

## Homemade Amish Sweet Bread

### Ingredients

- 2 cups water
- 2/3 cups sugar
- 1 1/2 tablespoons yeast
- 1 1/2 teaspoons salt
- 1/4 cup vegetable oil
- 5 1/2 to 6 cups All purpose flour

### Instructions

1. Heat 2 cups of water to 110°F. If you don't have a thermometer try this tip. It works every time. Heat up 1/2 cup of water in a microwave safe bowl for one minute. This will boil the water. Then add tap water from the faucet until you reach 2 cups of water.
2. Add the sugar to the water you just heated and stir it.
3. Add the yeast to the sugar water and let it set for exactly 10 minutes. It will become frothy. See before and after photos below.
4. Mix in the oil and salt into the yeast liquid.
5. Slowly add one cup of flour at a time to this yeast mixture. You might not use all of the flour. It depends on how wet the dough is towards the end. You want to get to a good non-sticky dough consistency and it will form a ball.
6. Once the dough forms a ball, you will need to knead the dough for about 5 minutes. Sprinkle the surface with flour before you begin. When you feel the dough get sticky, sprinkle more flour over the top of the dough as you are kneading it. When this process is over you should be able to lift a small piece of the dough without it tearing. (see the photo)
7. Spray a large bowl with non stick cooking oil and place the dough into the bowl. Cover this bowl with a damp towel.
8. Let this dough rise for about 1 hour or until it has doubled in size.
9. After the dough has risen, punch the middle part of the dough and pull the dough from the sides of the bowl.
10. Use a dough cutter and split the dough into two equal parts and place them in a greased loaf pan
11. Let these loaves sit uncovered for another 30 minutes to rise again.
12. Now place them in a preheated oven at 350°F for about 30 minutes or until they are cooked thoroughly.