

APRICOT NUT BREAD

[TWO LOAVES]

This no-knead loaf gets its rough texture from rolled oats. While dried apricots and pecans are expensive, they are worth having in this dark, molasses-flavored bread. Let it develop its full flavor for a day or so before slicing.

INGREDIENTS

2 packages dry yeast
½ cup warm water (105°–115°)
1½ cups boiling water
1 cup rolled oats
¼ cup dark molasses
¼ cup sugar
½ teaspoon each nutmeg and ginger
1 tablespoon salt
4½ cups all-purpose flour
¾ cup finely cut dried apricots
¾ cup chopped pecans
2 tablespoons butter or margarine

BAKING PANS

Two large (9 x 5) loaf pans, greased or Teflon, or in other combinations according to the dough volume chart on page 23. If glass pans are used, reduce oven heat 25°.

PREPARATION

10 mins.

In a small bowl sprinkle the yeast on the water, and briskly stir with a whisk or fork to hasten the fermentation. Set aside for 3 minutes.

In a large bowl pour the boiling water over the rolled oats, molasses, sugar, nutmeg, ginger, and salt. Blend, and let it cool until it is lukewarm to the touch. The yeast mixture will be well risen; pour it into the oats mixture, and add half the flour. Blend with about 20 strokes. Add remaining flour, a half a cup at a time, with the fruit, nuts, and shortening. Blend. There is no kneading.

FIRST RISING
1 hour

Cover the bowl with plastic wrap and put in a warm place (80°–85°) until dough has doubled in bulk.

FORMING
5 mins.

Remove the plastic wrap, beat down the dough and pour into the pans.

SECOND RISING
45 mins.

Cover the pan lightly with wax paper and return to the warm place. The dough will reach the top of the pan—so elevate the paper on tumblers so it won't touch.

BAKING
375°
50 mins.

Preheat oven to 375°. Bake in the oven until the loaves test done when pricked with a metal skewer. They are done if the pin comes out clean. If not, leave them in the oven 5 minutes longer.

FINAL STEP

Carefully remove from loaf pans to wire cooling racks.