



French Bread

Yield – 8 loaves

Ingredients

1 $\frac{3}{4}$ cups & 5 tsp. Yeast
1 cup Butter
 $\frac{1}{4}$ cup Salt
1 $\frac{1}{8}$ cups Sugar
7 to 8 qts. All-purpose Flour
2 qts. Water, lukewarm
4 large Eggs whites
4 Tbsp. Water

How to Prepare

1. Weigh all ingredients as listed; attach dough hook to mixer.
2. Put lukewarm water in mixing bowl. Add all ingredients to water. Mix on low speed one minute; turn to medium speed and mix until dough leaves sides and bottom of bowl, about 10 to 15 minutes.
3. Let dough rest on board about 10 minutes. While dough is resting, grease two pans, 18"x26"x1 $\frac{1}{2}$.
4. Divide dough into 8 equal portions. Roll each portion into an oblong 10"x15". Beginning at wide side, roll up tightly toward you and seal edges by pinching together. Taper ends by rolling gently back and forth.
5. Place four loaves on each greased baking pan, sprinkled with cornmeal. Let rise until double in bulk.
6. Make 4 diagonal slashes in loaf. Bake in 450°F hot oven for 25 minutes.
7. Remove from oven and brush with egg white mixed with cold water. Return to oven and bake 5 minutes. Cool before slicing.

*****Nutritional Information Per Serving*****

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| Calories = 160 | Saturated Fat = 1.22g | Dietary Fiber = 1.50g | Vitamin C = 0.01mg |
| Carbohydrate = 30.27g | Cholesterol = 0mg | Protein = 4.80g | Calcium = 8.18mg |
| Total fat = 2.09g | Sodium = 276mg | Vitamin A = 16RE | Iron = 2.08mg |

Recipe provided by Mrs. Edna Radford, Hickman County Schools, KY

