

Anadama Bread

 Vegetarian

READY IN



250 min.

SERVINGS



8

CALORIES



534 kcal

BREAD

Ingredients

- ☐ 2.3 teaspoons packet active yeast dry
- ☐ 4 cups flour all-purpose plus more for kneading
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.5 cup blackstrap molasses (not blackstrap)
- ☐ 0.3 cup nonfat milk dry
- ☐ 4 tablespoons butter unsalted melted for brushing
- ☐ 8 servings vegetable oil for brushing
- ☐ 0.7 cup cornmeal yellow

Equipment

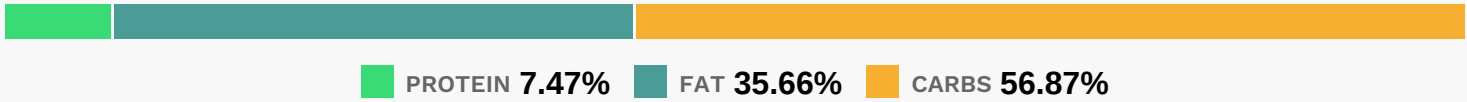
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stand mixer
- ☐ kitchen towels

Directions

- ☐ Combine 1 cup water, the cornmeal, molasses and 4 tablespoons butter in a saucepan. Bring to a simmer over medium-high heat, whisking constantly, until the mixture thickens and starts to bubble, about 3 minutes.
- ☐ Transfer to the bowl of a stand mixer and let cool until lukewarm (105 degrees F to 110 degrees F), stirring occasionally, about 20 minutes.
- ☐ Sprinkle the yeast over 1/2 cup lukewarm water (105 degrees F to 110 degrees F) in a small bowl and let stand until foamy, about 5 minutes.
- ☐ Add to the cornmeal mixture along with 1 cup flour and the dry milk; mix with a wooden spoon. Cover with a kitchen towel and set aside in a warm place until the dough increases slightly in volume and is bubbly, about 30 minutes.
- ☐ Mix the dough with the dough hook attachment on medium-low speed, then mix in the salt and the remaining 3 to 4 cups flour, 1/2 cup at a time, scraping down the bowl after each addition, until the dough comes together into a firm, tacky ball. Increase the speed to medium high; knead the dough until it pulls away from the bowl, about 2 minutes. Turn out onto a lightly floured surface and knead by hand until smooth and pliable, adding more flour as needed, about 5 minutes.

- ☐ Brush a large bowl with vegetable oil; add the dough, cover with a kitchen towel and set aside in a warm place until doubled in size, 1 hour to 1 hour, 30 minutes.
- ☐ Brush a 9-by-5-inch loaf pan with vegetable oil. Punch down the dough and turn out onto a clean surface. Shape into a smooth 4-by-8-inch loaf, then transfer to the pan. Cover loosely with oiled plastic wrap and set aside in a warm place until the loaf rises above the pan by 1/2 inch, 30 minutes to 1 hour. Meanwhile, preheat the oven to 375 degrees F.
- ☐ Uncover the pan and transfer to the oven. Reduce the temperature to 350 degrees F and bake until the bread is golden and sounds hollow when tapped, 35 to 45 minutes. (Cover loosely with foil if it is browning too quickly.)
- ☐ Brush with melted butter and let rest in the pan, 10 minutes. Turn out onto a rack and let cool before slicing or freezing.
- ☐ MAKE IT AHEAD
- ☐ Let the bread cool completely, wrap in plastic wrap and foil, and freeze for up to 2 weeks. To serve, unwrap and thaw at room temperature for 2 hours. Reheat, wrapped in foil, at 300 degrees F until warmed through, 30 minutes.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:47.19, Inflammation Score:-7, Nutrition Score:17.376086863487%

Nutrients (% of daily need)

Calories: 534.35kcal (26.72%), Fat: 21.2g (32.61%), Saturated Fat: 6g (37.52%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 72.88g (26.5%), Sugar: 18.71g (20.79%), Cholesterol: 16.05mg (5.35%), Sodium: 400.9mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Vitamin B1: 0.66mg (43.76%), Manganese: 0.84mg (41.92%), Selenium: 27.24µg (38.91%), Folate: 142.06µg (35.52%), Vitamin B2: 0.44mg (25.67%), Vitamin K: 26.46µg (25.2%), Iron: 4.33mg (24.07%), Vitamin B3: 4.62mg (23.08%), Magnesium: 85.02mg (21.26%), Phosphorus: 159.5mg (15.95%), Potassium: 516.66mg (14.76%), Vitamin B6: 0.28mg (13.91%), Fiber: 3.17g (12.67%), Calcium: 118.52mg (11.85%), Copper: 0.23mg (11.6%), Vitamin E: 1.39mg (9.29%), Vitamin B5: 0.83mg (8.26%), Zinc: 1.19mg (7.93%), Vitamin A: 283.88IU (5.68%), Vitamin D: 0.65µg (4.37%), Vitamin B12: 0.21µg (3.57%)