

French-style Bread

from *Beard on Bread*
James Beard

A straightforward recipe. You can enhance the wheat flavor by allowing a second rise before forming loaves.

In a large bowl, mix: 1½ packages of yeast
 1 Tbs sugar
 2 c warm water 100-115°

and allow it to proof.

One cup at a time, add: 1 Tbs salt
 4-5 c white flour

until you have a stiff dough.

On a lightly floured surface, knead the dough until it is no longer sticky (about 10 mins), adding flour as necessary.

Put the dough in a greased bowl, and let it rise until about double in size (1½-2 hours).

After the rise, punch down and form two long loaves. Place on pan sprinkled with yellow corn meal. Slash the loaves with a razor, and brush on egg wash of:

 1 Tbs egg white
 1 Tbs water

Place in cold oven. Set temperature to 400° and bake 35-40 mins or until crust is brown and the bread makes a hollow sound when rapped on top.

Note: To make a thick crust, spritz the loaves with water before and during baking.