

PPLD Young Adult Services Tutorial:

Rosemary Bread

Description:

Warm up your home and the dinner table with your own herb filled bread. Bake your own rosemary bread from scratch at home!

#TeensEat #lifeskills

Supplies:

- 1 TBSP Yeast
- 1 TBSP Sugar
- 1 Cup of Warm Water
- 2 - 2 ½ Cups of Flour
- 1 TSP Salt
- 2 TBSP Rosemary
- 2 TBSP Butter

Additional Supplies

- Mixing Bowl (2)
- Greased Baking Sheet

Link to Video Tutorial:

https://youtu.be/urpKKZK_Y8g



Instructions:

1. Place yeast, sugar, and warm water in a large mixing bowl. Wait until it is bubbly.
2. Once bubbly, add 1 tablespoon of butter, salt, and 2 cups of flour. Mix until incorporated.
3. Once basic dough is formed, add 1 tablespoon of rosemary.
4. Knead dough by hand for ten minutes. If dough remains wet, add more flour 1-2 tablespoons at a time until the dough is elastic and smooth.
5. Place dough in an oiled bowl, then let rest for an hour until dough has doubled in size. Cover bowl with a towel and keep in a warm place.
6. Once doubled, punch dough down and divide in half. Let dough rest for five minutes.
7. Shape dough into two oval loaves, then place on a greased baking sheet. Allow to rest and rise for 45 minutes.
8. Preheat oven to 375 degrees.
9. After dough has rested and doubled again, bake for 15-20 minutes until bread is a light golden brown.
10. Once baked, brush butter over the tops of the loaves for a glossy look.
11. Eat and enjoy!