

Bread Bowls

This recipe comes from the Wheat Foods Council.

Yield: 12 bowls

Ingredients:

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| 2½ cups warm water (105 F to 115 F) | 2 tablespoons canola oil |
| 2 packages active dry yeast | 6½ to 7½ cups bread flour, divided |
| 1 tablespoon salt | 1 egg, beaten |
| 1 tablespoon sugar | 1 tablespoon milk |

Procedure:

Measure warm water into large bowl. Sprinkle in yeast and stir until dissolved. Add salt, sugar, oil and 3 cups flour. Beat until smooth. Add enough of the remaining flour to make a stiff dough. Turn out onto lightly floured board and knead until smooth and elastic, about 10 to 12 minutes. Place dough in bowl that has been lightly coated with nonstick spray. Turn once to coat. Cover and let rise in warm place until doubled, about one hour. Meanwhile, grease the outside of 12 10-ounce custard cups or oven-proof bowls of similar size. Punch dough down and divide into 12 pieces. Cover and let rest 10 minutes. Spread each piece into a circle about 6 inches in diameter. Place dough over outside of glass bowls, working it with hands until it fits. Set bowls, dough side up, on baking sheet that has been coated with non-stick spray. Cover with plastic wrap and let dough rise in warm place until doubled, about 30 minutes. Combine egg and milk and gently brush mixture on dough. Bake at 400 F for 15 minutes until golden brown. Remove bowls from the oven and extract glass bowls from bread bowls. Set bread bowls open side up on baking pan, return to oven and bake five minutes longer.

about 295
calories and
3 grams of fat
per serving
(one bowl)

One bread bowl counts as about four servings of bread, according to the Food Guide Pyramid portions.

NDSU Agriculture Communication



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