Holy Thursday Apple Bread

The Tampa Tribune

Ingredients

- 1 pkg. active dry yeast
- 1 1/4 cups warm water
- 1/2 cup light brown sugar
- 1 cup warm milk
- 2 tsp salt
- 3 1/2 Tbsp vegetable oil
- 5-6 cups all-purpose flour
- 1 1/2 cups whole-wheat flour
- 1 large apple, peeled, cored, and finely chopped

Instructions

1. Mix yeast with 1/2 cup warm water and a pinch of brown sugar in a large bowl. Set aside for 5 minutes.
2. Stir in remaining water, milk, remaining brown sugar, salt, and 2 Tbsp oil.
3. Gradually stir in 4 cups all-purpose flour. Mix thoroughly.
4. Beat in a mixer or food processor until smooth and springy, about 5 minutes.
5. Mix in the whole-wheat flour and apple. Add more all-purpose flour to make a soft dough.
6. By hand or with a dough hook on an electric mixer, knead dough 8 minutes, adding additional all-purpose flour as needed to make a dough that is smooth and not sticky.
7. Lightly oil a bowl with 1/2 Tbsp of the remaining oil. Place the dough in it, turning the dough to coat completely. Cover and allow to rise until doubled, about 1 1/2 hours.
8. Punch dough down and divide in two. Divide each of these portions into three and form into balls.
9. Use the remaining oil to grease two loaf pans. Place three balls of dough in each pan. Cover with a clean towel and allow to rise until almost doubled, about 45 minutes.
10. Bake at 350°F for 45 minutes, until brown.

HOLY THURSDAY APPLE BREAD **THE TAMPA TRIBUNE**

1 pkg. active dry yeast
1¼ c. warm water
½ c. lt. brown sugar
1 c. warm milk
2 tsp. salt
3½ TB vegetable oil
5-6 c. all-purpose flour
1½ c. whole-wheat flour
1 large apple peeled, cored and finely chopped

Mix yeast with ½ cup water and a pinch of brown sugar in a large bowl. Set aside for 5 minutes. Stir in remaining water, milk, remaining brown sugar, salt and 2 tablespoons oil. Gradually stir in 4 cups all-purpose flour. Mix thoroughly

Beat in a mixer or a food processor until smooth and springy, about 5 minutes. Mix in the whole-

recipecardarchive.com | RCA0008-20260621-0098

wheat flour and apple. Add more all-purpose flour to make a soft dough. By hand or with a dough hook on an electric mixer, knead dough 8 minutes, adding additional all-purpose flour to make a dough that is smooth and not sticky.

Lightly oil a bowl with ½ tablespoon of the remaining oil, and place the dough in it, turning the dough to coat completely. Cover, and allow to rise until doubled, about 1½ hours.

Punch dough down and divide in two. Divide each of these portions in three and form into balls. Use the remaining oil to grease two loaf pans, cover with a clean towel and allow to rise until almost doubled, about 45 minutes.
Bake @ 350 degrees for 45 minutes, until brown.

recipecardarchive.com | RCA0008-20260621-0098