

Potato Bread



Makes: 2 loaves

Ingredients:

- 1 package active dry yeast
- 1½ cups warm water
- 2 tbsp sugar
- 3 tbsp olive oil
- 2 eggs
- 1 cup mashed potatoes, lukewarm
- 6 cups all-purpose flour
- 1 cup whole wheat flour
- 1 tsp salt
- Skim milk as garnish

Procedure:

- Mix yeast and warm water in a large bowl; let stand 5 minutes.
- Mix in sugar, olive oil, eggs and mashed potatoes; mix in 5½ cups all-purpose flour, whole wheat flour and salt to make soft dough.
- Knead dough on floured surface until smooth and elastic, about 5 minutes.
- Place dough in greased bowl; let rise, covered, in warm place until double in size, 1 – 1½ hours.
- Punch down dough.
- Divide dough into 2 equal pieces; shape into loaves and place in greased loaf pans.
- Let stand loosely covered, until double in size, about 45 minutes.
- Brush top of loaves with milk.
- Bake at 190°C/ 375°F until loaves are golden and sound hollow when tapped, about 45 minutes.

Per serving:

- Calories: 121
- Protein: 4 gm
- Carbohydrates: 23 gm
- Fat: 2 gm