

Pumpkin-Wheat Bread

Serves 10, 168 calories each

This pumpkin-wheat bread is surprisingly light and moist. I made it first for our cookbook dinner in Ann Arbor.

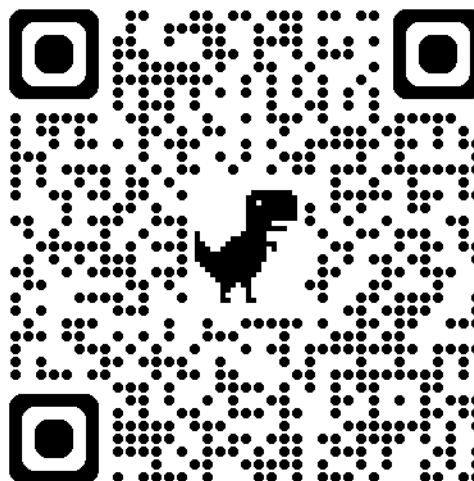


Ingredients:

- 3 Tbsp. warm water
- 1 package of yeast
- 1 1/2 Tbsp. sugar
- 9 1/3 Tbsp. skim milk
- 2/3 tsp salt
- 1 1/3 Tbsp. butter
- 1 2/3 cups flour
- 2/3 cup pumpkin puree
- 1 1/3 cup whole-wheat flour
- 2 Tbsp. raisins (or dried currants)

Equipment:

- Baking pan 9x5"
- Spray oil
- Plastic wrap



Pumpkin Bread

☑	Directions	Time
	Combine 1 package of yeast with 2 Tbsp. warm water and 1 1/2 Tbsp. sugar. Let sit.	10
	In a saucepan, heat 9 1/3 Tbsp. milk with 2/3 tsp. salt and 1 1/3 Tbsp. butter. Stir to dissolve sugar	3
	Transfer to a large bowl. Set milk aside to cool to lukewarm, then stir in the yeast	3
	Combine with half the all-purpose flour until smooth and then stir in 2/3 cups of pumpkin	2
	Add 1 1/3 cup whole wheat flour and the rest of the white flour and stir to combine roughly	2
	Sprinkle flour on a work surface. Turn the dough out of the bowl onto the floured surface.	1
	Knead the dough until smooth	10
	Spray a bowl with oil. Place the dough in the bowl and turn it over to coat with oil.	1
	Spray some plastic wrap with oil and cover the bowl and dough. Let rise in a warm place until double in size.	60
	Preheat the oven to 400 degrees	
	Punch the dough down, cover, and let rest	5
	Flour the work surface. Turn out the dough and knead the raisins into the dough. Limit the exposure of the raisins on the surface to reduce burning.	2
	Bake	35
	Turn out onto a rack and allow to cool completely	60
	Total: 39min.+155min.	