

## Anadama Bread

- 2 cups soy milk (microwave for 30 seconds)
- 1 Tablespoon yeast
- 1/3 cup molasses
- 3 Tablespoons canola oil
- 1/2 teaspoon salt
- 1 cup cornmeal (some people cook the cornmeal before using it, which you need to if the cornmeal is a coarse grind. But if it's a medium grind, you can get away with not cooking it first)
- 1/2 cup wheat gluten
- 2 cups white whole wheat flour (give or take 1/2 cup)

Add ingredients in this order. I use the bread maker to make the dough, but you can also mix it in a large bowl and knead it by hand for 10 minutes. When you are adding the white whole wheat flour, first add a cup, then add  $\frac{1}{4}$  cup at a time until you add enough flour just so it doesn't stick too much to your hands. If it's too dry, it will not be good. Try to tolerate a little stickiness. If the dough is lumpy, it's too dry so I add more liquid and get it the right consistency. Cut into fourths, then fourths again. Makes 16 rolls. Oil the outsides with olive oil, place on a baking sheet. Let rise in the oven for 90 minutes (I turn on the light to make the over a little warm). Bake at 350 F for 17-19 minutes on greased sheet.