

BREAD IN A SKILLET

I found this recipe on the web and have used it several times with great success. The nice thing about this bread is “Its Dead Simple” and versatile.

INGREDIENTS

One-Cup Warm Water
One-Teaspoon Dry Yeast
One-Teaspoon Salt
Two Teaspoons Sugar
Flour

Put the Warm water, Yeast, Salt and Sugar in some sort of mixing bowl or Saucepan and stir together until the yeast, salt and sugar are dissolved.

Add flour and stir, just pour some out of the bag right into the liquid. At first you'll have a lumpy, soupy mixture. Keep on adding flour a little at a time until its like oatmeal, and then add some more until you can hardly stir the mixture any more. You can stop hear or add a little more until its quite stiff.

Turn the mixture out into a greased (Pam or other squirt non-stick spray works well) Teflon lines skillet. I used a 9” cast iron skillet but I guess any skillet will work.

Cover and let it rise. When it has doubled in size or fills the skillet,

Cover the whole pan with tin foil and place on the stove, turn the heat on very low and let it cook. Once you notice the fresh baked bread aroma, about 10 minutes, lift up one corner with a spatula and see if the crust has started to brown, Also notice as the bread cooks that the dough starts to dry out from the edges to the center, and the shrinking wet spot in the middle is a good indicator of doneness.

If the bottom is not too brown, wait until the wet spot is gone, and then slide a spatula under the cooked side, and very carefully flip it over so the uncooked side is now in the skillet. Cover and continue cooking until done.

Note: The heavier the skillet the better. For cooking with gas or alcohol, try to fine a nice big heavy piece of iron, copper or aluminum you can put between the flame and the skillet bottom – it helps distribute the heat evenly.

This skillet bread is very versatile – by itself, with cheese and an apple, or cut in half and opened like a pita, it will hold lots of filling.

Try this – after the first side is cooked and the wet spot has disappeared, set the bread aside.

Sauté onions and mushrooms, add some tomato sauce, slice or shred some cheese on top to the mixture and heat until the cheese starts to melt. Now put the uncooked side of the bread down on top and cook for another 5-6 minutes until most of the liquid has cooked off. Let it rest for a few minutes more and turn out onto a platter or foil.

My favorite is Raison bread. When mixing the ingredients, add extra sugar. Then when it's at the oatmeal stage, add some nice plump dark raisons.

If you want **Rum Raison Bread**. Soak the raisins in rum for a while. Then drink the rum and add the raisons *after* the dough has risen, just need them in. I found that the alcohol tends to kill the yeast and it won't rise, as it should.

Have fun and let your imagination run wild.

Fair Wind and smooth waters

Rex