



## *French Bread In One Hour*

### *Ingredients*

- 2-1/2 cups hot water
- 2 tablespoons SAF instant yeast
- 2 tablespoons sugar
- 2 teaspoons Real Salt
- 5-1/2 cups white flour or freshly ground hard white wheat
- egg whites (lather loaves with brush after first bread rise/cut 4-5 shallow cuts on top of loaves)
- sesame seeds or poppy seeds (optional, sprinkle on egg whites before the 2nd bread rise time)

### *Instructions*

Mix everything in order shown except the egg whites and optional seeds. Knead for about five minutes in a bread mixer. Let rest for 15 minutes covered. Shape the dough into 2 loaves and place on a greased cookie sheet. Lather the tops of the loaves with the egg whites, cut four to five shallow cuts on top of the loaves. Next, sprinkle seeds if desired. Let rise one more time about 15 minutes. Pre-heat the oven to 450 degrees and bake for 15 minutes.