

# Lois' Bread

Courtesy Lois & Fred Roods

400 grams wheat starch  
36 grams Metamucil  
2 tsp methylcellulose  
2 tbsp sugar  
2 tsp yeast (Red Star Active Dry works best)  
1 tsp salt  
370 grams warm water  
2 tbsp oil

Mix dry ingredients with fork. Add water/oil mixture and mix well with a spatula to get the edge of the bowl clean. Let rise 30 minutes in a warm oven (preheat to 150 then turn off.) Knead by hand for three minutes on a surface floured with wheat starch. You may need to add more wheat starch gradually as you knead. Place in oiled 10-inch loaf pan. Let rise again. When it gets a little above the rim of the pan, place in a hot oven preheated to 350 degrees. After it is in the oven for 15 minutes, brush the top with melted butter. Let bake 10 more minutes. Place on a wire rack and let cool 15 minutes. Put in a brown paper grocery bag to retain moisture, until completely cooled. Slice into individual slices, wrap in Saran Wrap and place in freezer-proof container in the freezer. Stores well.

About 150 phe per recipe.

Turn this into cinnamon raisin swirl bread but adding ½ c raisins to the batter (Sunmaid baking raisins are great!) Then before you put the dough in the bread pan for a final rise, roll or press it out into a rectangle and sprinkle 3 Tbsp sugar mixed with 2 tsp cinnamon over it. Roll it up and form it into a loaf shape before placing in the bread pan.