

# Easy French Bread

*Makes one loaf*

2 1/4-2 3/4 cups flour  
1 teaspoon salt  
1 tablespoon sugar  
1 pkg. (2 1/4 teaspoons) active dry yeast  
1 cup warm water (120° F)

In the bowl of a standing mixer, combine 1.5 cups flour with the salt, sugar, and yeast. Add water and beat for 3 minutes. Beat in enough additional flour to make a soft but kneadable dough.

Turn dough out onto floured surface and knead 3-5 minutes, or until smooth and elastic.

Place in bowl, cover with tea towel, and let rise 45 minutes (an hour if your house is cold).

Punch dough down and roll into a long rectangular shape. Starting from the long end, roll up jelly-roll style. Place seam-side down on a greased baking sheet, cover with a wet tea towel, and let rise 30-45 minutes, or until doubled. How long this takes will depend on the climate of your house.

**Preheat** oven to 400 degrees.

*Optional: Whisk one egg white with one tablespoon of water until slightly foamy. Using a pastry brush, gently brush beaten egg white onto loaves.*

Using a sharp knife, make 3-4 diagonal slashes on top of the loaf.

Bake for 15-20 minutes, or until nicely browned. Cool on a wire rack.

## Notes:

-The high oven temperature is essential. Use 425° F for an even browner crust. Make sure the oven is fully heated before you bake your bread.

-This bread has very little fat/sugar, so it doesn't keep long. Freeze what you won't use in a day or two.

Printed from [www.thefrugalgirl.com](http://www.thefrugalgirl.com)