French Loaf

by Anand Lila devi dasi

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

Active dry yeast.....¼ oz or 7 gm
Warm water..... 1 C
Sugar..... 2 Tsp
Olive oil..... ½ C
Salt..... 1 ½ Tsp
Yellow asafetida powder..... 1 Tsp
Dried oregano.....1 Tsp
Italian seasoning..... 1 Tsp
(mixed dried herbs like marjoram, thyme, basil, rosemary, sage etc.)
Bread flour..... 3 C
(if unavailable, substitute with all purpose flour)

Preparation :

1) In a large mixing bowl, combine the yeast, sugar and ½ C of warm water. Leave for 10 minutes until frothy. Add 1/3 C of oil, salt, asafetida powder, all the dried herbs and the remaining water; stir to blend nicely. Stir in the flour and form a smooth dough. Cover and let rise in a warm place until doubled in size, about 1 hour.

2) Punch down the dough, turn on to a floured surface, and roll in to a 10-inch x 8-inch rectangle. Starting from the long side, roll up the rectangle to form a 10-inch long log. Pinch seam to seal. Place seam side down on a greased baking sheet. Brush top with oil, cover and let rise until doubled in size, about 45-50 minutes.

3) With a knife make diagonal cuts 1-inch apart, on the top of loaf. Bake in a preheated oven at 400 F/ 200 C for 25-30 minutes or until the top is browned. Brush the top of the loaf with the remaining oil and remove on wire racks to cool completely. Cut into slices along the diagonal marks.

Yield: 1 loaf

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