

## BREAD MAKING GUIDELINE

### 12 easy steps

#### Ingredients

- 1 cup+ warm water
- 2 tbsp Active dry yeast (Costco)
- 2 teaspoon salt
- 2 tablespoons+ sugar
- 2 tablespoon oil (Olive oil or vegetable oil)
- 2 1/2 cups all-purpose flour (approximately) (Baker's flour Costco)
- Citric acid (for sour dough taste, optional) (Amazon)

1. Pour the yeast and sugar in a large bowl
2. Pour enough warm water in the bowl and whip until all of the yeast is dissolved. Let it sit for 5 minutes.
3. Stir until everything is thoroughly combined
4. Mix in 1 1/2 cups of flour (premixed with the salt)
5. Add oil to the bowl and mix
6. Add the remaining of 1/2 cup of flour, one tablespoon at a time, until the dough chases the spoon around the bowl.

*Once you have mixed the bread dough, add flour as needed until the dough is soft and smooth (not sticky to the touch), cover the bowl with a towel and let it rise for about 30 minutes.*

7. Uncover your bowl, punch the dough and fold it a few times.
8. Put the dough in a greased mold or cookie sheet, shape it however you would like your bread to look like (loaf, braid, round, baguette...)
9. Use a pair of scissors or a knife to score the top of your dough (diagonally with a knife)
10. Cover your dough with a towel for another 30 minutes.
11. Place a tray of water at the bottom of your oven and pre-heat your oven at 400 degrees and bake at 400 degrees.
12. Place your mold or cookie sheet in the oven. Bake for about 20 minutes or until crust reaches desired color.

**Focaccia bread.** Follow the same guideline however add grilled herb, garlic etc. inside the dough while mixing it. Roll flat to fit in a pyrex mold. Brush dough with olive oil, place olives, garlic etc. on top. Use your finger tips to form dimples all over the dough and bake.

**Pretzel bread.** Follow the same guideline through step 6. Then follow these steps: Split dough into buns and let rise again. Meanwhile boil 9 cups of water with 1/2 cup of baking soda. Drop buns for 30 seconds in boiling water but no more because dough could develop a metallic taste. Get buns out, slit buns top with sharp knife. Brush some melted butter and sprinkle coarse salt. Place in oven for about 25 minutes.

### TIPS

- You may or you may not need to use all the flour that is called for in this recipe. The amounts vary depending on many factors, including weather, which is why most bread recipes only give an approximate amount of flour needed.
- Salt and citric acid slow down the yeast growth and this is called retarding: the salt 'retards' the yeast. So do not worry if your dough takes more time to rise.
- Brush loaves with milk before baking to produce a dark, shiny crust.
- Brush loaves with egg white before baking to produce a shiny crust.
- Brush loaves with an egg wash before baking to produce a shiny and golden crust.
- Spraying loaves with water while they bake will produce a crispy crust.
- Brush loaves with butter immediately after baking to produce a soft crust.