

Ernest's Perfect Bread

Ingredients

- 2 C warm water
- 1 C sugar
- 1 Packet of active dry yeast
- 2 C 100% organic, white, whole-wheat flour (we like King Arthur Flour best)
- 1 T salt
- ¼ C vegetable oil
- 4 C Unbleached, all-purpose flour (again, we have found that King Arthur Flour works better than other brands. Don't know why but it seems to)

Steps

1. Combine warm water, sugar, yeast, and 2 C of the 100% organic, white, whole-wheat flour in a large bowl. Cover with a clean towel and let stand for 10 minutes or until the mixture is bubbly.
2. Stir in salt and vegetable oil
3. Stir in 3 C unbleached, all-purpose flour. Measure out the 4th C of flour. It will get harder and harder to stir the mixture as you add the first 3 C of flour. Add flour from the 4th C little-by-little until the mixture is no longer sticky. You may not need the full 4th C of flour.
4. Sprinkle flour onto a clean surface and turn the dough out onto the surface. Coat hands with flour and begin to knead the dough. Knead for about five (5) minutes.
5. Scrape out the mixing bowl and lightly coat the inside with oil.
6. Knead the dough for a few more minutes. The dough is ready when it bounces back after you press lightly upon it.
7. Put the dough into the oiled bowl. Flip it once so that both side of the dough are lightly coated with oil. Cover the bowl with plastic wrap. Place the bowl in a warm spot for about 1 ½ hours. The dough should double in size.
8. Gently take the dough out of the bowl and cut into two pieces and form into loaves.
9. Grease a baking sheet and place the two loaves on the baking sheet. Cover with plastic wrap and let sit for 30 minutes.
10. Heat the oven to 375 degrees.
11. Remove the plastic wrap! Slash the tops of the loaves (optional but the break will look nice when cooked). Place the baking sheet with the two loaves on the center rack of the heated oven. Cook for 30 minutes until the crust is golden brown and the break sounds hollow when tapped on the bottom.
12. Cool the bread on a cooling rack before cutting.

13. Try not to eat all of the bread in one sitting.