



English Muffin  
Toasting Bread

### Ingredients:

6 Cups All-Purpose Flour  
4 Tablespoon sugar  
3 teaspoons salt  
1/2 teaspoon baking soda  
2 Pkgs Active Yeast or 2  
Tablespoons  
1 Cup milk  
1/4 water  
2 Tablespoons coconut oil (melted)  
cornmeal or masa flour to sprinkle  
the pan



### Preparations:

Prepare 2 large loaf pans with grease and cornmeal.

Whisk together flour, sugar, salt, baking soda and yeast in a large mixing bowl.

Combine milk, water and oil in a separate microwave-safe bowl, I use my 2 cup Pyrex measure. Heat to between 120 degrees and 130 degrees. Use a candy thermometer. Stir liquid well for accuracy.

Pour hot liquid over the dry ingredients in mixing bowl (Mixer) Beat on high for 1 minute. The dough will be very tender. Turn out dough onto lightly dusted surface and knead for 2 minutes. Split the dough and place into bread pans for rising. (I use my kitchen scale to make sure my halves are close.) Cover with greased wax paper and warm moist towel. Depending on kitchen conditions, weather and such rise until dough doubles. Mine took 2 & 1/2 hours.

Pre-heat oven to **400 degrees**. Remove covers, bake bread for 22-27 minutes, until golden brown. Internal temperature 190 degrees. Cool for 5 minutes. Turn out onto cooking racks. Let bread cool completely before slicing. Beautiful plain or toasted, my husband Don almost ruined his dinner by eating 3 slices prior to our meal. See Country Chicken & Bacon Stew, also Soups On Blue and White.eading

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