

Bock Beer Bread



This recipe is from Saltgrass Steakhouse in Dallas

Makes 4 loaves

2t dry active yeast

1/2t salt

1/4c warm (not hot) water

1 1/2c all~purpose flour

1/4c honey

1/4c vegetable oil

2 1/2c whole wheat flour

1 1/2 to 1 3/4c bock beer, flat

Dissolve yeast in warm water in a large mixing bowl. Add honey and stir. Add whole wheat flour, salt and all~purpose flour. Stir in oil and slowly add flat beer. Mix all ingredients together until it forms into a dough.

Place dough on a floured surface and knead for at least 10~15 minutes. The dough may need a little more flour added if becomes too sticky. The finished dough will feel smooth and spongy and will not stick to your hands.

Place dough in a lightly oiled bowl, cover with plastic wrap and let sit until it doubles in size. Do not place dough in a draft or in an overheated area. The dough should be left to rise at room temperature. When dough has doubled, punch down in the middle and let rest for 5 minutes.

Preheat oven to 350. Divide dough into four equal parts and shape into round loaves. Place loaves on a lightly oiled cookie sheet. Score twice on top of each loaf with a knife about 2" apart and about 2 1/2" long. Cover loosely with plastic wrap until the loaves have doubled in size.

Place cookie sheet in a preheated oven, and bake for about 30 minutes.

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