



RECIPE

FROM THE KITCHEN OF: Larissa Moore

Basic French Bread

ingredients

- 1 CUP WATER
- 1.5 TSP ACTIVE DRY YEAST
- 2 TSP SALT
- 3 CUPS ALL PURPOSE FLOUR
- 1.5 CUPS WHEAT FLOUR

directions

STIR TOGETHER WATER, YEAST, AND SALT IN A BOWL AND LET SIT UNTIL THE YEAST IS DISSOLVED. ADD THE FLOURS AND STIR UNTIL A MOIST BALL IS FORMED. TURN THE DOUGH ONTO A FLOURED SURFACE AND KNEAD FOR 8-10 MINUTES. IF THE DOUGH IS TOO STICKY, ADD A SMALL AMOUNT OF FLOUR IF IT'S TOO WET, COAT YOUR HANDS IN FLOUR AND KEEP KNEADING UNTIL THE DOUGH IS SMOOTH AND ELASTIC. PRIZZLE SOME OIL INTO A BOWL AND PUMP THE DOUGH INTO THE BOWL, COATING IT WITH OIL. COVER WITH A DAMP CLOTH AND LET RISE FOR 1-2 HOURS OR DOUBLED IN SIZE. DEFLATE THE DOUGH AND SHAPE IT INTO A TIGHT BALL, THEN FLATTEN IT OUT INTO A SMALL, ROUGH RECTANGLE. FOLD THE TOP OVER A QUARTER OF THE WAY, PRESS THE SEAM WITH THE PALM OF YOUR HAND, AND REPEAT UNTIL A LOAF IS FORMED. FOLD IN THE ENDS AND LAY THE LOAF SEAM SIDE DOWN ON A PARCHMENT LINED BAKING SHEET AND COVER. LET RISE AGAIN FOR 30 MINUTES. MEANWHILE, PREHEAT THE OVEN TO 400 DEGREES. WHEN IT HAS DOUBLED IN SIZE, CUT THREE SHALLOW, DIAGONAL SLITS INTO THE LOAF, LENGTHWISE AND PLACE IT IN THE OVEN. REDUCE THE OVEN TEMPERATURE TO 375 DEGREES AND BAKE FOR 30-35 MINUTES.