

# Poor Man's Bread

Even the kids can make this bread!

## Ingredients:

- 1 packet of Fleishmann's Rapid Rise Yeast
  - 1½ cups water\*
  - 1/3 cup shortening or softened, Blue Bonnet margarine\*
  - 1/4 cup sugar
  - ½ teaspoon salt
  - 5-6 cups of flour
- Extra margarine or cooking oil to grease rising bowl and baking pans



## Equipment:

- 1 quart saucepan
- Liquid and dry measuring cups and spoons
- 2 Large mixing bowls
- Tablespoon for stirring yeast water
- Baking pans
- Oven for baking

**Poor Man's Bread is an original recipe that my mother taught me. I made a new batch about every other day as a teenager growing up.**

**Marilynn Bell aka Anomaly Poet**

1. Make sure the room is warm, 70 to 75 degrees.
2. Wash and dry your hands real good.
3. Grease or oil the inside of one large mixing bowl and set aside.
4. Put water in a small saucepan and heat on the stove, until nice and very warm (not steamy or hot). Remove from heat. Pour the packet of yeast evenly over the warm water. Set off to the side for later.
5. In the other large bowl – cup soft margarine into smaller pieces, add the sugar and salt
6. Now get the pan of warm water with yeast in it; stir with a tablespoon until well mixed. Then pour over the top of margarine, sugar and salt.
7. Add 2 cups of flour at a time, stirring ingredients together.
8. Continue adding flour until you have a smooth thick ball of dough lightly coated with flour.
9. Place the dough into the other large greased mixing bowl. (Grease your hands with margarine and knead the dough a few times and turn over so a smooth rounded side is up. Cover with a towel and set aside until double in bulk; 1-2 hours.
10. Grease pan(s) with margarine or cooking oil. This recipe will make: 2 loaves of bread and one dozen rolls in a round or square pan.
11. With greased hands, punch risen dough down: divide in to three equal parts. Stretch/shape 2 portions to fit evenly in the loaf pans. Or, shape into balls (2 inches or smaller). Place in 2 greased round pans, barely touching each other. Set loaves and/or rolls to the side and let rise.
12. Preheat oven at 325 degrees Fahrenheit.
13. When loaves and rolls have doubled in size, place in center of oven (do not let pans touch each other or sides of the oven).
14. Bake for 30 minutes or until golden brown.
15. Remove from oven. If desired brush with melted margarine.
16. Let cool for 10 minutes. Enjoy!

Make the following substitutions for **Rich Man's Bread**:

- use milk\* instead of plain water
- use butter\* instead of margarine

Variation:

### **Cinnamon Raisin Bread**

- Just before adding the warm yeast water, increase sugar to ½ cup; add 2 Tablespoons of cinnamon and 1 cup of raisins with the sugar and salt.