

# "French" Bread (in Bread Machine)



**Servings: 12**  
**Yield: 12 slices**  
*1 1/2 Cups Water*  
*4 Cup Bread Flour*  
*5 Tsp Sugar*  
*1 1/2 Tsp Salt*  
*2 1/2 Tsp Yeast*  
*2 Tablespoons Water*

Put room temperature water into bread machine pan.

If humidity has been low or if bread does not appear smooth midway through first mixing, then if you only added 1 1/3 cup of water, now add the 2 Tbsp of water so it will mix smooth and therefore rise properly.

Mix flour, most of the sugar, and salt in a separate bowl then once mixed pour carefully on top of water in pan. Form a well for the yeast, add yeast and then remaining sugar on top of yeast. DO NOT let yeast touch water.

Select White setting and light crust for softest bread and turn on bread machine.

Bread flour is used to make a chewy bread, has a 12-14% protein content and is made from hard wheat flour. The high gluten content causes the bread to rise and gives it shape and structure. To make it yourself, use all purpose flour only replace 1 tablespoon of the all-purpose flour and replace it with 1 tablespoon of vital wheat gluten per cup of bread flour the recipe calls for.

*Too dense? Maybe not enough water. If while mixing it is soft, and doesn't feel particularly dry, but during kneading it doesn't come together in a ball. Instead, it twists and turns itself into a bunch of separate pieces that keep slapping against one another; it's gnarly. So it should be smooth not gnarly with enough water. It should be soft and sticky but not so wet it is gluey.*

*A loaf made with too much flour (or not enough liquid - same thing) will be dry, dense, and heavy. Yeast is happiest in a moist environment, feeding happily when it's got enough to drink. Likewise, gluten (the network of protein strands that allows your loaf to expand and hold its shape) stretches more readily when there's more liquid present.*

*You can also put plastic over the pan during the rising process to keep the humidity in the loaf which helps the yeast work.*

*Don't add more sugar to get it to rise. Sugar is hygroscopic; it absorbs as much liquid as it can. The result? Thirsty yeast is left high and dry, and simply goes dormant.*

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Per Serving (excluding unknown items): 174 Calories; 1g Fat (4.2% calories from fat); 6g Protein; 35g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 269mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Other Carbohydrates.