

Anadama Bread



I made this bread for years in my bread maker. Once the novelty of it wore off and I tired of the weird shape of the bread, I did not make bread until the pandemic. I discovered the dough hook on my stand mixer (that I had had for over 20 years) and was back into it! 😊 Since then, I have been experimenting with bread recipes and loved this version of my old favorite. I have adapted it from one found on spicedblog.com for a vegan execution but feel free to use real butter and milk.

Ingredients

- ½ cup yellow cornmeal
- 1 teaspoon salt
- 1 cup water
- 3 Tbsp vegan butter (I used Miyoko's) at room temperature
- ¼ cup molasses
- 4 cups white whole wheat flour
- ½ cup nondairy milk (I used Ripple) at room temperature
- 1 ¼-oz. package active dry yeast (2 ¼ teaspoons)
-

Instructions

1. Using a large bowl, combine cornmeal and salt. In a pan bring water to a boil. Mix molasses, butter and boiling water in the bowl with cornmeal; stir until well combined. Let mixture cool to room temperature (about 10 minutes).
2. Using a stand mixer, add cornmeal mixture, flour, milk and yeast; stir with a spoon until well combined. Using a dough hook, mix on medium speed for 5-6 minutes. Note, my mixer has about 8 speeds, I use the second one and find it just right.
3. Transfer dough into an oiled bowl. Cover lightly and let rise in a warm place for 1-1 ½ hour, or until almost doubled in size.
4. Transfer dough onto a lightly floured surface. Fold over several times and then transfer dough into a 9"x5" greased loaf pan. (
5. Cover pan lightly and let rest until dough has risen to about 1" above top of pan (about an hour or less).
6. Towards the end of the rising time, preheat oven to 350°F.
7. Bake for 40-45 minutes, or until the top is golden brown.
8. Let bread cool in pan for 5 minutes before transferring to wire rack. Let cool fully before slicing.