

# **BREAD AND SOUP RECIPES**

## **USED AT TRINITY Lutheran Church's EMPTY BOWLS EVENTS**

*January 18, 2016 marked our fourth Empty Bowls event. Empty Bowls is an international grassroots effort to fight hunger and was created by The Imagine Render Group. Guests are invited to a simple meal of soup and bread. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world. The money raised is donated to organizations working to end hunger and food insecurity. The money we raised at Trinity went to the Houston County Food Shelf and to ELCA World Hunger.*

*At our event we served homemade breads and soups. They were delicious! Thank you to our bakers and soup makers! We have asked our chefs to share their recipes, which they did, and they are compiled here. Next to each soup recipe is the date it was used.*

*Thank you to all who made this event a huge success; the donations for the meal were very generous. We hope to continue this event. With that in mind, we are always looking for people to share their cooking talents.*

*Outreach Team, January, 2016*

# **Cheeseburger Soup** Bev Nelson 2015

## **Ingredients**

1/2 pound ground beef  
3/4 cup chopped onion  
3/4 cup shredded carrots  
3/4 cup diced celery  
1 teaspoon dried basil  
1 teaspoon dried parsley flakes  
4 tablespoons butter, *divided*  
3 cups chicken broth  
4 cups diced peeled potatoes (1-3/4 pounds)  
1/4 cup all-purpose flour  
2 cups (8 ounces) process cheese (Velveeta), cubed  
1-1/2 cups milk  
3/4 teaspoon salt  
1/4 to 1/2 teaspoon pepper  
1/4 cup sour cream

## **Directions**

*1. In a 3-qt. saucepan, brown beef; drain and set aside. In the same saucepan, saute the onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add the broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until potatoes are tender.*

*2. Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3-5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in the cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream. Yield: 8*

# Minestrone

Jessica Bergsgaard [2015](#)

## Ingredients

3 tablespoons olive oil	1 (15 ounce) can green beans
3 cloves garlic, chopped	2 cups baby spinach, rinsed
2 onions, chopped	3 zucchinis, quartered and sliced
2 cups chopped celery	1 tablespoon chopped fresh oregano
5 carrots, sliced	2 tablespoons chopped fresh basil
2 cups chicken broth	salt and pepper to taste
2 cups water	1/2 cup seashell pasta
4 cups tomato sauce	2 tablespoons grated Parmesan cheese
1/2 cup red wine (optional)	for topping
1 cup canned kidney beans, drained	1 tablespoon olive oil

*In a large stock pot, over medium-low heat, heat olive oil and saute garlic for 2 to 3 minutes. Add onion and saute for 4 to 5 minutes. Add celery and carrots, saute for 1 to 2 minutes. Add chicken broth, water and tomato sauce, bring to boil, stirring frequently. If desired add red wine at this point. Reduce heat to low and add kidney beans, green beans, spinach leaves, zucchini, oregano, basil, salt and pepper. Simmer for 30 to 40 minutes, the longer the better.*

*Fill a medium saucepan with water and bring to a boil. Add macaroni and cook until tender. Drain water and set aside.*

*Once pasta is cooked and soup is heated through place 2 tablespoons cooked pasta into individual serving bowls. Ladle soup on top of pasta and sprinkle Parmesan cheese on top. Spray with olive oil and serve.*

## **Dill Pickle Soup** *Mark Schroeder* 2015, 2016

### **Ingredients**

5 cups chicken broth  
3/4 pounds russet potatoes, peeled and quartered  
2 cups chopped carrots (small dice)  
1 cup sliced baby dill pickles  
1 stick butter  
1/2 cup all-purpose flour  
1/2 cup sour cream  
1/4 cup water  
2 cups dill pickle juice  
1-1/2 teaspoons Old Bay seasoning, or other all purpose seasoning blend  
1/2 teaspoon table salt  
1/2 teaspoon coarsely ground pepper  
1/4 teaspoon cayenne pepper  
Dill weed and Thyme to taste

*In a large pot, sauté potatoes, pickles, carrots and butter. Add broth and pickle juice. Bring to a boil and cook until the potatoes are tender. Add pickles and continue to simmer. As it simmers add all other spices. Simmer until vegetables are fork tender.*

*In a medium bowl, stir together flour, sour cream and water, making a paste. Vigorously whisk sour cream mixture (2 Tablespoons at a time) into soup. (This will also break up some of your potatoes which is okay. You might see some initial little balls of flour form but between the whisking and boiling all will disappear. Don't panic.)*

*Cook 5 more minutes and remove from heat. Serve immediately.*

*All pickle juice is not created equal. Some is saltier than others. Taste your soup after adding the pickle juice and final seasonings. It's possible you will not need any salt or would prefer more or less.*

# **Hamburger Soup** Rachel/Mark Udstuen 2014

- 2-½ pounds ground chuck
- 1 whole large onion, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 can (14.5 ounce) whole tomatoes
- 3 cups beef stock or bullion, plus more as needed
- 1 yellow bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 4 carrots, peeled & sliced on the diagonal
- 5 red potatoes, cut into chunks
- 3 T. tomato paste
- ½ tsp kosher salt (more to taste)
- ½ tsp black pepper (more to taste)
- 2 tsp dried parsley flakes
- ½ tsp ground oregano
- ¼ tsp cayenne pepper (more to taste)

*In a large pot over medium-high heat, brown the meat with the onion, celery, and garlic. Remove the pot from the heat and drain off as much fat as you can. (Discard the fat once it cools.)*

*Return the pot to the heat and add the rest of the ingredients. Stir to combine, then bring to a boil. Reduce the heat, cover the pot and simmer the soup for 15-20 more minutes, until potatoes are tender but not overly mushy.*

*Soup should be somewhat thick, but if you'd like it to be more "soupy," add 1 to 2 cups more broth OR hot water and heat through. Taste and adjust seasonings, adding more salt if needed.*

*Serve with crusty bread!*

# **Roasted Butternut Squash Soup** Nolie Kapplinger 2014

- 4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed
- 1/4 stick unsalted butter
- 1 medium Granny Smith apple (about 8 ounces)
- 1/2 medium yellow onion
- 8 fresh sage leaves
- 2 1/2 cups low-sodium vegetable or chicken broth
- 2 1/2 cups water
- 1 1/2 teaspoons kosher salt, plus more as needed
- 1/4 teaspoon black pepper, plus more as needed
- 1/3 cup heavy cream
- 1/2 cup toasted pumpkin seeds, for garnish (optional)

*Heat the oven to 425°F and arrange a rack in the middle.*

*Line a baking sheet with aluminum foil. Place the squash pieces cut-side up on the baking sheet. Melt 1 tablespoon of the butter and brush all of it over the tops and insides of the squash halves (alternatively, you can rub it on evenly with your fingers). Season generously with salt and pepper.*

*Roast until knife tender, about 50 minutes to 1 hour.*

*Meanwhile, peel, core, and cut the apple into medium dice. Cut the onion into medium dice. Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat. Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes. Remove the pan from the heat and set aside.*

*When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh into the saucepan with the sautéed apples and onions; discard the skins. Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes. Remove the pan from the heat and stir in the cream.*

*Using a blender, purée the soup in batches until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off). Alternatively, use an immersion blender. Taste and season with salt and pepper as needed. Serve garnished with the pumpkin seeds.*

# Potato Bacon Soup

Angie Berns 2014

- 1 pound bacon, cut into 1-inch pieces
- 1 onion, diced
- 3 carrots, diced
- 3 stalks celery, diced
- 4 large russet potatoes, peeled and diced
- 6 cups chicken broth
- 1/2 cup flour
- 1 cup milk
- 1 pint whipping cream
- Salt To Taste
- Pepper To Taste

*Fry bacon until crisp. Remove the bacon and set it aside. Saute in the bacon drippings the carrots, celery and onion until vegetables are tender. Pour in the broth and bring to a gentle boil. Add the diced potatoes. Cook till potatoes are tender, not mushy. In a separate bowl, whisk together the flour and the milk, then pour into boiling soup and allow the soup to cook for another 5 minutes.*

*Remove about 3 cups of the soup, let cool slightly and blend in a blender/food processor until completely smooth. Pour it back into the soup pot and stir to combine. Add bacon. Stir in cream.*

# Wild Rice Soup

Marilyn Sylling [2013](#), [2014](#), [2015](#), [2016](#)

- 6 T Butter
- 1 small onion, diced
- ½ cup chives, chopped
- 6 T Flour
- Salt & Pepper to taste
- ½ tsp Celery Salt
- 2 cans Chicken Broth
- 1 pint Half & Half
- 1 small can chicken, white meat
- 2 - 3 inches (large size box) Velveeta cheese, cubed
- 2 cups Cheddar Cheese, shredded
- 3 cups of cooked Wild Rice

*Melt butter in soup kettle. Sauté onions and chives. Stir in flour, salt, celery salt and pepper. Stir until mixture is bubbly. Add broth, half & half and chicken, and cook about 10 minutes to allow to thicken. Add cheese and stir until all is melted. Add wild rice. Stir and heat for about 10 – 15 minutes. Do not boil. Serves 8-10. (Go easy on the salt because the cheese is salty too)*



# Zuppa Toscana

Joyce Landsom 2013, 2014, 2015, 2016

Makes: 6-8 servings

- 1 lb ground Italian sausage - (I use turkey sausages-remove the casings. Best if you can use half spicy sausage and half sweet Italian sausage)
- 1½ tsp crushed red peppers
- 1 large diced onion
- 4 slices bacon, fried and crumbled into small pieces
- 2 tsp garlic puree or 3 large cloves of garlic, minced
- 2 large boxes reduced sodium, fat-free chicken broth
- 4-5 cubes of chicken bouillon
- 3 c. water (If you need more liquid, add more water and one cube for each cup of water added)
- 1 cup half and half (I used fat free)
- 1 lb sliced Russet potatoes, or about 3 large potatoes
- ¼ of a bunch of kale - probably around 3-4 cups, roughly chopped, stems removed
- Cajun seasoning – optional

*In a skillet, fry bacon. Drain on paper towels and set aside. Drain bacon fat from skillet, leaving just a very small amount - maybe 1 tsp. Add chopped onion and saute. When onions start getting soft, add minced garlic and continue cooking until onions are light brown. Stir to keep from burning. Set onion and garlic aside. In same skillet, brown sausage. Add the red pepper flakes to the sausage as it cooks. You may not want to add the total amount if you do not like spice. Drain fat. In large soup pot, add broth, water and bouillon along with onion. Add peeled, cubed potatoes and cook until potatoes are soft. Add bacon, sausage, cream and kale. Cook until all heated through and serve. Taste and adjust seasoning. I like to add a few shakes of Cajun seasoning to this when I have all ingredients together. Adjust seasoning to your taste.*

# Vegetable Beef Soup

## with Dumplings Betty Bergsgaard [2013](#), [2014](#), [2015](#), [2016](#)

- 1 lb. beef (stewing meat or roast)
- 1/4 cup sweet onion
- Small head cabbage
- 1 cup celery
- 1 cup rutabaga
- 6-8 carrots peeled and sliced
- 2-3 potatoes
- Beef bouillon
- Salt
- Tablespoon parsley
- 4 or 5 eggs for dumplings

*Brown cut up beef. Add onion, cover with a little water and simmer until tender. Cut up vegetables to desired size. Fill kettle at least half full of water. Season with salt. Bring to slow boil. Add cut cabbage and cook until tender. Add rutabaga, celery, and carrots. Continue cooking. Add potatoes. Add parsley and plenty of beef bouillon. Cook slow until vegetables are cooked to your liking. Add more water as needed.*

### *Dumplings*

*In bowl add 1 heaping tsp salt to 4 or 5 eggs. Beat well. Slowly stir in flour until thick (till it starts to lose shine). Drop by teaspoon (or smaller) into boiling soup. Turn down heat, cover and cook at slow boil for 10 minutes. No peeking!*

# Lapskaus (Norwegian Stew) *Karen Fried* 2013

- 1 1/2 cups diced uncooked beef (I used stew meat)
- 1 1/2 cups diced uncooked pork
- 1 onion, chopped
- 1 1/2 cups diced cooked corned beef
- 4 cups diced raw potatoes
- 1 cup sliced raw carrots
- 1/2 tsp pepper

*Cover beef and pork with water and boil slowly for 1/2 hour.  
Add remaining ingredients and cook until tender.  
It is traditionally served with flatbread.*

# Chicken Tortilla Soup

Bethany Bergsgaard 2013

- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 (28 ounce) can crushed tomatoes
- 1 (10.5 ounce) can condensed chicken broth
- 1 1/4 cups water
- 1 cup whole corn kernels, cooked
- 1 cup white hominy
- 1 (4 ounce) can chopped green chile peppers
- 1 (15 ounce) can black beans, rinsed and drained
- 1/4 cup chopped fresh cilantro
- 2 boneless chicken breast halves,  
• cooked and cut into bite-sized pieces
- crushed tortilla chips
- sliced avocado
- shredded Monterey Jack cheese
- chopped green onions

*In a medium stock pot, heat oil over medium heat.*

*Saute onion and garlic in oil until soft.*

*Stir in chili powder, oregano, tomatoes, broth, and water.*

*Bring to a boil, and simmer for 5 to 10 minutes.*

*Stir in corn, hominy, chiles, beans, cilantro, and chicken.*

*Simmer for 10 minutes.*

*Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.*

*Recipe makes 8 servings*

## **Winter Pork Stew** *Mary Deters 2016*

- ½ cup flour
- 1 bay leaf
- 1 tsp each salt, black pepper & dried thyme
- ½ cup dry white wine
- 2 lb. pork stew meat or shoulder, trimmed, cut into 2" cubes
- 4 cups chicken or beef broth
- 1½ cups peeled & cubed sweet potatoes
- 2 T olive oil, divided
- 1½ cups peeled \* cubed potatoes
- 2 cups chopped onion
- 1 cup diced turnips
- ½ cup chopped carrot
- 1 cup diced parsnips
- ½ cup chopped celery
- 2 T butter, softened
- 1 tsp. chopped garlic
- 2 T flour

**Combine** ½ cup flour, salt, pepper and thyme – coat pork, shake off excess. Brown half the meat in 1 T oil over medium high heat, 7-9 minutes. Transfer to a plate. Brown remaining pork in remaining oil & remove; reduce heat to medium.

**Add** onion, carrot, celery, garlic, & bay leaf to the pot; sweat for 5 minutes.

**Deglaze** pot with wine, simmer til nearly evaporated, then stir in broth & reserved pork. Bring stew to a boil, reduce heat to low & simmer, covered, 30 minutes.

**Stir** in sweet potatoes, potatoes, turnips & parsnips; cover & cook 30 minutes more.

**Combine** butter & 2 T flour, add to the stew; simmer 5 minutes to thicken. Remove bay leaf & season stew with salt and pepper.

**NOTE:** I have made this stew according to the recipe above, but here are the substitutions I made in the one at the "Empty Bowls" lunch: I used Red's seasoned pork, so skipped the whole first section label "Combine." I did not put in sweet potatoes, turnips or parsnips, and substituted kohlrabi. I also did not thicken the stew because it seemed thick enough, and added very little salt.

## **Quick & Easy Chicken Noodle Soup** *Marilyn Sylling* 2016

- 1 T butter
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cups sliced carrots
- 4 (14.5 ounce) cans chicken broth )
- 1 (14.5 ounce) can vegetable broth ) I used 2 1/3 qts. home-made broth
- ½ pound chopped cooked chicken breast
- 2½ cups uncooked egg noodles (I like to use Kluski noodles)
- ½ t. dried basil
- ½ t. dried oregano
- salt and pepper to taste

### **Directions**

*In a large pot over medium heat, melt butter. Saute onion, celery and carrots in butter until just tender, 5 minutes. Pour in broth and stir in chicken, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving. Boil noodles separately. Add to soup when ready to serve.*

# **Bulgur Bread or Rolls** *Vivien Mathsen*

- 4 cups water
- 1 cup bulgur
- 1 cup oatmeal
- 1 stick margarine
- 1 T. sugar
- 2 pkgs dry yeast
- 1/2 cup warm water
- 1/2 cup sugar
- 1/2 cup molasses (golden)
- 2 T. salt
- 8 - 10 cups flour

*Boil 4 cups water and bulgur until mushy. Add oatmeal; stir and remove from heat. Add margarine. When cooled, add 1 tablespoon sugar and 2 packages yeast that have been softened in 1/2 cup warm water. Let yeast work; mix with water while you are boiling bulgur. Add 1/2 cup sugar, molasses, salt and flour; knead. Let rise. Put in pans and let rise again. Bake at 350°*

# Emma's Flat Bread

Mary Newgaard (Emma Landsom's recipe)

- ½ cup corn meal
- 1½ cups white flour
- 1¼ cups graham flour
- ¼ tsp. soda
- ¼ cup sugar
- ¼ cup butter
- 1 tsp salt
- 1 1/3 cups buttermilk

*Mix together like pie crust and add buttermilk. Roll thin and bake on lefse grill or bake in oven.*

# Mom Holland's Flat Bread

Terry Holland

- 1 cup flour
- 1 cup corn meal
- 1 cup graham flour
- 1 tsp salt
- 1 T. shortening

*Mix dry ingredients together, cut in shortening. Add water as you go, just enough to form moist but not wet dough. Roll out. Bake in oven 300-325°*



# Marion's Brown Buns Bonnie Solberg

- 1 qt. hot water
- 1 stick margarine
- 2 pkg yeast
- 1/2 cup warm water
- 1/2 cup brown sugar
- 1/2 cup mild molasses
- 1 T. salt
- 2 1/2 cup whole wheat flour
- white flour to finish (about 9-10 cups)

*Dissolve yeast in 1/2 cup warm water. Set aside. Pour hot water over the margarine and stir to melt. Add brown sugar, molasses, and salt to water/margarine. Let cool til warm. Stir in whole wheat flour, yeast mixture and 2 cups white flour. Mix well. Stir in white flour to make the dough easy to handle. Turn out dough onto a floured surface and knead for approximately 10 minutes, til smooth.*

*Place in greased bowl and let rise til double. Punch down. Let rise again. Punch down. Form into buns and place on greased cookie sheets. Let rise until double. Bake at 350° for 20 minutes or until nicely browned. Remove from pan, place on wire rack to cool. Brush tops with butter.*

*(Bonnie's mother-in-law, Marion, used this recipe which is from an old Lutheran Standard Magazine)*

# North Shore Rye Bread

Joyce Landsom

- 2 1/2 to 3 T. dry yeast
- 1/2 cup water
- 1 T. sugar
- 4 cups medium rye flour
- 1 tsp baking soda
- 4 cups buttermilk

*Dissolve the yeast in warm water with 1 T. sugar. Set aside. Put rye flour into large mixing bowl, sprinkle baking soda over it and pour buttermilk on top.*

- 1 1/2 cups water
- 3 T. shortening
- 1 cup packed brown sugar
- 2 T. salt
- 1/2 cup molasses
- 1 cup quick oats
- 2 cups bread flour
- 3 to 4 cups white flour

*Combine water, shortening, brown sugar, salt and molasses in pan and bring to a boil. Add oats and cook for 1 1/2 minutes. Remove from heat and allow this mixture to cool, then pour it over the 4 cups of rye flour and add yeast mix. Mix well and add 2 cups bread flour and about 4 cups white flour to make a stiff dough.*

*Place in a greased bowl cover and let rise until double in bulk. Punch down and shape into 5 loaves. Put in greased pans, prick with a fork or slash the tops about 3 times. Cover and let rise until slightly rounded over top of bread pans. Put the pans in a 350° preheated oven. Bake 30 - 35 minutes. When done remove from oven and cool on a wire rack. Brush tops with melted butter to keep them soft.*

# No Knead Onion Poppy Seed Ciabatta Karen Fried

- 3 cups flour
- 1 1/2 tsp salt
- 1/4 tsp (rounded) yeast
- 12 oz water
- 1 tsp poppy seed
- 1 tsp onion flakes

*Mix together flour, salt and yeast. Add water. Mix together, 4-7 minutes, or until it starts sticking to the side of your bowl. Mix in poppy seed and onion flakes. Cover and let rise overnight (8-15 hours). "Pour" dough out onto lightly floured work area. Pat dough out. Cut into 6-8 pieces. Form into round or oblong rolls. Place on parchment paper covered cookie sheet. Let rise 1 1/2 hours. Brush on egg wash (1 beaten egg). Snip top of each roll with scissors. Bake in preheated 450° oven, 15 minutes.*

# **Matt's White Bread**

*Vivien Mathsen*

- 2 pkgs dry yeast
- 1/2 cup warm water
- 1/4 cup sugar
- 1/4 cup shortening (canola oil)
- 1 T. salt
- 1 cup warm milk
- 3/4 cup warm water
- 6-7 cups flour (Vivien prefers Robin Hood)

*Dissolve yeast in 1/2 cup warm water.*

*In large bowl mix together sugar, shortening, salt, milk, water, four cups flour and yeast mixture. Mix together.*

*Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic.*

*Place in greased bowl, turn greased side up.*

*Cover; let rise until double.*

*Punch down. Let rise again.*

*Punch down dough; divide into halves. Roll each half into rectangle, tightly roll up, pinch ends together.*

*Place loaves, seam side down in well 2 well greased loaf pans.*

*Let rise until double.*

*Back at 350°*

*Remove from pan, place on wire rack to cool. Brush top with butter.*

# Terry's Amazing Bread

Terry Holland

- 1/2 gal white milk -- scalded
- 6-8 T. fat (Crisco or bacon fat -- melt in milk)
- 4 cups cold water
- 4 cups honey
- 2 cups bulgur
- 2 cups oat bran
- 2 cups wheat germ
- 1 cup flax seed (red)
- 1 cup amaranth
- 2-3 cups graham flour
- 2 cups gluten
- 6 T. salt
- 6-7 T. yeast
- 2-3 t. sugar
- 2 cups warm water

*Dissolve yeast in 2 cups warm water and sugar, set aside. Scald milk, add shortening. Stir in all the other ingredients, yeast mixture and enough white flour until it is not sticky. Turn dough onto floured surface; knead until smooth and elastic. Knead 15 minutes (may want to divide in two and then combine it together again)*

*Place in greased bowl, turn greased side up.*

*Cover; let rise until double.*

*Punch down. Let rise again.*

*Punch down dough; divide into loaves, makes at least ten loaves. Let rise until double.*

*Bake at 390° for 30 minutes.*

*Remove from pan, place on wire rack to cool. Brush top with butter.*

# Norwegian Ridge Language Camp Bread

Karen Fried

- 6.5 dl warm water (about 2 3/4 cups)
- 3 rounded T. yeast
- 3 T sugar or honey
- 1 cup whole wheat flour
- 1 cup old fashioned oatmeal
- 1/2 cup wheat bran
- 1/4 cup sesame seeds
- 1/4 cup sunflower seeds
- 1/4 cup flax seeds
- 3 T. canola oil
- 1 T. salt
- unbleached flour

*Mix all and add unbleached flour until nice dough. A little sticky is okay. Can mix in a kitchen mixer for 8 minutes or knead by hand. Place in greased bowl and let rise till double, about 45 minutes. Punch down. Split into two loaves. Divide in two, form into loaves and place in well 2 well greased loaf pans. Let rise until double. Bake at 390° for 20-30 minutes. Remove from pan, place on wire rack to cool. Brush top with butter.*