

John's Favorite Herb Bread

Ingredients

2 1/2 c warm water
2 pk active dry yeast
4 T unsweetened applesauce
4 T sugar
6 c all-purpose flour
1 T caraway seeds
1 t nutmeg
2 t dried sage
2 t parsley flakes

Instructions

Put the very warm water into a large bowl. Sprinkle the yeast and then the sugar into the bowl. wait 5 minutes to verify that the yeast is clumping ('growing' - this is called proofing the yeast). Then add half the flour, nutmeg, herbs, and applesauce and beat well with a spoon (yes, you can use a mixer on medium speed for 2 minutes). Add the remaining flour and mix in with the spoon. Cover with a cloth and let raise for about 15 minutes or so in a warm kitchen until doubled. Stir it down and spread evenly in 2 - 9 x 5 bread pans sprayed with non-stick. Cover and let raise. Bake in a pre-heated 375 F oven for 45 to 50 minutes or until brown. Remove from pans immediately and put on rack to cool.