

Yeast Raised Cornbread

This is a small batch recipe which can be made into two small loaves or four large rolls.

Ingredients:

- ½ cup whole wheat flour
- ¼ cup cornmeal or corn flour
- 1 ½ cups bread flour

Combine the above dry ingredients in a medium bowl and stir to blend. Set aside.

- ½ cups warm water
- 2 tsp. Dry yeast
- 2 T olive oil
- 2 T honey
- 1 egg, beaten
- ¼ cup yogurt
- 1 cup corn kernels (fresh or frozen) , chopped fine in a food processor

In the large bowl of a stand mixer, combine the warm water and yeast. Let it sit for 5 to 10 minutes to dissolve the yeast.

Stir in the olive oil, honey, egg, yogurt and corn.

Next, stir the dry ingredients into the yeast mixture and form into a shaggy ball. Cover the bowl with a plastic bag and let it sit on the counter for 45 minutes.

- 1 tsp. Salt

Sprinkle the salt over the dough. Wet your hands and gently knead the salt into the ball of dough.

Put the plastic cover back on the bowl of dough and refrigerate overnight.

The next morning put the bowl of dough on the kitchen counter and leave it to warm up for 2 hours. Leaving the dough in the bowl, wet your hands and do one set of stretch and fold. Cover the bowl again - wait 30 minutes and do a second set of stretch and fold.

Now prepare a baking sheet by lining it with parchment paper. Insert baking stones in your oven.

Sprinkle a space on the counter with a little water and transfer the dough ball to the counter. Use a kitchen scissors the cut the dough in half. Flatten each portion of dough and roll up into a tight shape like a hotdog roll. Then turn and roll one end tightly again to form a round roll. Place each roll on the prepared baking sheet. You can sprinkle the tops of the rolls with mixed seeds and salt.

Cover the baking sheet and leave on the counter for 30 minutes. When the rolls have started to rise, preheat the oven to 425 degrees F. My oven takes 22 minutes to preheat and the rolls are doubled in size by this time.

Use a baker's peel to slide under the parchment paper and transfer the dough directly onto the baking stones.

Bake for about 25 minutes until the rolls are browned on top and bottom. Transfer to a rack to cool. Let rolls become cold before slicing.