

# Homemade Italian Bread

By Mysterygirl on April 12, 2003 | ★★★★★ 27 Reviews



**Prep Time:** 2 hrs 10 mins | **Total Time:** 2 hrs 50 mins | **Yield:** 2 loaves

## About This Recipe

"This is my favorite Italian bread recipe. It tastes so good and smells wonderful. \*\*NOTE Prep time has been recalculated due to the first two reviews."



Photo by DutchFoodie

## Ingredients

- 7 1/4-7 3/4 cups all-purpose flour
- 2 packages fast-rising active dry yeast
- 2 1/2 cups water ( 110 degrees)
- 1 tablespoon salt
- yellow cornmeal
- 1 slightly beaten egg white

## Directions

1. In large mixer bowl, combine 3 c of flour and the yeast.
2. Combine the water and salt.
3. Add to the dry mixture.
4. Beat at low speed for 30 seconds, scrapping the sides constantly.
5. Beat at high for 3 minutes.
6. By hand, stir in enough of the remaining flour to make a very stiff dough.
7. Turn out onto a lightly floured surface and knead until smooth and very elastic (15-25 minutes).
8. Shape into a ball.
9. Place dough in a lightly oiled bowl, turning once to coat the surface of the dough.
10. Cover and let rise in a warm place till double (about 1 hour).
11. Punch down and turn out onto a lightly floured surface.
12. Divide the dough in half.
13. Cover with the bowl and let rest for 10 minutes.
14. Roll each half into a 15x12 inch rectangle.
15. Beginning at the long side of the rectangle, roll the dough up tightly, sealing as you roll.
16. Taper the ends of the loaf.
17. Grease 2 baking sheets and sprinkle them each with cornmeal.

## Directions

18. Place each loaf diagonally seam side down, on baking sheets.
19. Make diagonal cuts 2 ½ inches apart (1/8 to ¼ inch deep) on the tops of the loaves.
20. Add tablespoon of water to the beaten egg white and brush over the top and sides of the loaves.
21. Cover and let rise in a warm place till double (about 20-45 minutes).
22. When ready to bake, place a large shallow pan on the lower rack of the oven and fill with boiling water.
23. Bake at 375° for 20 minutes, brush with the egg white mixture.
24. Bake 20 minutes longer.
25. Cool on a rack.
26. Tips: Raising tip: In a cold oven, place the dough on the top rack.
27. On the rack beneath, place a pan filled with very hot water then close the door.
28. This will create a warm, draftless environment for raising your dough.
29. Temp: be sure to use a thermometer to test the temp of the liquids before adding to the yeast.
30. Temperature is very critical— too cold and the yeast won't activate, too hot and they die— either way the bread will not raise.

## NUTRITION FACTS

Serving Size: 1 (1563 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 1681.3

Calories from Fat 45

68%

Amount Per Serving

% Daily Value

Total Fat 5.0g

7%

Saturated Fat 0.7g

3%

Cholesterol 0.0mg

0%

Sugars 1.3 g

Sodium 3537.2mg

147%

Total Carbohydrate 348.8g

116%

Dietary Fiber 14.1g

56%

Sugars 1.3 g

5%

Protein 51.5g

103%

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