

GOURMET FISHING

Season III - Episode XXXII



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Sweet Agave Nectar Bread



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Abacos Bar & Grill's Sweet Agave Nectar Bread





Grocery List

Sweet Agave Nectar Bread

Water	Salt
Agave Nectar	Oil
Molasses	Cornmeal
All-Purpose Flour	
Whole Wheat	<i>Optional Toppings</i>
Flour	Sesame Seeds
Cocoa Powder	Course Cane Sugar
Instant Yeast	Egg wash, Egg & Milk



Abacos Bar & Grill's Sweet Agave Nectar Bread Ingredients

Abacos' Sweet Agave Nectar Bread



4 Small Loafs Ingredients

1 ¼ cup Water	1 ½ tsp Salt
4 TBS Agave Nectar	2 TBS Oil
1 ½ tsp Instant Yeast	cornmeal for dusting
2 TBS Molasses	Sesame Seeds, opt topping
2 ¼ cup All-Purpose Flour	Course Cane Sugar, opt topping
1 ¾ cup Whole Wheat Flour	Egg
2 TBS Cocoa Powder	1 TBS Milk

In a small bowl, combine 1 cup warm water, 2 Tbs Nectar and yeast. Mix well and let rest for 10 minute to allow the yeast to activate.

Mix remaining dry ingredients: all-purpose and whole wheat flour, salt, and cocoa powder.

Add wet ingredients: 1/4 cup lukewarm water, oil, 2 TBS Agave Nectar and molasses. Mix until dough is formed with the paddle attachment in your stand mixer.

After dough is formed, knead for 8 to 10 minutes if using a stand mixer, 12 to 15 minutes if doing by hand. When ready, dough will feel tacky, smooth. If using a stand mixer, dough should stick to the bottom of the bowl, but not at your fingers.

Cover dough with plastic wrap or a damp towel and let it rise until it doubles. It will take about 1 hour and a half. Remember to leave it in a warm spot.

After the first rise, deflate dough. Flour the surface you'll be working on. Divide dough into 4 pieces. Using your hands or a rolling pin, open each piece in a rectangle. Roll into a cylinder and pinch to close. Place rolls in a lined baking sheet, lightly coating the bottom with cornmeal (if using). Leave some space between them as they will get bigger.

Cover loosely with plastic wrap or a damp towel and let rise for 40 minutes more or until rolls almost double, and look puffy and light.

Just before baking, you can top the bread with sesame seeds or cane sugar. Use an egg wash, 1 egg and 1 TBS milk beaten, and lightly coat the top of the bread and sprinkle on your optional toppings.

Baking. Preheat oven to 350°F. Uncover loaves and bake them for 30 to 35 minutes.

Let loaves cool for 20 minutes before slicing. Store rolls in an airtight container or sealed bag after cooled.



Gourmet Fishing



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