

Bread Bowl

1 package rapid rise yeast
1 tbsp. sugar
1 cup warm water
2 tbsp. olive oil
1 tsp. kosher salt
4+ cups of all purpose flour
1 egg

In the bowl of a stand mixer, pour one cup of warm (105° to 115° F) water. Stir in sugar. Sprinkle yeast over the water and let stand for 5 minutes.

Add olive oil, salt and one cup of flour. Mix on low with paddle attachment for two minutes occasionally scraping the bowl with a rubber spatula.

Add one more cup of flour and mix for an additional 2 minutes, scraping the bowl occasionally.

Replace paddle attachment with dough hook, add remaining flour and allow the dough to mix thoroughly.

At this point, either continue kneading with the machine or knead by hand for 10 minutes until the dough is smooth and elastic.

Coat the dough ball with olive oil, place in a bowl and cover with a kitchen towel. Allow the dough to rise for 1 hour in a warm place.

When dough has doubled in size, punch down the dough and divide in to three equal sized pieces. Cover the dough with the bowl and allow to rest for 15 minutes.

Shape the dough into large, smooth balls and place on lightly oiled cooking sheet. Cover loosely with kitchen towel and allow to rise in a warm spot for about an hour.

Heat oven to 400° F.

Before baking, lightly brush the bread balls with beaten egg. This will form a shiny crust on the finished ball.

Bake 15 minutes or until golden brown and bread sounds hollow when tapped with a finger.

To serve, cut a circle in the top of the bread ball and scoop out bread from the inside to form a bowl.

Fill with soup, chili or other hot dish.

Makes three.