

White Bread/Rolls



Put 2 cups of milk in a pot and let it scald. (The milk will get very hot and steamy and little bubbles form around the edge but DOES NOT come to a boil).

Meanwhile, in a nice large bowl, add $\frac{1}{4}$ cup white sugar, 4 teaspoons salt, $\frac{1}{4}$ cup shortening (cubed into small pieces), and 1 cup of hottest tap water. Mix well.

Pour scalded milk over the water mixture and continue to squash any bits of shortening.

In a 2 cup measuring cup (or any bowl that will hold about 2 cups) put 1 cup of lukewarm water and dissolve 2 tsp. sugar in the water. Sprinkle 5 tsp. of traditional active dry yeast* and let stand for 10 minutes. * If you don't have this type of yeast – use whatever yeast you have – (instant yeast, rapid yeast, bread machine yeast). Just remember – if you use any of these yeasts – sprinkle them in your flour but the 1 cup of lukewarm water and the 2 tsp. of sugar that you WOULD have used with the traditional active dry yeast must be replaced – SO – make sure to add the extra 2 tsp. of sugar and the 1 cup of water in the shortening mixture you already have mixed.

Once the 10 minutes has passed for raising your yeast – make sure your shortening mixture is lukewarm. If it is, mix your yeast mixture with a fork and then add to the shortening mixture.

Measure out your flour into TWO BOWLS as follows:

In Bowl # 1:

5 cups flour (and into this flour sprinkle your other kind of yeast (if NOT using the kind dissolved in water) and mix it up.

In Bowl # 2:

An additional 5 cups of flour

Now – in the large bowl that has your yeast mixture – add Bowl # 1 all at once and with a nice big wooden spoon (or whatever spoon you may have) – stir it really, really well until any lumps of flour are incorporated.

Now – from Bowl # 2 – sprinkle in about HALF of that flour and mix well – until you don't think you can mix any more. Pour on your counter/surface all the rest of the flour and sprinkle some in the centre area you will be working on (you will use ALL the flour eventually). Pour your dough out onto the counter/surface. You will start sprinkling the flour over this surface and push it into the flour with your fingers – fold the dough over – and if sticky – sprinkle a little more flour – continue like this until you have a dough ball forming and you still have some flour off to the side that you haven't

used yet. Fold over the dough and with the heels of your hands – push down and forward. Keep folding over the dough and kneading with the heels of your hands and pushing forward – keep doing this until all the flour you poured out of Bowl # 2 is complete – this whole process will take you about 6 minutes from the time you put the dough on your working surface until all the flour is incorporated.

Clean out your large bowl and add about a tsp. of vegetable oil and spread around the whole surface – use the oil as much as needed. Place the dough into the bowl and push down to all corners of the bowl (I know, I know – there's no corners in a bowl – but you know what I mean!!! Lol). Place the bowl on top of a folded towel and loosely cover the bowl with plastic wrap and set it into a nice warm spot (some people place it in the oven with the oven light on). Let it rise for 1 ½ hours.

After it has raised for the 1 ½ hours – dump the dough out onto your working surface. This recipe will make 4 loaves of bread. My pans are 9 x 5 inches (that's the inside measure of the pan). The original recipe called for 8 ½ x 4 ½ inch pans – so just try out what you have. What I usually do is make 2 loaves of bread and a cookie sheet of pan rolls. So – once you put the dough out onto the surface – cut it exactly in half and set aside (for the rolls), and the other half I cut in 2 – and then in 2 again – so that you have 4 balls of dough to make into bread and a large piece of dough to make into rolls.

Prepare your bread pans with a little spray of cooking spray and drape a piece of parchment paper across the bread pan so that the sides drape over – or simply just spray with cooking spray and grease it whatever way you like. Form each one of your pieces of dough nicely into a smooth ball and place 2 balls into each loaf pan and cover very loosely with plastic wrap and place back on a folded towel in a nice warm place free from any drafts or open windows. Make the rest of the dough into rolls whatever size you want (you can make them larger like a hamburger bun for lobster rolls or smaller like a dinner rolls – or into a muffin tin – your choice). Let the bread and the rolls rise for 1 ½ hours.

Preheat your oven to 400 degrees. White bread needs a hot oven. Carefully and gently remove the plastic wrap from the bread and the rolls. Place the loaves of bread and the pan of rolls all together into the oven. Set the timer for 20-22 minutes and take the rolls out at that time. Spread out the bread in the oven and let them continue to bake for another 10 minutes.

Immediately remove the rolls from the cookie sheet and place on a cooling rack and brush with butter.

Remove the bread from the oven when 30 minutes is up – remove one loaf from the pan and tap on the bottom – if it sounds hollow – it's done nicely. Remove both loaves from the pans and place on a cooling rack and brush with some butter. It is best to not cut into the bread until at room temperature – or you'll get doughy crumbs – it needs to sit and come to room temperature. Congratulations – you did awesome!!