

BREAD & BREAKFAST

Cherry Cardamom Bread

Cardamom is yummiest when you get from Finland. Since that is hard to do, see if you can buy it in pods at a health food store and open up the pod. If you can't do either, then simply buy it at the grocery store. Any form you get cardamom in, it is what makes this bread so remarkably delicious. (Thanks to Chef Brad for this recipe!)

2 cups boiling water
1/2 cup half and half
2 tablespoons unsalted butter
1/2 tablespoon salt
1/2 cup sugar
1/2 cup dried cherries
1 tablespoon cardamom seeds
4 cups whole grain flour
4 cups white flour (or more)
1 tablespoon yeast

Put the ingredients into your mixer *in the order described*. You don't proof the yeast first. (This is Chef Brad's secret. I love it.) Add enough white flour so that the bread pulls away from the sides when you are mixing it. Mix on high in the bread mixer (i.e. Bosch or Blendtec) for 6 minutes. Divide into two (huge) loaves. You can then divide each of the two parts into 3 parts each, to make a braid. OR you can break off pieces of dough and shape them into rolls. It makes *lots* of rolls. (Sorry, I didn't count last time, but I'm guesstimating it makes at least 36).

Place loaves on a sprayed cookie sheet and bake in a preheated 400° F oven and then turn the oven down **RIGHT AWAY** to 325° F. Bake 25-30 minutes (25 in our oven).

http://www.chefbrad.com/recipes/details.php?recipe=&recipe_id=241