



Mother-in-Law Bread

You can do the math to decrease this batch. This recipe will make 8 to 10 loaves (depending on my mood!)

Ingredients

8 cups whole wheat flour
9 cups warm milk or water (or combination)
4 cups cooked whole rolled oats (cooked with salt)
1/2 cup oil
6 eggs
1 tsp. rose hip powder (optional)
1/4 cup sugar
3 Tbsp. yeast
Approx. 10 cups all natural white flour

- 1) Mix together: 8 cups whole wheat flour (Perfect case scenario; soak this flour overnight if possible [8-24 hours,] in the milk / water) and 9 cups warm milk or water, or milk & water combined (I like to sour mine with 1-2 tsp. lemon juice)
- 2) Then Add: 4 cups cooked whole rolled oats (cooked with salt, I never measure, just make extra for breakfast and use what's left!--beat well to make a bit of a mush before adding), 1/2 cup oil (coconut oil, olive oil, organic sunflower oil, lard, etc. whatever you norm. use [please don't use canola or some other processed oil]), 6 eggs, 1 tsp rose hip powder (optional), 9 tsp salt, 1/4 cup sugar (organic cane, honey, brown sugar, maple syrup, etc.), 3 Tbsp. yeast (I use bulk dry yeast, but whey or natural yeast can be used, [it may not rise as quickly or as evenly])
- 3) Beat well for about a minute; Let stand for approx. 1/2 hour.
- 4) Add: Approx.: 10 cups All Natural White flour [or a good sprouted flour] (Make sure it is certified non gmo or organic) or till you have a nice firm dough; knead until the dough begins to bounce back at you. Approx. 5 min. or so.
- 5) Place in grease bowl; Let rise till double;
- 6) Push down, cut into loaf size balls (about 1 lb. per loaf) roll each little loaf out with rolling pin to squeeze out bubbles, now roll up (I like to roll it out only as much as needed to squeeze out the bubbles, then I tuck all the sides under to form an oblong neat loaf about 7 inches long and 3-4 inches wide), form loaf, place in greased loaf pan (glass or ceramic is best) or even on a cookie sheet (side by side makes some really fun loaves...place about 4 inches apart, they will touch during the rising and baking process, but will easily break apart to become their own loaf again after being baked);
- 7) Let loaves rise till double;
- 8) Bake at 350 for 30 min.... Bread is done when the bottom of the loaf is golden brown, not before this time.
- 9) I like to butter the warm bread when it comes out of the oven; but this is not a necessary step, It just helps to keep the crust soft, even after it cools and is packaged.

Some fun variations are: to add garlic and or dried chives to the bread dough when mixing for a touch of the Italian flavor. Also, kids love to make mini loaves or even to roll them into breadsticks. (when made into breadsticks, 15-20 minutes is usually sufficient baking time.)

Good Luck and May God Bless your efforts,

Sue Meyer