut the dough in half. Form each half into a round ball. Let them rest on the counter for 30 minutes, covered with plastic wrap. Oil two loaf pans.

11. Shape each half into a loaf, and place each loaf into an oiled pan. Cover with plastic wrap and let rise in a warm place for another hour or so. After 45 minutes, preheat the oven to 350°.

12. When the dough stays indented after you poke it lightly with your finger, gently put the loaves in the preheated oven. After 20 minutes, rotate them front to back.

13. After 40-45 minutes of baking, check a loaf: if the bottom is browned and sounds hollow when you tap on it, it's done.

14. Let it cool, then eat up. Yummy!