



FOOD DRINK AND CONVERSATION
FROM AROUND THE TABLE

Rosemary Walnut Bread

adapted from Cooking Light

2 cups warm 1% low fat milk (100-110 degrees)
1/4 cup warm water (100-110 degrees)
3 tablespoons sugar
2 tablespoons butter, melted
2 1/2 teaspoons salt
2 packages dry yeast (about 4 1/2 teaspoons)
5 1/2 cups all purpose flour, divided
1 cup chopped walnuts
3 tablespoons coarsely chopped fresh rosemary
1 large egg, lightly beaten
1 tablespoon olive oil
1-2 tablespoons yellow cornmeal
1 tablespoon 1 % low-fat milk
1 large egg, lightly beaten

Combine first 5 ingredients in a large bowl, stirring with a whisk. Add yeast and stir. Let stand 5 minutes. Add 2 cups flour to yeast mixture, stirring with a whisk. Cover and let rise in a warm place (85 degrees) free from drafts, 15 minutes.

Add 2 1/2 cups flour, walnuts, rosemary and 1 egg, stirring with a whisk. Knead dough until smooth and elastic (at least 10 min), adding enough of remaining flour 1/4 cup at a time to prevent dough from sticking to hands. Place dough in a large bowl and drizzle with olive oil, turning to coat. Cover and let rise 1 hour in a warm place free from drafts for 1 hour or until doubled in size. (lightly pressing two fingers in dough, indentation should remain when dough has risen enough)



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Preheat oven to 400 degrees. Punch dough down and turn onto floured surface. Divide dough in half and make two rounds or loaves. Sprinkle baking sheet or pizza stone with cornmeal and top with loaves. Cover and let stand 30 minutes or until doubled in size.

Combine milk and beaten egg. Brush top of loaves. Make diagonal cuts across top of loaves with a knife for decoration if you wish.

Place loaves in oven, reduce temperature to 375 degrees and bake 40 minutes or until bottom of each loaf sounds hollow when tapped. Let stand 20 minutes before slicing.