

# Jerry Graham's Homemade Bread



## Ingredients

### Yeast Mixture:

- 2 packets of yeast (either active dry or rapid-rise) @ room temperature
- 1 tablespoon sugar
- 2 cups water @ roughly 110 degrees

### Bread Mixture:

- 5 cups flour (I recommend King Arthur brand; 3 cups white bread flour + 2 cups whole wheat flour)... plus a cup of white for kneading & shaping.
- 1 tablespoon salt (I recommend sea salt)

### Crust Solution/Baking

- 1 egg white and equal part cold water mixed in a solution
- One-half cup of cornmeal or parchment paper
- 2 9" loaf pans, baking sheet or bread pot (your call on shaping...)

## Recipe

1. In large bowl, blend yeast & sugar; then slowly add the 2 cups water; stir about 2 seconds with knife. Let the solution proof for 5-9 minutes.
2. In medium bowl, mix 5 cups flour and 1 tablespoon salt.
3. Once yeast solution is proofed, add bread mixture one cup at a time and blend (I do this by hand; you can use a dough-mixer).
4. Place finished dough mixture onto a floured surface (either white or wheat flour); fold and knead for about 5-8 minutes adding the 6th cup of flour as needed. You know you're done when you can poke a finger in the dough mixture and the dough bounces back. Also, the dough should not be sticky.
5. Place the dough mixture into the large bowl (make sure the bowl is clean and dry...); cover with plastic and set aside in a warm, draft-free spot until dough doubles in size (about 60-90 minutes). If you live in a place that resembles a 16th-century drafty English castle, one trick you can do is turn the oven on bake at 180 degrees for 20-30 seconds (no more) and place the dough mixture in the oven for the 60-90 minutes.
6. After the dough mixture has doubled, place the dough mixture onto a floured surface a floured surface.
7. Shape the dough (split in half for two or three loaves if you'd like- I make 1 and freeze the others sometimes...) into any form you prefer.
8. Place the loaves on a baking sheet/loaf pan covered with cornmeal or parchment paper. At this point, you can cover the loaves with plastic and let them rise for another hour (a second rising decreases the texture density) or move on to Step 9... your choice.
9. Apply the egg/water mixture on the top of the dough with a spoon.
10. Sprinkle white flour on top and add any seeds if you like.
11. Place in cold oven; bake at 375-400 for 25-35 minutes.
12. Remove from oven; underside should sound hollow when tapped.
13. Place on elevated grill-like surface to allow cooling on the top and bottom surfaces.
14. Enjoy the "fruits of your labor"...