



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



Baba Luba's Brown Bread

This is the bread that Baba Luba, my grandmother, made for me when I was a child. Although she lived in rural Saskatchewan all her life, she spent many winters in Ottawa with my family. During those precious visits, she would fill our freezer and pass on her baking secrets.

Ingredients

1 pkg or 1 tbsp (15 ml) Yeast
1/4 cup (50 ml) Warm water
2 tsp (10 ml) Sugar
2 cups (500 ml) Warm water
1/4 cup (50 ml) oil (canola or sunflower)
1/4 cup (50 ml) Molasses
1 tsp (5 ml) Sal
6 cups (1.5 l) Whole wheat flour

Preparation

In small bowl, add yeast and sugar to 1/4 cup (50 ml) water and let stand for 5 minutes. In a large bowl, mix 2 cups (500 ml) water, oil, molasses, and salt. When yeast is frothy, stir and add to liquids. Stir well. Add flour, one cup at a time until blended. Turn out onto floured board. Knead until it feels just right (about 10 minutes). Put back in bowl; let it rise in warm place. When doubled (1 hour or so), punch down and form into 2 loaves. Place in bread pans. Cover with cloth and let rise for 45 minutes or so. Bake for 45 minutes at 350°F (175 °C) in regular oven, a bit less in a convection oven.

Yield: 2 loaves