

## **Bread in a Bag**

*A fun way to make bread without the mixer or even a bowl!*

### *Home Baking Association: Bread in a Bag*

Close X



Yield: 1 loaf

Prep Time: 30 minutes

Rise Time: 45 to 60 minutes

Bake Time: 30 to 35 minutes

Ingredients:

- 2-1/2 to 3 cups all-purpose flour
- 1 envelope Fleischmann's® RapidRise Yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk powder
- 1 teaspoon salt
- 1 cup water
- 3 tablespoons Mazola® Corn Oil

Directions:

Combine 1 cup flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon, re-sealable heavy duty freezer bag. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients. Heat water and oil until very warm (120° to 130°F); add to flour mixture. Reseal bag; mix thoroughly by working bag with fingers. Gradually add enough remaining flour to make a stiff batter that pulls away from the bag. Remove dough from bag; knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Video Link: [Dough Sculpting 101 DVD: Bread in the Bag](#)

Roll dough to 12 x 7-inch rectangle. Beginning from short end, roll up tightly. Pinch seam and ends to seal. Place in greased 8-1/2 x 4-1/2-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 45 minutes to 1 hour.

Bake at 375°F for 30 to 35 minutes or until done. Cool 5 minutes in pan. Remove from pan; cool completely on wire rack.

#### Nutrition Facts

PER SERVING Calories: 150

Total Fat: 3.5 grams

Saturated Fat: 0 grams

Cholesterol: 0 milligrams

Sodium: 200 milligrams

Total Carbohydrates: 26 grams

Sugar: 4 grams

Dietary Fiber: 1 grams

Protein: 4 grams

Serving Size: 1 slice (1/12 of recipe), 2 ounces

#### Tools:

Measuring Spoons and Cups

Thermometer

Heavy Duty Re-sealable one Gallon Plastic Bag

Plastic Wrap/Kitchen Towel

Rolling Pin

Loaf Pan

#### Techniques:

Yeast Baking: Testing for Doneness

Shaping the Loaf

How to Ensure the Best Rise

*Recipe Courtesy of Fleischmann's Yeast*