

Lillian's Potato Bread

- Rating (01-10):** 08
- Hours to prepare:** 5-6
- Leaven type:** Dry Yeast
- Recipe Source:** Roxie's Mom (Lillian Smith Kilbourne)
- Bread Volume:** Makes three sandwich loaves
- # of Times Baked:** 1
- Last Time Baked:** February 7, 2023



Special Notes:

Roxie's Mom (Lillian) was a very experienced and excellent bread baker, with the results always being consistently good. She didn't really have a written procedure/recipe for this white potato bread. Instead she relied on her memory for ingredients and their quantities. She prepared the dough by 'feel', adjusting the water or flour content until the correct dough consistency was reached.

The first time I tried this bread, I eyeballed the splitting of the dough into thirds, resulting in a noticeable difference in the size of the baked loaves. Next time, weight the dough while splitting to ensure near equivalent loaf sizes.

Next time baking this bread, after measuring the ingredients, weigh them and record the weights for each ingredient (especially the water and flour). Notice adjustments made to achieve the desired dough consistency and update these notes to reflect ingredient weights and adjusted quantities.

Special Tools:

- Three standard bread pans.

Ingredients:

<u>INGREDIENTS</u>	<u>QUANTITY</u>
For Yeast Mixture	
Water (90°- 95°F)	1 cup
Dry Yeast	1 Tbsp
Sugar	1 tsp
For Dough	
Medium Potato	peeled, diced, & cooked
Bread Flour	8-1/2 cups
Sugar	1/2 cup
Salt	1 Tbsp
Shortening	4 Tbsp
+	
Potato Water + Water	2-1/2 cups
Yeast Mixture (above)	---
For Glaze	
Egg – beaten	1
Olive Oil	1 tsp
White Pepper	1/2 tsp

Directions – Baking Day:

Get up early and start the baking!

1. Peel, dice, and start cooking a medium potato
2. In a very large mixing bowl, prepare the yeast mixture by whisking together the Yeast Mixture ingredients (let sit until foamy)
3. In a large bowl, measure out bread flour
4. In a small bowl, combine $\frac{1}{2}$ cup of sugar with 1 Tbsp salt; then add slivers of the 4 Tbsp of shortening
5. Once potato is cooked, drain the potato water into a large measuring container
6. Add cool water (or milk) to the reserved potato water until it measures 2- $\frac{1}{2}$ cups
7. Mash the potato thoroughly and then add the sugar/salt/shortening mixture, stirring to completely mix and melt the shortening
8. Once shortening has melted, add this mixture to the water
9. Wait until the water has cooled to a lukewarm temperature
10. Once cooled, incorporate the water into the yeast mixture
11. Slowly add the flour and stir together
12. Continue adding flour, eventually switching to hand mixing, until good dough consistency is reached (slightly sticky, but able to work it without excess dough remaining on your hands) – almost all the flour should be used – add more if needed or add water if needed
13. Knead dough for 10-15 minutes (add small quantities of flour as needed)
14. Weigh the dough
15. Cover dough and let rise until about double in size (60-75 minutes)
16. Prepare 3 bread pans by thoroughly greasing the pans
17. Move dough to a floured surface & split into 3 equal pieces (weigh the pieces to ensure near equivalent sized loaves)
18. Gently deflate each piece and form into a shape that will fit nicely into a bread pan
19. Move each shaped dough piece into a bread pan; applying a light coat of olive oil to the top of each loaf
20. Cover bread pans and let rise until each has increased in volume by about 20% (rise about 2" above top of bread pan – might take about an hour)
21. Preheat oven to 400°F
22. Once bread has risen in bread pans, place in oven and bake for 10 minutes
23. Prepare glaze
24. Remove bread from oven and brush glaze over top of each loaf
25. Put bread back in oven, rotating 180° from original position
26. Reduce oven temperature to 350°F and bake another 20 minutes (check for golden brown color and internal temperature of around 190°F)
27. Remove from oven and let cool in bread pans for 10-15 minutes
28. If glaze was not applied during the bake, brush top of each loaf with butter

29. Transfer loaves out of bread pans and onto cooling racks