

## ANADAMA BREAD

2 cups boiling water  
2 cups coarsely ground cornmeal  
4 tsp. Saf yeast  
3 1/3 cup warm water  
8 cups whole wheat flour  
2 Tbsp. salt  
2/3 cup molasses  
1/2 cup oil

Boil water in a heavy saucepan and stir in the cornmeal. When the mixture is smooth, cover and cook gently for a few minutes--just until the corn begins to crackle. Remove from the heat and set aside, still covered, to cool slowly. This could be done the night before. Fine cornmeal will take only 15 min. , and then spread out on a platter to cool quickly.

Place remaining water, half the flour and yeast and salt into the Bosch bowl equipped with the dough hook. Start on speed one for 15 sec. and then add remaining flour until dough forms a ball and let knead for 7 to 8 min. until the gluten is well developed. Usins a fork or your fingers stir the molasses and oil into the cornmeal mixture, working out all the lumps. Press or roll the kneaded dough on an oiled counter making a large rectangle. Spread the corn mixture onto the dough, and fold or roll it up. Now, place the mixture back into the Bosch bowl and let it knead for another 1 to 2 min. Do not add any more flour while it is kneading. Turn off the Bosch and cover the bowl without the splash ring, with a tea towel and let rise in a warm place about an hour and half, or so until a 1/2 inch deep hole made by your finger dos not fill in at all. WITH WET HANDS, deflate the dough and let it rise in its warm place a second time for only 45 min. Turn the dough onto a floured board and divide into 4 equal lumps and gently shape into rounds Let them rest until quite saggy and then form loaves. Place in 1 1/2 qt. oven proof bowls or regular loaf pans and let rise abot 45 min. and bake at 350 F. for an hours. Makes 4 loaves.