



Honey Oatmeal Bread

Makes 2 loaves

Ingredients:

- 2 cups boiling water
- 1 C old fashioned oats
- 2 Tbs. butter
- ½ c honey
- 1 Tbs. active dry yeast
- 2 tsp table salt
- 5-6 cups white bread flour (says "Better for Bread")
- Egg white for glaze and about 2 Tbsp oats for glaze

Instructions:

Pour boiling water over oats and stir to blend. Mix in shortening and honey. Cool until lukewarm, (less than 120 degrees) then blend in yeast and let stand 5 minutes. You should see a little bit of foaming action from the yeast/honey mix.

Add salt and 4 cups of flour and beat together with a rubber spatula. Let the dough rest 10 minutes, add flour bit by bit until it forms together and is a bit sticky but can be kneaded on the counter.

Clean out the mixing bowl and oil or butter the inside of your clean bowl. Place the smooth ball of dough inside and cover the bowl with a tea towel and let it rise in a warm place for 1 hour.

Punch down the dough, form two smooth balls and let it rest again for 5 minutes. Knead a couple of minutes to get the air bubbles out and pat each ball into a rectangular shape, about 10 inches wide by 12 inches long, and roll like a jelly roll, shaping into two loaves. Gently place each loaf into a well greased 8 ½' x 4 ½' x 3' pan and let the dough rise 1 hour in a warm place covered with an oiled piece of saran wrap.

After the dough has been rising for 1/2 hour or so, preheat the oven to 350 degrees. When the oven comes to temperature and the total rising time is between 50-60 minutes, brush the top of each loaf with beaten egg white mixed with a about 1 tsp of water. Sprinkle tops with some oat flakes, and rebrush with the egg white mix to keep the oatmeal flakes from falling off.

Ready for the oven!

Bake ½ hour at 350 or until internal temperature registers 190 degrees. Let cool for 5 minutes, then gently shake the bread and remove to a rack, leaving the loaf on it's side. Wait at least 20

minutes before slicing into the loaf and do not put in plastic wrap or freeze for at least 4 hours so the internal temperature is cool.

NOTE: You can use 1 cup of whole wheat flour in place of 1 cup bread flour, and can make ½ recipe in you don't want two loaves. In these pictures I made a free form round loaf without a bread pan which works as well.

Original post: <http://www.myglobalkitchens.com/2012/02/field-trip-%E2%80%93-kalona-iowa/>