



Crusty French Loaf Recipe

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A delicate texture makes this bread absolutely wonderful. I sometimes use the dough to make breadsticks, which I brush with melted butter and sprinkle with garlic powder.

TOTAL TIME: Prep: 20 min. + rising Bake: 25 min. + cooling

YIELD: 16 servings

Ingredients

1 package (1/4 ounce) active dry yeast

← 2 1/4 tsp. yeast

1 cup warm water (110° to 115°)

2 tablespoons sugar

2 tablespoons canola oil

1-1/2 teaspoons salt

3 to 3-1/4 cups all-purpose flour

Cornmeal

1 egg white

1 teaspoon cold water

* With instant yeast, mix yeast
with flour mixture,
then add warm water. *

Directions

1. In a large bowl, dissolve yeast in warm water. Add the sugar, oil, salt and 2 cups flour. Beat until blended. Stir in enough remaining flour to form a stiff dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; return to bowl. Cover and let rise for 30 minutes.
3. Punch dough down. Turn onto a lightly floured surface. Shape into a 16-in. x 2-1/2-in. loaf with tapered ends. Sprinkle a greased baking sheet with cornmeal; place loaf on baking sheet. Cover and let rise until doubled, about 25 minutes.

4. Beat egg white and cold water; brush over dough. With a sharp knife, make diagonal slashes 2 in. apart across top of loaf. Bake at 375° for 25-30 minutes or until golden brown. Remove from pan to a wire rack to cool. **Yield:** 1 loaf (16 slices).

Nutritional Facts

1 slice: 109 calories, 2g fat (0 saturated fat), 0 cholesterol, 225mg sodium, 20g carbohydrate (2g sugars, 1g fiber), 3g protein.

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