PAUL OSMUNDSON'S OATMEAL BREAD

INGREDIENTS

1 cup old fashioned oatmeal
2 cups boiling water
1 Tbs. shortening
1.5 tsp. salt
0.5 cup molasses
0.5 Tbs. yeast
0.5 cup lukewarm water
5-6 cups flour

Allow Time for Rising: *This traditional bread recipe calls for three rises, giving the dough plenty of time to develop its texture and flavor.*

DIRECTIONS

In an extra-large mixing bowl, combine the oatmeal, boiling water, shortening, salt, and molasses. Stir well and allow the mixture to rest for approximately one hour, or until cooled to about 100°F.

Once cooled, dissolve the yeast in lukewarm water in a small bowl. Add the yeast mixture to the oatmeal mixture, stirring until well combined. Gradually add the flour and mix to form a dough.

DIRECTIONS - CONTINUED

Cover bowl of dough and allow the dough to rise until doubled in size. Punch down to release the air, then let rise a second time until doubled. Punch down once more.

Lightly grease three bread pans with shortening. Divide the dough evenly among the prepared pans and allow it to rise one final time, until doubled in size.

Preheat the oven to 350°F. Bake for 30–45 minutes, or until the loaves are golden brown and baked through.