



Amish Bread

Makes One Loaf

Ingredients

- 215 grams water (about a cup)
- 7 grams yeast
- 28 grams granulated sugar
- 23 grams neutral oil (I use avocado oil but sunflower oil works too)
- 332 grams of bread flour, about 3 cups
- 5 grams of sea salt

Instructions

Stir together water, yeast, and sugar and let it sit for 5 minutes.

Add oil to the mixture.

Put all but about a cup of the bread flour into a bowl large enough to knead the bread. Add sea salt and make sure it is combined with the flour.

Pour the liquid ingredients into the flour and combine, adding the last cup of flour a little at a time. You'll use all the flour.

Using a spatula then your hands, knead the dough until smooth, about 5 minutes. Place dough in an oiled large bowl, cover with saran and let it rise for an hour until doubled in bulk.

After an hour, remove the dough and punch it down. Knead again for 3 minutes, then shape into a loaf and place into an oiled 9" by 5" bread pan. Cover with oiled saran and let it rise for a half hour.

Meanwhile, preheat the oven at 350". After the half hour is up for the bread rising, take scissors and make little slips over the top of the bread or use a very sharp knife to slash it 3-4 times on top. Bake for 28 minutes mid oven until it is golden brown and a thermometer registers at least 190 degrees. Remove from the pan and let it cool on a rack at least an hour before slicing.

This bread slices so easily and makes great sandwiches or toast--or have it fresh spread with butter.