

## **CONSTITUTION DAY – SALLY LUNN BREAD**

*Rose baked fresh bread for the Merriman family every morning.*

### **TOOLS**

Small saucepan  
Measuring cup & spoons  
Small bowl  
Wooden spoon  
Medium and large mixing bowls  
Clean kitchen towel  
Paper towels  
Tube pan or round 2-quart casserole dish  
Butter knife  
Potholders

### **INGREDIENTS**

Shortening or butter to grease the pan  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{4}$  cup warm water  
1 package active dry yeast  
6 Tablespoons butter, softened  
3 Tablespoons sugar  
2 eggs  
3 cups flour  
1  $\frac{1}{4}$  teaspoon salt

### **DIRECTIONS (Makes 1 loaf)**

1. Measure the milk into the small saucepan and warm it over medium-low heat. Turn off the heat.
2. Measure the warm water into the small bowl. Add the yeast and stir. Then stir the warm milk into the yeast and water.
3. Measure the butter and sugar into the large mixing bowl. Stir them until they are creamy.
4. Crack 1 egg into the large mixing bowl and beat the mixture. Add the second egg and beat the mixture again.
5. Stir the flour and salt together in the medium mixing bowl.
6. Stir about 1 cup of the flour mixture into the butter and sugar mixture. Then stir in about  $\frac{1}{3}$  of the yeast mixture.
7. Add more flour and beat the mixture. Then add more yeast and beat the mixture again. Continue adding yeast and flour in this way, beating the batter until it is smooth.
8. Cover the large mixing bowl with a clean towel and let the batter rise in a warm place for 1 hour. When the batter has doubled in size, remove the towel. Stir the batter quickly to take out the air.
9. Use paper towels to grease the tube pan or round casserole dish with shortening or butter.
10. Pour the batter into the baking pan. Cover it with the towel. Let it rise for about 30 minutes, or until it has doubled again in size. Preheat the oven to 350° while the batter rises.
11. Remove the towel and bake the bread on the center oven rack for 40-45 minutes.
12. Have an adult take the bread out of the oven. Use the butter knife to loosen the bread from the sides of the pan. Turn the pan upside down to remove the bread.