

From Helen Gunderson of Ames from Sylvia Olson of rural Pocahontas, Iowa.
January 22, 2008

QUICK YEAST DOUGH

(for bread, pizza, etc.)

1 pkg. (2 ½ tsp.) Baking yeast (Makes 1 loaf or 1 thick or 1 ½ regular or 2
1 cup Warm water (115 degrees) very thin pizzas, or 8-9 sandwich buns, etc.)
1 tsp. Sugar
1 tsp. Salt
2 T. Oil (use olive oil for pizza)
2 ¼ cups Flour
(Can use part white, part whole—Helen
uses 1 ½ cups white and ¾ cups whole
wheat.)

Dissolve yeast in warm water. Add sugar and let stand 5 minutes. Add salt, oil, and flour. Beat vigorously 20+ strokes (until just mixed). Let rest 15 minutes. Preheat oven (try 400 degrees). Dump out dough on floured surface or directly into a greased bread pan or pizza pan. For pizza, form crust (use plenty of oil on your hands), put on toppings and bake immediately. For bread or rolls, let rise after shaping for 15-30 minutes. Bake at 400 degrees until browned (about 20 minutes for pizza and 25-30 minutes for bread or rolls).

From Helen Gunderson of Ames from Sylvia Olson of rural Pocahontas, Iowa.
January 22, 2008

QUICK YEAST DOUGH

(for bread, pizza, etc.)

1 pkg. (2 ½ tsp.) Baking yeast (Makes 1 loaf or 1 thick or 1 ½ regular or 2
1 cup Warm water (115 degrees) very thin pizzas, or 8-9 sandwich buns, etc.)
1 tsp. Sugar
1 tsp. Salt
2 T. Oil (use olive oil for pizza)
2 ¼ cups Flour
(Can use part white, part whole—Helen
uses 1 ½ cups white and ¾ cups whole
wheat.)

Dissolve yeast in warm water. Add sugar and let stand 5 minutes. Add salt, oil, and flour. Beat vigorously 20+ strokes (until just mixed). Let rest 15 minutes. Preheat oven (try 400 degrees). Dump out dough on floured surface or directly into a greased bread pan or pizza pan. For pizza, form crust (use plenty of oil on your hands), put on toppings and bake immediately. For bread or rolls, let rise after shaping for 15-30 minutes. Bake at 400 degrees until browned (about 20 minutes for pizza and 25-30 minutes for bread or rolls).