



Michaelmas Dragon Bread

Recipe makes on 2 lb. loaf dragon.

Ingredients:

10 ounces white flour
10 ounces whole wheat flour
1 ½ teaspoons salt
1 ½ teaspoons yeast
1 Tablespoon honey
2 Tablespoons oil
12 to 13 ounces warm water

Recipe x 6

3.75 lbs white flour
3.75 lbs whole wheat flour
3 Tablespoons salt
3 Tablespoons yeast
6 Tablespoons honey
¾ cup oil
4.5 lbs water

Directions:

Combine flours, salt and yeast and blend. Add oil and honey and mix. Add water and mix. Knead the dough for at least 8 minutes. Check if it is ready by using the window pane test. Stretch a small piece of dough as thinly as you can. When it is translucent, the dough is ready. Place in an oiled bowl. Roll the dough to coat it and cover tightly with plastic wrap. Let rise in a warm draft free place (I use my oven) for about 1 ½ hours until doubled in volume. Gently punch down dough and let it rest in the refrigerator overnight.

Gently de-gas the dough, remove two small amounts for feet and roll the rest into a long baguette shape. Make one end tapered and the other end fat to be the head. When the log is about 3 feet long, scrunch it back on itself to form the body, cut an opening for the mouth with scissors. Use the scissors to create ridges along the back, a notch for a raisin eye and any scales on the body. Place the two feet partially under the body and cut toes. Add apple slices for teeth and claws and a raisin for the eye.

Let the bread rise for about 30 minutes and preheat the oven to 500 degrees. Place a pan in the bottom for hot water. When the dough has risen, put the dragon on the middle shelf in the oven and hot water in the pan on the bottom. Bake for 10 minutes and then lower temp to 400 degrees. Bake for another 20 minutes until deep, golden brown. The loaf should sound hallow when you tap on it.

Let the bread cool before slicing and serve with honey butter.