



Karen Jean's Bridgeton Mill Bread Buns

1-1/2 cups warm water, about 112 degrees F
4 teaspoons original dry yeast
1/3 cup honey
4 teaspoons olive oil
1-1/4 teaspoon salt
4 cups Bridgeton Mill Bread Flour

Place warm water in medium sized bowl; sprinkle yeast over water; stir until dissolved; mix in honey and oil; set aside for 20 minutes and mixture becomes frothy.

Place yeast mixture in mixing bowl; add salt and 1 cup flour; gradually beat in remaining flour until dough forms. Mix or knead for about 6 to 10 minutes and forms into soft dough.

Place dough into a large greased bowl; turn over once to coat dough with oil. Cover loosely with plastic wrap or soft towel. Set aside in warm place to rise for about 45 to 60 minutes.

Remove dough to lightly floured surface. Roll to fit 13x9-inch pan. Foil line and grease 13x9-inch baking pan; press dough evenly into pan. Cover loosely; set aside in warm place to rise for about 30 to 45 minutes.

Bake in preheated 350 degree oven for about 30 minutes or golden brown. Remove bread to cooling rack. When cool; cut into squares for sandwich breads. Yield: 12 square sandwich breads

Cook's Note: Karen Jean uses this recipe for loaves of bread as well as preparing knot shaped rolls for her family. Their Mill business serves their prepared sandwiches on this bread. You can also make it in a bread machine if desired according to your manufacturer's directions.

About the Recipe: Wow! This is a very easy bread to make and so delicious. Using the Bridgeton Mill Ground Bread Flour creates rustic healthy bread with a golden crust. Cut the square buns in half for sandwiches or snacks. It can also be shaped into individual rolls or loaves. It is certain to become one of your favorites.

For More product information: See:
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