

Olive-Rosemary Bread

Yield: 1 loaf (18 servings)

Ingredients:

2 ¼-ounce packages active dry yeast	2 teaspoons dried rosemary, crumbled
2 cups lukewarm water (115 F), divided	1 cup chopped kalamata olives
2 teaspoons table salt	1 large egg white
6 cups bread flour, divided	1 tablespoon water
	coarse salt

Procedure:

In a small bowl, proof the yeast in 1 cup of the water for five minutes or until the mixture is foamy. In another small bowl, dissolve the table salt in the remaining 1 cup water. In a large bowl stir together the yeast mixture, the salt water, 4 cups of the flour and the rosemary until a dough is formed. Turn the dough out onto a floured surface and knead in the olives and enough of the remaining 2 cups of flour to form a slightly sticky dough. Continue kneading for 10 minutes, form dough into a ball, and transfer it to a lightly oiled bowl, turning it to coat it with the oil. Let the dough rise, covered with plastic wrap, in a warm place for an hour, or until double. Punch dough down, let it rest for 10 minutes and then shape it into a 16-inch-long loaf. Transfer the loaf to a lightly oiled baking sheet and let it rise uncovered in a warm place for an hour, or until double. Make four 1/4-inch-deep slashes in the top of the loaf and brush the loaf with a glaze, made by beating the egg white with 1 tablespoon water. Sprinkle the loaf with the coarse salt and bake it in the middle of a preheated oven at 425 F for 15 minutes. Reduce the temperature to 350 F and bake the loaf for 30 minutes more, or until it sounds hollow when tapped. Transfer the loaf to a rack and let it cool.

about 180
calories and
1.6 grams of
fat per serving

A serving of Olive-Rosemary Bread (1/18 of the recipe) qualifies as a low-fat food. If kalamata olives are unavailable, you could substitute another type of black olive.

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