

Bread in a Bag (An easy recipe for wheat bread)

Ingredients:

- ◆ 2 cups White Flour
- ◆ 2 cups Whole Wheat Flour
- ◆ 2 tsp. salt
- ◆ 1pkg. Active Dry Yeast (2^{1/4} tsp)
- ◆ 2 Tbls. Sugar
- ◆ 1Tbls. Vegetable Oil

In a 1-gallon plastic bag place ½ cup of white flour, the yeast and 1 Tbls. sugar. Add ½ cup warm water (105-115degreesF). Force the air out of the bag and close the top, then mix until completely blended. Let rest 15 minutes.

Add 1 Tbls. sugar, the salt, 1 cup white flour, 2 cups wheat flour, the oil and ¾ cup warm water. Mix the dough in the plastic bag until the dough pulls away from the bag (about 5 minutes).

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Lightly flour your hands and table. Turn the plastic bag inside out and remove the dough. Save the bag for later use.

Using a spatula divide the dough into three equal parts. Now knead the dough (fold, push, turn, Repeat) each part for 5 minutes. Use only enough flour on your hands and table to keep the dough from sticking.

Cover the kneaded dough with the plastic bag and let rest 10 minutes.

Use vegetable oil to oil the small loaf pans

Press the dough out flat with fingertips into a 4 x 6 inch rectangle. Beginning at a short end, roll the rectangle up tightly like a sleeping bag. With fingertips, pinch the edge to the rest of the dough, forming a seam. Fold over the two ends and pinch. Place dough, seam-side down, in a pan.

Cover loaves with plastic bags and let rise until doubled (about 45 minutes).

Bake in a preheated oven at 400 degrees for 20 to 25 minutes, or until it is golden brown and sounds hollow when tapped. Remove from pans; cool on wire racks 15 to 20 minutes. If the bread is not taken out of the pans, it will become soggy.

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