

ALLOWING DOUGH TO RISE

Bread doughs should be kept as close to 85° F as possible while rising. It is important to keep the rising dough out of drafts.

A good place for dough to rise is in an unheated oven, in a bowl covered with a damp cloth. Another good method is to place the dough in a bowl and place the bowl in a pan of hot water. As the water cools add more hot water.

Classic Zucchini Bread

Ingredients:

1½ cups of grated zucchini, do not drain the liquid	1 tsp of vanilla extract
1 cup of granulated sugar	1½ cups of all-purpose flour
½ cup of packed light brown sugar	½ tsp of baking powder
½ cup of unsweetened applesauce	½ tsp of baking soda
⅓ cup of vegetable oil (of your choice)	⅓ tsp of salt
2 large eggs	½ tsp of ground cinnamon

Directions:

Preheat oven to 350° F. In a large mixing bowl, mix together the grated zucchini, sugar, brown sugar, applesauce, eggs, oil, and vanilla, whisking until well combined. Add the flour, baking powder, baking soda, salt, and cinnamon, stirring until there is no dry flour left. Do not over-mix.

Oil your Superstone® Loaf Pan with canola or vegetable oil and sprinkle with cornmeal or flour. Pour the final batter into the Superstone® Loaf Pan. Bake for 45 to 55 minutes. An inserted toothpick in the center of the bread should come out with moist crumbs on it.

Let the bread cool for 10-15 minutes, then remove from the bread to cool completely on a cooling rack. Cover the bread and store it in the refrigerator: This bread is best served after at least 12 hours of refrigeration.

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All inquiries should be addressed to:
SassafraS Enterprises, Inc.
1622 W. Carroll Ave.
Chicago, IL 60612
info@sassafraSenterprises.com

Superstone®

Loaf Pan

By SassafraS®

USE AND CARE OF THE SUPERSTONE® LOAF PAN

USE:

Before using the Superstone® Loaf Pan the first time, you'll have to season the inside bottom in order to start the process of producing a non-stick finish.

First, scrub, then rinse, the base of the baker with hot water and towel dry. With a paper towel, wipe a generous amount of canola or vegetable oil across the bottom and sides of the base and place the base in a preheated 400°F oven for 30 minutes, then turn off the oven. Let it cool to room temperature, then remove the base. If there is still oil remaining, you may pour it off and use it for another purpose in the future.

When you bake your bread, lightly oil the bottom of the base (you will already have done this if baking bread right after seasoning) and sprinkle it with corn meal. Then bake the bread according to the recipe. For each bread you bake, follow this same procedure. Over time, the base will darken and develop a non-stick finish.

CARE:

*You may use the Superstone® Loaf Pan in a conventional, convection or microwave oven.

*Do not add any frozen or very cold foods to the Superstone® Loaf Pan and do not expose it to extremes in temperatures as it could break due to thermal shock.

*Be sure that the Superstone® Loaf Pan cools to room temperature before washing it.

*Do not use soap on your Superstone® Loaf Pan. Rather, just scrub it with a wire brush or scouring pad under running water and let it air dry.

KNEADING BREAD

A good baker knows how to knead bread. The motion used in kneading is simple: When the dough has formed a ball-shape in the bowl, turn it out onto a lightly-floured surface. Fold the dough over toward yourself and push away with the heel of your hand. Turn the ball a quarter turn and repeat this motion.

Add flour sparingly: no more than needed to keep the dough from being sticky. The kneading process should be repeated until the dough texture is smooth and elastic, about 8 to 10 minutes. Do not over-knead as that will create a rock-hard crust and dry, dense interior.

7-Grain Loaf

Ingredients:

1 cup of warm water	2 ½ tbsp of buckwheat flour
½ packet of active dry yeast	2 ½ tbsp of soy flour
1 ½ tbsp of barley malt, honey, or molasses	2 ½ tbsp of cornmeal
1 cup of whole wheat flour, add more as needed	2 ½ tbsp of uncooked rolled oats
1 ½ tbsp of vegetable oil	2 ½ tbsp of rye flour
½ tsp of salt	2 ½ tbsp of millet (cracked, if preferred)

Directions:

Combine the water and yeast, let dissolve. Add the barley malt of your choice, then whole wheat flour. Mix for 2½ minutes with a mixer or stir by hand. Finally stir in the oil, salt, and all other flours, adding enough whole wheat flour so that the dough does not stick to the side of the Loaf Pan.

On a floured surface, turn out the dough and knead for 8 to 10 minutes, until the dough is firm and elastic. Cover and let rise until the dough has doubled in bulk. Punch down again.

Preheat oven to 350°F.

Place into lightly oiled Superstone® Loaf Pan. Let rise for 30 minutes. Bake for 40 to 50 minutes.

Let the loaf cool for 10-15 minutes, then remove from the loaf pan to cool completely on a cooling rack.

Banana Bread

Ingredients:

¾ cup of granulated sugar	1 tsp of ground cinnamon
8 tablespoons (1 stick) of unsalted butter, room temperature	2 cups of all-purpose flour
2 large eggs	1 tsp of baking powder
3 ripe bananas	1 tsp of baking soda
1 tsp of milk	½ tsp of salt

Directions:

Preheat the oven to 325° F.

Generously coat your Superstone® Loaf Pan with canola or vegetable oil. In a large mixing bowl using a hand mixer on medium speed, mix the sugar and butter together until light and fluffy. Add eggs one at a time, mixing well after each addition.

In a small bowl, mash up the bananas with a fork or spoon, then mix in milk and cinnamon. In a medium-sized bowl, mix together the flour, baking powder, baking soda, and salt.

Add the banana mixture to the sugar and butter mixture, stirring well until combined. Then add the dry ingredients, mixing carefully, until flour disappears. Pour the batter into the Superstone® Loaf Pan and bake for 55 to 70 minutes, until a toothpick inserted in the center comes out clean.

Let the loaf cool for 10 to 15 minutes, then remove from the bread to cool completely on a cooling rack before slicing.

Basic Challah Bread

Ingredients:

Dough

3 cups of all-purpose flour
1 tbsp of sugar
2 ¼ tsp of instant yeast
½ tsp of fine sea salt
½ cup of water
2 eggs and 1 egg white
3 tbsp of butter, softened

Wash

1 egg yolk
2 tsp of water
poppy seeds, sesame seeds - optional

Directions:

In a large bowl, mix together the flour, sugar, yeast, and salt. Combine the water, eggs, and butter in a measuring cup. With your hand mixer, start with the beater setting. Add the flour mixture with the water mixture, making a soft dough.

Using your bread whisk, stir for a few minutes more, then knead for 6 to 8 minutes, until dough becomes smooth and elastic. Add more flour if the dough is too sticky, but avoid making the dough too dry.

Place the dough in a large greased bowl such as the bowl the flour was measured in. Cover the bowl with cling wrap and let it rise for 1 hour.

After rising, punch the dough down. Divide the dough into three equal pieces and braid into a well-greased Superstone® Loaf Pan. Proof for 45 to 60 minutes until the dough doubles in size.

Preheat oven to 375°F.

Beat egg yolk with water, brush over loaf. Sprinkle with seeds (optional). Bake for 20 to 30 minutes, until a toothpick inserted in the center comes out clean.

Let the loaf cool for 10-15 minutes, then remove from the loaf pan to cool completely on a cooling rack.

