

SUPER SIMPLE BREAD

- 2.2 Pounds of really good wheat flour (1kg)
- 2.6 Cups of Luke warm water
- 1 ounce fresh yeast (30 grams) or 0.7 ounces of dry yeast (21 grams)
- 2 tbsp sugar or 1 ounce of honey (30 grams)
- 1 ounce of sea salt (30 grams)



- *Mix yeast with warm water mix honey or sugar into yeast mix. If you use dry yeast - let sit for 5 minutes to activate. Make sure the water isn't too hot.
- *Mix salt with flour and then mix everything together... Beat it up - really good for about 4-5 minutes.
- *Put the dough in a bowl - cover with film or a towel. Let it rise to double size apr. 40 min to an hour.
- *When dough is doubled in size you want to beat the shit out of it for about 30 seconds. (now you can put in flavors like parsley, chocolate etc...) Shape it into your favorite shape (heart?) and let it rise again to double size = apr. 30-60 minutes on a cookie sheet.
- *Carefully put it in the oven at 375 degrees fahrenheit. Don't slam the oven door. Let it bake for about 30-35 minutes - and voila! you have beautiful bread!

PIZZA

This makes a really excellent pizza dough as well

Eat with

Butter fresh out of the oven!
YUMMY

Bread recipe for my friend Chaya

Mie's Bread Factory

