

4/2/04

Tante Marie's Cooking School

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Walnut Bread

- goes well w/ soft cheeses

2 tablespoons active dry yeast
3 cups warm water (110-115 degrees)
8 cups flour
2 cups chopped walnuts
1 tablespoon coarse salt
1 cup walnut oil

In a large mixing bowl, mix together the yeast and water and set aside until bubbles begin to form on the surface, 2-3 minutes. Mix together 3 cups of the flour and the salt. Gradually mix this flour into the yeast and water until a stiff mixture forms. Let the mixture rest for 15-20 minutes, until bubbles begin to form. Stir in the walnuts and cup of the walnut oil. Add the remaining flour, incorporating it with a wooden spoon or your hands. When the dough begins to come together, place it on a lightly floured work surface and knead it until it is smooth and elastic. Place a few drops of the walnut oil in large bowl and use your hands to spread it all around the inside. Place the dough in the oiled bowl and cover with a clean towel. Set the dough aside to rise, at room temperature, until doubled in bulk, about 1 1/2 hours.

When risen, pour another 1/4 cup of walnut oil over the dough and knead it in thoroughly (in the bowl or on a work surface). Let the dough rise again, covered, until doubled in size, about 1 hour.

Line a baking sheet with parchment paper and lightly dust the parchment with flour.

Add another 1/4 cup of oil and knead it in thoroughly. Divide the dough into two portions and roll them into large balls or form them into free-formed loaves. Place the formed dough on the parchment-lined baking sheet and let rise, covered, until just less than doubled in size, about 45 minutes.

Preheat oven to 425 degrees.

Brush the loaves lightly with the remaining walnut oil and bake for 30-35 minutes, until evenly browned.