

Instructions for Baking Cinnamon Burst Bread



You will need:

- One bread mix for two loaves
- 1 packet of yeast (included)
- 6 Tablespoons butter
- 2 large loaf pans
- 1 package cinnamon chips

If you are mixing by hand, see the instructions on the back of this page.

Prepare

1. Heat the butter until it is almost melted.
2. Grease the inside of the pans, including the rims.
3. Carefully measure 2 cups of lukewarm (105 degrees) water. The water should be slightly warmer than body temperature when you immerse your finger in it.

Mix

1. Set the chips aside. Combine approximately 1/3 of the bread mix, the water, and the yeast by beating with a dough hook for 30 seconds or until combined. Add the remainder of the mix and the softened butter and continue mixing for five minutes at medium speed. The dough should be soft (but not too sticky to handle), smooth, and elastic. The mix is precisely designed for this amount of water. Water absorption may vary depending on environmental conditions. If you feel that the dough is too moist, add one or two tablespoons of flour. Add the chips during the last minute of mixing. To evenly distribute the chips, you may need to knead the dough by hand for a minute.



Form

1. Place the dough in a large greased bowl and turn once to oil all sides. Let rise until doubled, about one hour. (See picture.)
2. Turn the dough onto a lightly greased work area. Deflate the dough by gently folding and pressing most of the air from the dough.
3. Divide the dough in two with a knife. Using your hands, form a cylinder by pulling the dough around the center and tucking the seams together on the bottom, thus gently stretching the surface of the dough. Pinch the seams together to keep them from opening as the loaf expands. Place seam side down in a



prepared pan and repeat with the second loaf. Gently work the dough toward the corners of the pans to create uniform loaves.

4. Cover lightly with greased plastic wrap and set aside to rise until doubled, about one hour. Rise times will vary with conditions, especially temperature--yeast is very sensitive to temperature.

Bake

1. While the bread is still rising, preheat the oven to 350 degrees. (If your oven is warmer or cooler than standard, you may need to adjust the temperature setting.)

2. When the bread has risen, place the loaves on the center rack of the oven and leave as much room for the air to circulate around the loaves as possible. Bake for 35 minutes or until the bread is done and well-browned. If you have a probe-type thermometer, the internal temperature should reach 200 to 210 degrees. If the bread is browning too rapidly, loosely cover the loaves for the last five minutes with aluminum foil. Once baked, immediately remove the loaves from the pans and cool them on a wire rack. The bread should cool completely before slicing.

Storing the mix: Store the mix in a cool, dry place. (Optimal storage temperature is 40 degrees.) Use often and rotate regularly.

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Bread Machine Instructions

To make this loaf in a 1½- to 2-pound capacity machine, set the machine to the dough setting and add the following ingredients in accordance with the machine owner's manual. You will bake the pans in the oven.

2 cups water (75 to 85 degrees)
1 packet of cinnamon chips
6 Tablespoons butter

1 mix packet
1 packet of yeast

Mix and bake according to the owner's manual using the dough setting. The cinnamon chips must be added a few minutes before the end of last kneading cycle. (Many machines have a timer alarm for adding fruit and nuts.) If chips are added earlier, they dissolve and the bread is too soft. The chips can be kneaded into the dough by hand. **Note: This is a two-loaf mix and may be too large to bake in your bread machine.**

Directions for Hand Mixing

You can bake great bread without a mixer. In fact, some of the best bakers prefer the intimacy of working the dough by hand.

Place the dough mix and yeast in a large bowl and stir to combine. Add two-thirds of the water and melted butter to the bowl and mix with a spatula. When the dough becomes too heavy to continue mixing with a spatula, grease your hands with shortening along with a 15-inch square area on a clean counter. Scrape the partially mixed dough onto the counter. Knead the dough by pressing the heel of your hand into the dough, turning the dough, and then pressing again until the mix is absorbed into the dough. Add more of the water as necessary until the dough is as moist as you can handle. Continue kneading for eight to ten minutes adding more shortening to your hands and counter as needed. If the dough becomes too sticky to work, even with greased hands, add flour (not included) one tablespoon at a time, kneading between additions. Do not add more than is necessary—a softer dough will rise more readily and have a better structure. When the dough is smooth and elastic, it is ready to rise. Follow the remaining directions.

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