

# Cheese Bread



Servings: 12

Yield: 1 loaf

2 1/4 teaspoons active dry yeast

1 cup milk, lukewarm

2 tablespoons unsalted butter, melted

3 cups all-purpose flour

2 teaspoons salt

1 cup cheddar cheese, grated

In a bowl combine yeast and milk. Stir and leave for 15 minutes to dissolve.

After 15 minutes add melted butter to the yeast mixture.

In a bowl mix together all-purpose flour, salt, and cheddar cheese. Make a well in the centre and add the yeast mixture.

With a wooden spoon stir from the centre incorporating the all-purpose flour with each turn, to obtain a rough dough (if the dough seems dry add 2-3 tablespoons of water.)

Transfer the dough to a lightly floured surface and knead until the dough is smooth and elastic.

Return the dough to a bowl cover with a tea towel and let rise for 2-3 hours or until the dough has doubled in volume.

Place the cheese bread in a 9x15 inch loaf pan sprayed with non-stick

cooking spray. Let the loaf rise for 1 hour or until the loaf has risen above the rim of the pan.

Heat your oven to 400°F and bake the bread for 15 minutes. Turn the oven down to 375°F and bake for an additional 30 minutes or until the bottom of the bread sounds hollow when tapped.

Cool on a rack.

Serve

Per Serving (excluding unknown items): 183 Calories; 6g Fat (30.1% calories from fat); 7g Protein; 25g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 425mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat.