



Gold Medal® Classic French Bread

 Vegetarian  Dairy Free

READY IN



210 min.

SERVINGS



24

CALORIES



154 kcal

Ingredients

- 2.3 teaspoons yeast dry quick
- 24 servings cornmeal
- 1 egg whites
- 3 cups bread flour all-purpose for bread flour
- 1 teaspoon salt
- 24 servings sesame seed
- 1 tablespoon sugar
- 2 tablespoons vegetable oil
- 1 cup water (120°F to 130°F)

- 1 tablespoon water cold

Equipment

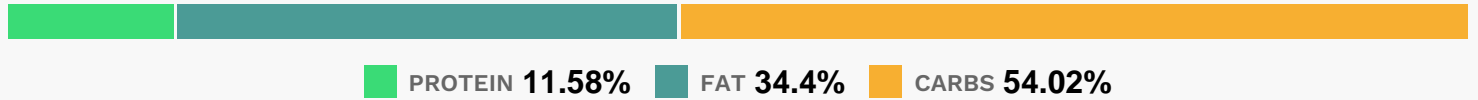
- bowl
- baking sheet
- oven
- knife
- wire rack
- hand mixer

Directions

- In large bowl, mix 2 cups of the flour, the sugar, salt and yeast.
- Add warm water and oil. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1/2 cup at a time, to make dough easy to handle (dough will be soft).
- On lightly floured surface, knead dough about 5 minutes or until smooth and elastic. Grease large bowl with shortening or spray with cooking spray.
- Place dough in bowl, turning dough to grease all sides. Cover and let rise in warm place 1 hour 30 minutes to 2 hours or until dough has doubled in size. (Rising time is longer than times for traditional breads, which gives the typical French bread texture.) Dough is ready if indentation remains when touched.
- Grease large cookie sheet with shortening or spray with cooking spray; sprinkle with cornmeal. Gently push fist into dough to deflate; divide in half. On lightly floured surface, roll each half into 15 x 8-inch rectangle.
- Roll dough up tightly, beginning at 15-inch side, to form a loaf. Pinch edge of dough into roll to seal.
- Roll gently back and forth to taper ends.
- Place both loaves on cookie sheet.
- Cut 1/4-inch-deep slashes across tops of loaves at 2-inch intervals with sharp knife.
- Brush loaves with cold water.
- Let rise uncovered in warm place about 1 hour or until dough has doubled in size.

- Heat oven to 375F. In small bowl, mix egg white and 1 tablespoon cold water; brush over loaves.
- Sprinkle with poppy or sesame seed.
- Bake 25 to 30 minutes or until loaves are golden brown and sound hollow when tapped.
- Remove from cookie sheet to wire rack; cool.

Nutrition Facts



Properties

Glycemic Index:10.02, Glycemic Load:12.37, Inflammation Score:-3, Nutrition Score:6.2204347139467%

Nutrients (% of daily need)

Calories: 154.19kcal (7.71%), Fat: 5.98g (9.2%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 18.79g (6.83%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 101.24mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Manganese: 0.39mg (19.3%), Copper: 0.38mg (19.13%), Selenium: 9.83µg (14.04%), Magnesium: 43.09mg (10.77%), Fiber: 2.34g (9.35%), Vitamin B1: 0.14mg (9.19%), Phosphorus: 90.02mg (9%), Iron: 1.61mg (8.96%), Calcium: 81.5mg (8.15%), Zinc: 1.09mg (7.25%), Vitamin B6: 0.13mg (6.62%), Folate: 23.19µg (5.8%), Vitamin B3: 0.88mg (4.42%), Vitamin B2: 0.06mg (3.28%), Potassium: 90.12mg (2.57%), Vitamin K: 2.15µg (2.05%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.21mg (1.41%)