

French Bread



Vegetarian



Dairy Free



Popular

READY IN



160 min.

SERVINGS



16

CALORIES



175 kcal

BREAD

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 tablespoon cornmeal
- ☐ 1 egg white
- ☐ 6 cups flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon water
- ☐ 2 cups warm water (110 degrees F/45 degrees C)

Equipment

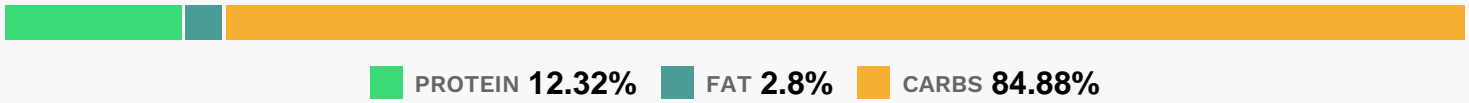
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ In a large bowl, combine 2 cups flour, yeast and salt. Stir in 2 cups warm water, and beat until well blended using a stand mixer with a dough hook attachment. Using a wooden spoon, stir in as much of the remaining flour as you can.
- ☐ On a lightly floured surface, knead in enough flour to make a stiff dough that is smooth and elastic. Knead for about 8 to 10 minutes total. Shape into a ball.
- ☐ Place dough in a greased bowl, and turn once. Cover, and let rise in a warm place until doubled.
- ☐ Punch dough down, and divide in half. Turn out onto a lightly floured surface. Cover, and let rest for 10 minutes.
- ☐ Roll each half into large rectangle.
- ☐ Roll up, starting from a long side. Moisten edge with water and seal. Taper ends.
- ☐ Grease a large baking sheet.
- ☐ Sprinkle with cornmeal.
- ☐ Place loaves, seam side down, on the prepared baking sheet. Lightly beat the egg white with 1 tablespoon of water, and brush on. Cover with a damp cloth.
- ☐ Let rise until nearly doubled, 35 to 40 minutes.
- ☐ With a very sharp knife, make 3 or 4 diagonal cuts about 1/4 inch deep across top of each loaf.
- ☐ Bake in a preheated 375 degrees F (190 degrees C) oven for 20 minutes.
- ☐ Brush again with egg white mixture.

- ☐
- Bake for an additional 15 to 20 minutes, or until bread tests done. If necessary, cover loosely with foil to prevent over browning.
- ☐
- Remove from baking sheet, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:26.15, Inflammation Score:-3, Nutrition Score:7.0300001138416%

Nutrients (% of daily need)

Calories: 175.44kcal (8.77%), Fat: 0.53g (0.82%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 34.98g (12.72%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 223.84mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Vitamin B1: 0.42mg (27.91%), Folate: 96.43µg (24.11%), Selenium: 16.34µg (23.34%), Manganese: 0.33mg (16.29%), Vitamin B2: 0.26mg (15.18%), Vitamin B3: 2.96mg (14.81%), Iron: 2.21mg (12.26%), Fiber: 1.44g (5.77%), Phosphorus: 55.13mg (5.51%), Copper: 0.08mg (3.82%), Magnesium: 11.74mg (2.93%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.39mg (2.58%), Potassium: 59.5mg (1.7%), Vitamin B6: 0.03mg (1.55%)