



# How To Bake A Loaf Of Yeast Bread

An Approach To Success

 *Become a Better*  
**BAKER**

**Fleischmann's** *Yeast*  
Baking Success. Guaranteed Every Time.

# Get Ready, Mix, Knead, Shape & Bake!



Then, enjoy and share  
your delicious bread with  
family and friends!

## Getting Ready

Gather the following equipment and ingredients and arrange them in the order listed – this is the order you will be using them to make one loaf of bread.

### EQUIPMENT

- Dry-ingredient measuring cups
- Liquid-ingredient measuring cup
- Measuring spoons
- Large mixing bowl
- Instant-read thermometer
- Wooden spoon
- Plastic wrap or clean, lightweight towel
- Loaf pan (8½ x 4½-inch)
- Large flat work surface or countertop (for kneading)
- Rolling pin
- Ruler
- Pot holders
- Wire rack

### INGREDIENTS

- 3 to 3½ cups all-purpose flour OR bread flour
- 1 tablespoon sugar
- 1 envelope **Fleischmann's® RapidRise™ Yeast**
- 1 teaspoon salt
- 1 cup very warm water (120° to 130°F)
- 2 tablespoons butter OR margarine, softened
- Nonstick cooking spray
- Vegetable shortening for greasing pan

## PREPARING DOUGH

1. Measure 1 cup of the flour, sugar, undissolved yeast, and salt into large bowl. Stir with wooden spoon to blend well.
2. Gradually stir in water and butter. Continue stirring for about 2 minutes or until blended.
3. Stir in enough remaining flour, about  $\frac{1}{4}$  cup at a time, until dough comes away from sides of bowl and forms a soft ball. You may not need all of the flour – *dough will be slightly sticky.*
4. Remove dough from the bowl to a lightly floured surface.



## KNEADING DOUGH

1. With lightly floured hands, form dough into a ball and flatten slightly. Fold dough toward you.
2. Use heels of your hands to firmly push the dough away. Pick up the far edge of the dough and fold it toward you. Turn the dough a quarter turn. Vigorously repeat push, fold and turn steps until dough is smooth, elastic and springs back when lightly pressed with two fingers – *kneading generally takes from 5 to 10 minutes.*
3. If the dough gets too sticky to knead, lightly sprinkle hands and work surface with flour, kneading it into the dough – *try not to add more flour than absolutely necessary, or bread will be dry.*
4. Shape dough into a ball, covering it with plastic wrap that is lightly coated with nonstick spray, or you can cover it with a lightweight towel. Let dough rest for 10 minutes.



## SHAPING AND BAKING

1. Flatten the dough ball. With a rolling pin, roll dough (or pat with hands) to a 12x7-inch rectangle. Beginning at the short end, roll up tightly, as for a jelly roll, to make a loaf. Pinch the seam and ends to seal.
2. Grease loaf pan with shortening. Place dough, seam side down, in pan. Lightly coat top of dough with nonstick spray. Cover with plastic wrap or towel.
3. Place pan in warm, draft-free place for about one hour or until dough is doubled in size.
4. Pre-heat the oven to 400°F.
5. Uncover dough and bake for 35 to 45 minutes or until done.
6. Remove loaf from pan and cool on wire rack.



## Tips & Techniques



You're on your way  
to delicious  
homemade bread!

### Measuring Ingredients



**TO MEASURE FLOUR:** Use standard dry-ingredient measuring cups which come in a set of different sizes that nest inside each other. Lightly spoon flour into the cup, filling slightly over rim. With straight edge of knife or spatula, sweep across top of cup so that flour is even with rim. Use the same technique of overfilling and sweeping off excess when using measuring spoons for dry ingredients.



**TO MEASURE LIQUIDS:** Pour liquid into transparent, liquid-ingredient measuring cup. Read measurement at eye level.

### Gauging Temperature Of Liquid Ingredients



To accurately determine temperature, it's best to use an instant-read thermometer with a stainless steel stem and a dial on top. Candy and meat thermometers will work if they register as low as 100°F.

For an accurate reading, immerse the stem in at least 1½ inches of liquid.

If you don't have a thermometer, you can get an approximate temperature by feeling the temperature of the liquid. Liquid at 120°F is very warm to the touch but not hot enough to burn.

## Electric Mixer Method

The electric mixer makes mixing easier!

1. Combine undissolved yeast with part of the flour (1 to 1½ cups) and other dry ingredients in the bowl.
2. Gradually add very warm water and butter and beat 2 to 3 minutes at medium speed, scraping the bowl occasionally.
3. Add additional flour (½ to ¾ cup at a time) and beat 2 to 3 minutes at high speed until a soft dough forms.

**NOTE:** If your mixer has a dough hook, it can do the kneading for you! Simply fit the dough hook on the mixer when you are ready to knead. Turn the speed to medium-high and knead for 3 to 4 minutes. Stop and check the dough with your fingers. It should feel smooth and elastic, and drier than when you began kneading. Lightly press 2 fingers into the dough; if it springs back, the kneading is finished. If not, knead a little longer and test again.

## Rising

Let dough rise in a warm (80° to 90°F), draft-free place in any of the following ways:

1. Fill a large saucepan ⅔ full of water. Bring to a boil. Remove from heat. Place a wire rack over water. Place bowl or pan of dough on rack. Cover. This will keep the dough nice and warm, helping it to rise more quickly.
2. Place bowl or pan of covered dough inside an unlit oven over a large pan of steaming water.
3. Set bowl or pan of covered dough in microwave oven along with a cup of hot, steaming water. (Do *not* use oven when dough is rising inside.)

**NOTE:** Rising time may vary each time you bake. Changes in temperature and humidity will speed or slow yeast action.



## Testing For Sufficient Rising

To determine if dough passes the "**Doubled In Size**" stage, press tips of two fingers lightly and quickly about ½ inch into dough.

If dents from your fingers remain, the dough is doubled in size.



# Tips & Techniques

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Follow these tips and techniques for baking success – *every time!*

## Baking



Always pre-heat the oven. If the oven is not pre-heated, the dough may over-rise before the crust is formed. This will result in a misshapen loaf.



During the first 10 to 15 minutes of baking, heat causes the dough to expand quickly, giving a little more rise to the loaf and forming the crust.

## Testing For Doneness

Oven temperatures can vary so check the loaf 5 to 10 minutes before the completed baking time.

A properly baked loaf should be golden brown on all sides and easy to remove from the pan.

When the bottom is tapped, it should sound hollow.

If measured with a thermometer, the internal temperature should read about 190° to 205°F.



If loaves are getting over-browned before the completion of the baking time, shield the loaves with aluminum foil and return them to the oven to complete baking.

## Substituting Active Dry Yeast

To substitute Fleischmann's® Active Dry Yeast:

1. Dissolve 1 envelope in ¼ cup warm water (100° to 110°F) with 1 teaspoon sugar.
2. Proceed with preparing and kneading dough as directed, reducing the amounts of water and sugar used for dissolving yeast, accordingly.
3. After kneading, place dough in greased bowl, turning to grease top.
4. Cover; let rise in warm, draft-free place until doubled in size, about 1 to 2 hours.



5. Punch dough down by making a fist and pushing into the center of the dough – *this process removes excess carbon dioxide and redistributes the yeast so it can continue its process.*



6. Pull the edges of the dough to the center and turn the dough over.
7. Proceed with shaping and baking as directed.





## DO YOU BUY YOUR YEAST IN AN ENVELOPE, OR A JAR?

ENVELOPE		JAR
1 envelope	=	2¼ teaspoons
2 envelopes	=	4½ teaspoons
3 envelopes	=	6¾ teaspoons



The go-to resource for all your baking needs.

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**Fleischmann's** *Yeast*

Baking Success. Guaranteed Every Time.

All Fleischmann's Yeast is certified Kosher by .  
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