

Fleming-Radonic Recipe - Grandpa Orm's Neo-Traditional White Bread

Summary Ingredients: Yeast, Sugar, Water, Fat/Butter/Oil, Salt, Flour

Instructions:

1. Mix
 - 6 cups of water (room temp)
 - 1 tablespoon sugar
 - 1 tablespoon of yeast (approx. 1 package)
2. Let stand 10 or 15 minutes until the yeast blooms
(non-metallic bowls are probably better)
3. Add:
 - 5 more table spoons of sugar
 - 2 tablespoons of salt
 - 4 ounces (120 mL or 1/2 cup) oil/fat/butter
4. Knead in
 - 10-12 cups of flour – or until the dough doesn't stick any more
(can use whole wheat as part of the mix)
 - Kneading in flour gradually until the dough is soft and not sticky
5. Rise 1:
 - Grease a large bowl, put in the dough ball
 - Cover the bowl up with a smooth, damp, cotton cloth
(no fuzz – it sticks to dough, I've also used plastic wrap)
 - First rise - 2 hours
6. Punch down:
 - Punch down
 - Fold into a ball
 - Recover with fresh damp cloth
 - Second rise - 2 hours

7. Split into 6 even dough balls (a scale is useful)
Approximate weight 600-700 grams per loaf
Punch down each portion on the counter - flatten sideways
Fold towards self along length

Stretch - bounce out – flatten with karate chops
Fold in each end towards middle
Roll down
Tuck in ends

Put in greased pans or use parchment (baking) paper
Third Rise – 1 to 2 hours – until the loaves have doubled in size
8. Bake (usually two groups of 3 loaves)
365 degrees F
For about 50 minutes – in middle of a convection oven
(Alternatively I've tried 375 for 40 minutes
– but this tends to burn the bottoms)
9. Cool on cooling racks
Optional freeze (2 gallon zip-lock bags)

Video of panning loaves (YouTube) : <https://bit.ly/30YXyRy>

Per loaf weight – total bowl and dough – divided by 6 loaves:

Bowl (grams)	645
<u>Dough Total</u>	<u>Total/6</u>
4500	643
4550	651
4600	659
4650	668
4700	676
4750	684
4800	693
4850	701
4900	709
4950	718
5000	726
5050	734
5100	743
5150	751
5200	759
5250	768
5300	776
5350	784
5400	793
5450	801
5500	809
5550	818
5600	826
5650	834
5700	843