

Queen of Baked Bread

By Dorothy Garlough

What could go better with a spaghetti dinner than a loaf of fresh baked homemade bread? Over the past 22 years, my friend and neighbour Adele McLeod (shown in photo) has delighted my household with this culinary treat. The aroma of freshly baked bread has tantalized my family's senses for years and we are convinced that Adele makes the best bread in the world!

It seems that we are not the only ones who recognize Adele's talent. She has won the title of Provincial Grand Champion for her 60% whole wheat bread. The good news was received in February 2004 and Adele was overjoyed with the news. When asked what makes a great baker, her first response was practice, practice and more practice! It would seem that Adele's practice has enabled her to rise to master baker.

Adele has been baking bread for over 70 years. As a little girl, she helped her mother with the ritual of providing her family's bread, and she has continued that tradition to this day. So, what is Adele's secret for the best bread in all the land? Experience is number one. To know the correct temperature of the ingredients, to know the proper consistency, to know when the rising is complete and to read the bread for doneness comes with experience. With five sons, one daughter and an adopted family across the road (mine), Adele has much experience. Seldom do visitors leave her home empty handed, and we break bread at our family's table thinking of Adele's talent.

Adele has many other talents as well. Her crocheting, knitting and quilting are recognized locally with many prizes coming her way. But when asked how she feels about this newest

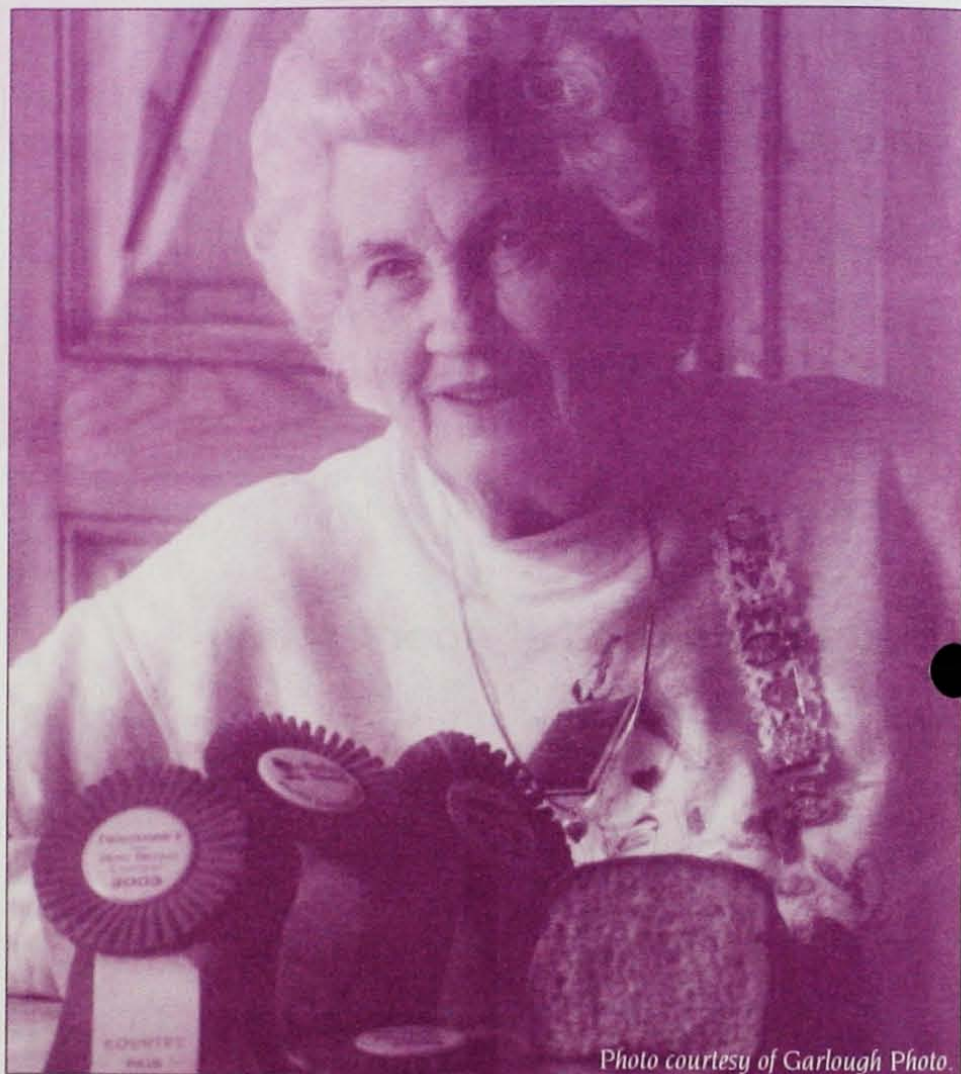


Photo courtesy of Garlough Photo.

accolade, Adele says she feels honoured. She also says she owes thanks to the Renfrew Agricultural Society and to the Burnstown Women's Institute, of which she is a Life Member. Although she can't pass on her experience to those of us who are "wan-a-be" bread makers, she can impart her winning recipe.

Submitted by Dorothy Garlough.

Note: It is the same recipe that appeared on the front cover of the Fall 2003 issue of *Home & Country*. Refer to the Fall issue for instructions.

Here are the ingredients you'll need for Adele's award winning bread:

60% Whole Wheat Bread

1 cup warm milk
2 Tbsp brown sugar
2 tsp salt
2 Tbsp shortening
3 cups whole wheat flour
2 - 2 1/2 cups all purpose flour
1 tsp sugar
1 cup warm water
1 package active dry yeast