



Hot Water Cornmeal Bread

 Dairy Free

READY IN



160 min.

SERVINGS



48

CALORIES



237 kcal

Ingredients

- 0.3 ounce active yeast dry
- 0.5 teaspoon baking soda
- 20.5 cups bread flour
- 1 cup cornmeal
- 0.5 cup butter
- 0.7 cup blackstrap molasses
- 2 tablespoons salt
- 0.3 cup warm water (110 degrees F/45 degrees C)
- 4 cups water cold

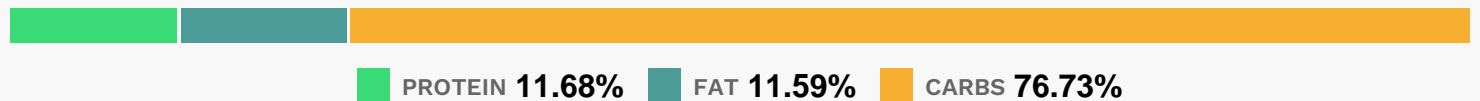
Equipment

- bowl
- oven
- mixing bowl
- loaf pan

Directions

- Place boiling water into a large mixing bowl. Stir cornmeal slowly into boiling water to make mush, stirring constantly to eliminate large lumps.
- Add baking soda to molasses, and beat until light and foamy.
- Add molasses mixture to cornmeal mixture.
- Mix in butter or margarine and salt. Stir in cold water to make mixture lukewarm. Dissolve yeast in 1/4 cup warm water, and add to cornmeal mixture. Gradually add flour.
- Turn dough out onto a lightly floured surface, and knead until smooth.
- Place in a large greased bowl. Grease the top of the dough. Cover with a damp cloth, and allow to rise until doubled.
- Punch down dough, and divide into 6 parts. Shape 4 parts into loaves, and place in 9 x 5 inch loaf pans. Use the remaining dough to make into 2 dozen rolls. Allow to rise until doubled.
- Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes, or until brown.

Nutrition Facts



Properties

Glycemic Index:3.74, Glycemic Load:28.06, Inflammation Score:-2, Nutrition Score:5.450000035455%

Nutrients (% of daily need)

Calories: 236.5kcal (11.82%), Fat: 3g (4.62%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 44.71g (14.9%), Net Carbohydrates: 43.08g (15.67%), Sugar: 3.71g (4.13%), Cholesterol: 0mg (0%), Sodium: 328.44mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Selenium: 22.24µg (31.77%), Manganese: 0.52mg (25.84%), Magnesium: 28.59mg (7.15%), Copper: 0.13mg (6.61%), Fiber: 1.63g (6.53%), Phosphorus: 62.17mg (6.22%), Folate:

22.22µg (5.56%), Vitamin B1: 0.07mg (4.74%), Iron: 0.81mg (4.48%), Zinc: 0.58mg (3.9%), Potassium: 134.85mg (3.85%), Vitamin B6: 0.07mg (3.65%), Vitamin B3: 0.72mg (3.6%), Vitamin B5: 0.31mg (3.13%), Vitamin B2: 0.04mg (2.47%), Vitamin E: 0.3mg (1.99%), Calcium: 19.36mg (1.94%), Vitamin A: 85.65IU (1.71%)