

**FRENCH BREAD**

**Yield** 100

**Portion** 2 Slices

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 189 cal  | 37 g          | 6 g     | 2 g | 0 mg        | 328 mg | 8 mg    |

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING

**Weight**

2 oz  
 12-1/2 oz  
 4-5/8 lbs  
 2-2/3 oz  
 3 oz  
 10-7/8 lbs  
 2-3/4 oz

**Measure**

1/4 cup 1 tbsp  
 1-1/2 cup  
 2 qts 3/4 cup  
 1/4 cup 2-1/3 tbsp  
 1/4 cup 1 tbsp  
 2 gal 1 qts  
 1/4 cup 2-1/3 tbsp

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, sugar, salt, and flour in mixer bowl.
- 3 Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid; add yeast solution; mix at medium speed 5 minutes.
- 4 Add shortening; continue mixing at medium speed 3 minutes. Dough temperature should be between 78 F. and 82 F.
- 5 FERMENT: Cover and set in warm place, 80 F. for 2-1/4 hours or until double in bulk.
- 6 PUNCH: Fold sides into center and turn completely over. Let rest 15 minutes.
- 7 MAKE-UP: Scale into 12-19 ounce pieces; shape each piece into a smooth ball; let rest 10 minutes. Form each piece into a rope, 1-1/4 inches in diameter and 18 inches long. Place 3 loaves on each cornmeal dusted pan. Use 1/8 cup cornmeal per pan.
- 8 PROOF: At 90 F. to 100 F. for 50 to 60 minutes or until double in bulk.
- 9 Brush top of each loaf with Cornstarch Wash, Recipe No. D 040 00 or Egg White Wash, Recipe No. D 017 01. Cut 6 diagonal slashes, 1/4-inch deep, on top of each loaf.  
 BAKE: 30 minutes at 425 F. or until done.  
 When cool, cut 17 one-inch thick slices per loaf.