

Adele



Rising to the occasion

By SHARON KRAMER
Special Reporter

In the fast-paced way of modern-day life, many people are lucky if they remember to pick up that essential loaf of bread, let alone take time to enjoy their bread.

But Adele McLeod, 86, member of the Hastings Women's Institute, has so perfected her homemade bread that she has not only won over her family but is credited with creating the special new bread in all of Ontario.

"Baking bread is a great way to get rid of your frustrations," she says, "and when you happen to get invited to Ontario, it's inevitable to try to bring it."

McLeod was never diagnosed with her kind of Alzheimer's which allows bread at the Ontario Association of Agricultural Services Commission in Toronto, leading and bread from all over Ontario.

She won first prize at a competition in 1986 and first at the Breadline Fair. She had the top bread at the Toronto Fair, as well, but says she was really surprised to learn of her top win in Toronto.

McLeod started baking bread with her mother over 50 years ago.

That first, she says, she baked the bread at night, rolled it up to leave a night, and cooked it the next day.

So, what's her secret?

McLeod says she has to use the roughest yeast which produces a bread that is the softest for her liking.

Temperature is also a very important factor in producing good bread.

The ideal baking temperature used by the World Temperature, usually McLeod, but it's a few degrees higher

for the new yeast.

Everybody needs to experiment to determine what works best for them when it comes to baking bread.

"What works for one doesn't work for another," she says.

Living on a dairy farm, where she lives with husband John, McLeod's bread is rich with fresh whole ingredients like milk, and even what ingredients to choose depends on the desired results, she says.

As for her recipe, McLeod says she uses the Frenchman's Trust Best Trust Bread cook book. Because she multiplies most of her bread, she says, McLeod says she has come to prefer French bread, which often uses French flour.

With five sons, a daughter and seven grandchildren, she has had lots of practice baking bread.

"I haven't bought a loaf of bread in 15 years," she says, but wishes she'd go away every weekend.

"They generally go home with a loaf of bread," she says with a smile.

McLeod is also a talented quilter, with her work being reported in the many places including Belgium and Switzerland.

Her daughter, Barbara, had quite some in New Jersey, says McLeod.

She plans that her bread and quilts have traveled further than she has.

She says she comes much closer to the Breadline Agricultural Society and manages to take to her support.

Others say the Agricultural Society couldn't be happier about McLeod's win.

"We were really excited," she says. "It's the first time that somebody has won in the competition in Toronto."

"It's a big honour for me to win."

Adele McLeod's French loaf bread recipe is the province's new judged award bread in the province.

McLeod