

Traditional Italian Cornbread

WITH TEXAS HILL COUNTRY SPANIARD OLIVE OIL



Ingredients

- 2.5 cups of flour (split into 1/2 cup and 2 cups)
- 1/3 cup of corn meal
- 1.5 tablespoons brown sugar (white also ok)
- 1 tsp salt
- 1/2 tablespoons of yeast (small packet)
- 3.5 tablespoons of Spaniard Extra Virgin Olive Oil
- 1 cup warm water



Directions

1. First take your yeast, brown sugar, and 1/2 a cup of flour, and add 1 cup of warm water to mix. Make sure the water is not too hot, because too hot water will kill your yeast.
2. You will let this mixture sit for 40 minutes.
3. Next, mix in the salt, olive oil, and cornmeal. Then, slowly, you will want to mix in the remaining 2 cups of flour.
4. Begin kneading your dough on a surface with flour. It should take around 10-15 minutes to get to the elastic texture that you want.
5. The next step is incredibly essential. You'll want to lightly oil a bowl, and add roll your dough around so it becomes moist. Then, you'll want to store your bowl in a warm place, covered, for 2 hours to let rise. During this time, the dough should double in size.
6. Now you're going to take your dough, and roll it out onto a floured surface until there are no air bubbles, and it's a rectangular shape. You will then proof the dough and roll it into a loaf, putting the seam side down.
7. Now you're going to place the loaf on a baking sheet lined with cornmeal, cover with a dry towel, and let rise for 1 hour. While the dough is rising, you can preheat your oven to 400 degrees F. You'll want to add a shallow pan of water to the lower rack of the oven.
8. Once the loaf has risen for an hour, you will cut a seam in the center of the loaf. Then, you will place it on the top rack of the oven for around 40 minutes, or whenever the loaf feels hollow when you tap it.
9. Remove from the oven and let the bread cool on a wire rack.

Notes
