

# Italian Bread Bowls

Aunt Alisa is our bread expert. She loves making it, and we love eating it. Since dinner rolls, French bread, jalapeno cheddar bread from a Dutch oven, yeast biscuits, butterhorns, cornbread, hoe cakes, (Shall we go on?) isn't enough, she thought she'd try something fun and new. These were a blast to watch her make, then when Nana poured in her clam chowder, they almost got a round of applause. Yes, we get excited about our food . . . and each other's accomplishments.

## Ingredients

- 1 - 2.25-ounce package active dry yeast
- 1 tablespoon sugar
- 2 ½ cups warm water
- 2 teaspoons salt
- 2 tablespoons vegetable oil
- 5¾ - 6 cups flour
- 1 tablespoon cornmeal
- 1 egg white
- 1 tablespoon water



## Instructions

- ❖ Dissolve yeast and sugar in warm water. Let stand for about 10 minutes until it rises and is foamy.
- ❖ Add salt, oil, and 4 cups of flour to the yeast mixture. Beat well.
- ❖ Add in the remaining flour, ½ cup at a time until dough rolls easily.
- ❖ Lightly flour a surface for kneading.
- ❖ When the dough has pulled apart from the beaters, turn it out onto prepared surface.
- ❖ Knead enough flour into the dough to make a smooth, elastic, and slightly tacky dough. (This will take about 6 minutes.)
- ❖ Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil.
- ❖ Cover with a damp cloth, and let rise in a warm place, away from drafts, until doubled in size. (This will take about 40 minutes.)
- ❖ Lightly grease cookie sheets then sprinkle with cornmeal.
- ❖ Punch dough down, and divide into 8 equal portions.
- ❖ Shape each into 4-inch round loaves and place on prepared cookie sheets.
- ❖ Cover, and let rise until doubled in size. (This will take about 35 minutes.)
- ❖ Preheat oven to 400 degrees Fahrenheit.
- ❖ In a small bowl beat egg white and water. Lightly brush the loaves with half of the egg wash.
- ❖ Bake in a preheated oven for 15 minutes.
- ❖ Brush with remaining egg mixture, and bake 10-15 minutes or until golden brown.
- ❖ Cool on wire racks.
- ❖ To make the bowls, cut a ½-thick slice from the top of each loaf.
- ❖ Scoop out the center making sure to leave ¾-inch thick shells.
- ❖ Fill bread bowls with hot soup and serve immediately.



"O taste and see that the LORD is good: blessed is the man that trusteth in him."

Psalm 34:8