

Delicious Yeast Bread

Ingredients

1 cups warm water (around 110 degrees F)

1/3 cup white sugar

1 1/2 teaspoons active dry yeast

3/4 teaspoons salt

1/8 cup vegetable oil

3 cups bread flour (all-purpose also works)

Directions

Step 1

In a large bowl, dissolve the sugar in warm water, and then stir in the yeast. Watch as the yeast begins to work -- as it "proofs" you'll see a creamy foam form.

Step 2

Now mix the salt and oil into the yeast. Mix in flour one cup-worth at a time. Spread some flour on your counter or table, and lightly knead the dough until it is smooth. Place the ball of dough in a well oiled bowl (pour a dab of vegetable oil into the bowl, and use your fingers or a bit of paper towel to wipe it all over the bottom and a bit of the sides). Turn dough over a bit so it's coated with the oil. Now cover the whole bowl with a lightly damp warm cloth (like a clean dish towel that you wet just a bit). Allow the dough to rise (puff up) until it looks about double its original size, which will take about 1 hour. Make sure your dough is in a warm place (at least 75 degrees, and a little warmer is better--think a nice summer day) but not too hot.

Step 3

Once the dough is all puffed up to twice its original size (that's the yeast working!), punch the dough ball down. Take it from the bowl and knead it for a few minutes. Shape into a loaf, and place the loaf into a well-oiled 9x5 inch loaf pan. (If you don't have loaf pans or prefer a free-foam loaf, that's ok too - just place the dough on an oiled or parchment-lined baking sheet.) Allow your loaf to rise for 30 minutes, or until dough has risen 1 inch above pans. (Again, that's the yeast working!) Preheat your oven to 350 degrees while the loaf is having its final rise.

Step 4

Bake at 350 degrees F for 30 minutes.