Purpose: Why did I write this blog? Remember the rule of 3. You can't go without air for three minutes, without water for three days, without food for three weeks. What would you want to eat if you are allowed to eat one thing for the whole three weeks? See how Corona virus have changed my thought process. It's all about surviving now:-)  
  
We went for our daily stroll on Sunday morning. It was a beautiful quiet morning. You can hear birds chirping monotonously . As we walked by the Bentway, our new public space below Gardiner Expressway in Toronto, we noticed that Garrsion Crossing bridges are now open that connect Fort York grounds in the south to Trinity Bellwoods park in the north, which means I have a new route for my afternoon runs. I love running. It clears my mind and gives me new ideas, mostly small bite-size projects. I was thinking on what I am going to do or learn today? How about rule of 3?  What would I want to eat if I had one thing to eat for three weeks? How about a loaf of bread? But do I even know how to make one? Then I learned, you can't make the bread in less than "three" hours, but it was worth it. Enjoy!

[A bagel and loaf of bread on plates

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Ingredients:  
  
1. 6 1/2 cups of all purpose whole wheat bread flour ([Robin Hood](https://www.blogger.com/blog/post/edit/456816038586516843/8385820860887977228))  
  
2. 1 1/2 cups of all purpose while bread flour  
  
3. 1 Tbsp of salt ([Baleine Sea Salt](https://www.blogger.com/blog/post/edit/456816038586516843/8385820860887977228))  
  
4. 2 Tbsp of instant yeast ([Fleischmann's](https://www.blogger.com/blog/post/edit/456816038586516843/8385820860887977228))  
  
5. 2 Tbsp sugar or maple syrup  
  
6. 3 cups of water  
  
7. 3/4 cup olive oil  
  
8. optional: 1 tsp black sesame seeds  
  
9. optional: 1 tsp white sesame seeds  
  
10. optional: 1 tsp caraway seeds

[A kitchen counter with food items on it

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Instructions:  
  
1. Weigh out 6 1/2 cups of all purpose whole wheat bread flour and add it to a large size bowl.  
  
2. Add 1/2 cup olive oil, 1 Tbsp salt, and 2 Tbsp sugar (or maple syrup) to the same bowl.  
  
3.  Add 2 Tbsp of instant yeast. If you don't have instant yeast, like I didn't, just add 2 Tbsp of yeast in a cup of water for 10 minutes.

[A bowl and bowl on a counter

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4. Now you need to knead it till it looks like a biggly smooth ball (it took me 10 minutes). You might have to add more olive oil or water if it's too dry.

[A bowl of flour and oil

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5. Place the dough in a large size Tupperware and coat it with olive oil.

[A bowl of dough in a pan

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 6. Put the lid on and let it stay there for 60-120 minutes to rise double in size.

[A loaf of bread in a plastic container

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7. Cut two large parchment papers and place them on two large size trays. You can also use a loaf pan instead.

[Two white bags on a counter

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8. Scoop the dough out, split them into two loaves  and place them into parchment papers.  
  
9. Knead and form the dough into two round/long loaves. Use your imagination, but keep in mind that they will get doubled in size!  
  
10. Optional: sprinkle a bit of sea salt, white/black sesame seeds and/or caraway seeds.

[A table with food on it

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11. Let them rise again for another hour until double in size. We are going to bake one loaf at a time. After one hour, put one tray in the fridge (otherwise it will become overproof)!

[A loaf of bread on a paper

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12. Preheat the oven to 425 F.  
  
13. Get a roasting pan and fill it up with water and place it at the bottom rack of the oven to create steam 20 minutes before putting the tray in the oven (basically 40 minutes after the second rise).

[An oven with a pan in it

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14. Once the oven is ready at 425,  place one tray in the middle rack of the oven above the roasting pan.

[A bread baking in an oven

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15. Let it bake for 35 minutes until bread loaves sound hollow when tapped on the bottom.  
  
16. Take the first tray out and place the other tray in the middle rack of the oven above the roasting pan and let it bake for 35 minutes.  
  
17. Turn off the oven and  let it cool on the rack of the oven.

[A loaf of bread on a parchment paper

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18. I am done. I am going to survive. Only for next three weeks though:-)