



Mary's Bread

Ingredients:

4 cups warm water
1 Tbsp. yeast
1 Tbsp. salt
1 cup honey
1 cup oil
8-12 cups flour (whole wheat or both wheat and white)

Instructions:

1. In a large mixing bowl, dissolve honey and yeast in warm water. Let yeast proof till frothy.
2. Grease 3 or 4 bread pans.
3. Mix in salt and oil.
4. Add flour, stirring until dough is the right consistency and comes away from the sides of the bowl. Cover and set in a warm area until doubled (about 1-2 hours).
5. Punch down dough and turn out onto a floured surface. Knead until smooth and springy.
6. Shape into 3 or 4 loaves. Pick up each loaf and throw it down onto a lightly floured surface a few times.
7. Gently place loaves into greased bread pans.
8. Let loaves rise (keep out of draft/cold) until they reach the top of the bread pan.
9. Put into a COOL oven (not pre-heated). Turn heat to 350 degrees and bake for 35 – 40 minutes.
10. Let loaves cool for 10 – 15 minutes in pans, then turn them sideways and loosen from pans. Cool on their sides on a cloth or wire rack. Can butter tops while warm.

For questions about long-term food storage please call us at 844-857-8277 or email us at customerservice@packfreshusa.com