



Sour Cream Bread

(Fabulous Bread!)

- 1 package Active Dry yeast
 - 3 tablespoons water
 - ¼ cup + 2 tablespoons warm water (105-110 degrees)
 - 16 oz. whole fat sour cream
 - 1 tablespoon Celtic salt
 - ¼ teaspoon baking soda
 - 4 cups sprouted wheat flour
1. Dissolve yeast and sugar in warm water in a small mixing bowl; let stand 5 minutes or until bubbly. Combine sour cream, salt, and baking soda in a large mixing bowl; add the yeast mixture, mixing well. Gradually add flour and mix well.
 2. Turn dough out on a lightly floured surface and knead about 2 minutes until smooth and elastic. Shape into a ball; place in a greased bowl, turning to grease top. Cover and let rise in a warm place (85 degrees), for about 1 ½ hours or until doubled in bulk.
 3. Punch dough down and divide in half. Place each half in a buttered 9x5x3" loaf pan. Cover and let rise for 1 hour or until doubled in bulk. Bake at 375 degrees for 35-40 minutes.

NOTE: I preheat my oven at 400 degrees for one hour. Immediately upon placing loaves in oven I reset oven to 375 degrees.