



Anadama Bread



Vegetarian



Popular

READY IN



90 min.

SERVINGS



16

CALORIES



197 kcal

Ingredients

- ☐ 0.5 cup cornmeal
- ☐ 2 cups water
- ☐ 0.5 cup blackstrap molasses
- ☐ 3 Tbsp butter at room temperature ()
- ☐ 1 Tbsp salt
- ☐ 0.5 cup warm water
- ☐ 1 package yeast dry
- ☐ 4.5 cups bread flour

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ kitchen towels
- ☐ skewers

Directions

- ☐ Place the cornmeal in a large bowl. Boil the two cups of water and pour the hot water into the cornmeal, stirring constantly to prevent lumps.
- ☐ Let sit for 30 minutes.
- ☐ Add the molasses, salt and butter and stir to combine. The cornmeal water should still be warm enough to melt the room temperature butter.
- ☐ Put 1/2 cup of warm water (slightly warmer than body temperature) into a small bowl.
- ☐ Sprinkle the yeast over the water and let sit for a few minutes. Then stir it to gently combine.
- ☐ Let sit for another 5 minutes.
- ☐ Add the yeast and the water to the bowl with the cornmeal and everything else, and mix to combine.
- ☐ Add the bread flour, a cup at a time, stirring after each addition. You will end up with something of a gloopy mess.
- ☐ Butter a couple of 5x9 loaf pans. Spoon the dough mixture into the pans as best you can; it'll be sticky. Cover with a tea towel and let rise for several hours, until it doubles in size.
- ☐ Heat the oven to 350°F and bake the breads for 45–50 minutes, or until a skewer or knife blade comes out clean.
- ☐ Let the loaves cool for a few minutes, then turn them out onto racks to continue cooling.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:22.14, Inflammation Score:-2, Nutrition Score:5.3699999678394%

Nutrients (% of daily need)

Calories: 197.05kcal (9.85%), Fat: 3.08g (4.74%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 35.74g (13%), Sugar: 8.05g (8.95%), Cholesterol: 5.72mg (1.91%), Sodium: 460.02mg (20%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Manganese: 0.47mg (23.7%), Selenium: 16.19µg (23.13%), Magnesium: 40.26mg (10.07%), Copper: 0.14mg (6.77%), Vitamin B1: 0.1mg (6.37%), Potassium: 209.82mg (5.99%), Vitamin B6: 0.12mg (5.98%), Folate: 23.61µg (5.9%), Fiber: 1.43g (5.71%), Iron: 0.98mg (5.42%), Phosphorus: 51.97mg (5.2%), Vitamin B3: 0.75mg (3.75%), Zinc: 0.53mg (3.5%), Vitamin B5: 0.33mg (3.3%), Calcium: 29.31mg (2.93%), Vitamin B2: 0.04mg (2.61%), Vitamin E: 0.22mg (1.47%), Vitamin A: 67.24IU (1.34%)