

Oat Bread

Heather E. Chapman, e-mail message to Michael Miller

1 lb. wheat flour

1 tsp. sugar

200 grams rye flour

2-3 tsp. salt

200 grams oats

1 pkg. cream cheese (250 gr.), softened in the microwave oven OR: instead of cream cheese - 1 cup sour cream

2 pkgs. yeast

Dissolve the yeast in hot water. Mix flour, oats, sugar and salt in a bowl. Add the yeast with the water and 1 additional cup of water. Stir the dough until it is smooth. If it is too dry, add water, if too moist, add wheat flour. Finally, knead dough thoroughly.

Form a loaf and cut in on the top. Glace with some milk and spread some flour on top. Cover the loaf with a damp cloth and let it sit in a warm place for one hour. Bake at 300 degrees for about one hour.