

Winter Squash Sandwich Bread

15 ounces of cooked, mashed winter squash
2 cups scalded 2% milk
4 tablespoons melted butter
1/3 cup molasses
2 packages dry yeast
2 large eggs
2 teaspoons kosher salt
½ teaspoon ground cinnamon
2 cups whole wheat flour
About 7-8 cups all purpose white flour



In the bowl of a stand mixer, using the flat beater paddle, combine the squash, milk, butter and molasses, and mix on low speed for a minute or so. Add the yeast and mix in – no need to proof it unless you have any doubt about the quality. Beat in the eggs, salt and cinnamon, and then beat in the whole wheat flour. Make sure to scrape down the sides as needed. Slowly add in 4 cups of all purpose flour, one at a time, with the mixer on low speed. Beat at a low medium speed for about 5 minutes. Remove the flat beater and switch to the dough hook. Gradually add the remaining flour, first 1 cup, then another, kneading in each one completely. Then add additional flour by ½ cups, until the surface of the dough is only very slightly sticky. Once all the flour is incorporated, set the mixer to a low-medium speed and knead for about 5 minutes. Keep an eye in things, and if it seems to be sticking to the bowl a lot, add a bit more flour – say ¼ cup at a time, and continue kneading. My final amount of flour was 7 and ¼ cups of white flour, but it is going to depend on how much liquid was in the squash.

[If you don't have a stand mixer, mix everything in the same order given, using a wooden spoon, and mixing for about the same amount of time, until you get to the kneading part. Turn the dough out on a floured board at that point and knead in additional flour until the dough is elastic and no longer sticky. Bread kneaded by hand may require a little more flour to prevent sticking, and may be a little heavier in texture as a result, but it is still very good.]

Gather the dough into a smooth ball, and deposit in a well oiled, large bowl, turning to coat all sides. Cover with plastic wrap, overlapping two sheets, and leaving loose to allow room for rising. Put in the refrigerator overnight, for at least 12 hours. You may need to punch it down at some point while it is chilling to keep it from overflowing the bowl, so check it after a few hours. The next day, remove from the refrigerator and punch down again to completely deflate. Let sit at room temperature until it rises again, to double in bulk. Turn out on floured surface, and knead briefly. Cut into 3 equal portions and shape into loaves, place the loaves in generously buttered 8 x 5 inch bread pans, and allow to rise in a warm place until the center is just above the rim the of pan. Bake at 350° for approximately 45 to 55 minutes, until very nicely browned and hollow sounding when tapped. It will likely look a little darker than most yeast breads – underbaking is more of a concern than overbaking, so do not remove too early. Turn out of pans and cool on a rack. Store tightly wrapped, at room temperature for up to 4 days, or refrigerate or freeze for longer storage.

From the blog by Donalyn Ketchum - Full recipe, with photos at: <http://dlynz.com/?p=5925>

