

Beer Bread

Adapted from Sunset Magazine (via Mom)

makes 2 loaves

the Beer Mixture

2 cups flat beer

1/2 cup cornmeal

2 Tablespoons butter

2 teaspoons salt

1/2 cup dark molasses

Pour beer into a small saucepan. Heat to steaming and remove from heat. Stir in next 4 ingredients. Set aside to cool.

the Yeast Mixture

1/2 cup warm water

4 1/2 teaspoon dry yeast (2 packages)

1 tablespoon sugar

Combine, stir, and let stand 10 minutes.

the Dry Ingredients

1/2 cup each wheat germ and wheat bran

2 cups whole wheat flour

3 1/2 cups unbleached flour

Combine cooled beer mixture and yeast mixture in bowl of your stand mixer or a large mixing bowl. Add wheat germ, wheat bran, and whole wheat flour. Mix until fully incorporated. Add unbleached flour, one cup at a time, kneading to incorporate fully before adding more. Stop after 2 cups and test the dough. It should be moist but not sticky. If it is still sticky, add flour cautiously, 1/2 cup at a time. Avoid adding too much flour, it can become very heavy and tough. Knead dough for 10 minutes by hand or in mixer (less time- 5 minutes or so) until the dough is smooth and elastic. Place dough ball in an oiled bowl. Cover and allow to rise 1 hour.

Punch down and let rise 45 minutes. Sprinkle 2 greased cooking sheet with cornmeal. Punch down dough, divide in half and form 2 8-inch rounds. Place on cornmeal-topped pans. Cover and let rise 40 minutes. Preheat oven to 375 degrees. Brush top with egg white mixed with 1 tablespoon of water (for a nice shiny crust). Use a sharp knife to cut a # shape on the top of the loaves.

Bake for 40 minutes until bread is browned and sounds hollow when you knock on the bottom. Place on a cooling rack to cool. Serve with butter, Split Pea Soup, and salad. Yum!

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