

Instructions

Heat over low heat the water, milk and cooking oil. Remove from heat and slightly cool so you won't kill the yeast. In a large bowl mix together the first 6 ingredients including the yeast. Add the warm liquid mixture and the egg to the flour mixture and beat vigorously for 3 to 5 minutes. Then add the 2.5 to 3 cups of unbleached (or white) flour, mix in well. The dough will be very sticky, sort of like a stiff banana loaf batter. Cover and let rise about 50 minutes or until double in size. Stir down dough and pour into a greased and floured 9X5 loaf pan or a 2 quart round casserole. Bake 45 to 50 minutes at 375 F.

Recipe Details

Ingredient	Quantity	Comments
Flour	1 1/2 cups whole wheat	or white
sugar	1/4 cups white	
Onions	1 Tbsp. instant minced	or use finely chopped fresh
Garlic	1 1/2 tsp. garlic salt	or use finely minced fresh
Italian seasoning	1 1/2 tsp.	
yeast	2 packages (2 Tbsp) active dry	
water	1 cup	
milk	1 cup	
vegetable oil	1/4 cup	
eggs	1 - slightly beaten	slightly beaten
Flour	2 1/2 to 3 cups unbleached	or white