

Celebrate The Sandwich By Baking Delicious Bread

(NAPS)—This year, sandwich lovers are celebrating the 250th anniversary of this handy, delicious meal. Since the best sandwich starts with homemade bread, the best way to launch any celebration is to bake some bread.

The 250th anniversary only marks the naming of this classic meal. Bread has been eaten with meat or vegetables since Neolithic times. During the Middle Ages, slabs of bread, called trenchers, were used as plates. Eventually, the sandwich appeared as a late-night meal among the aristocracy.

The meal was named after John Montagu, 4th Earl of Sandwich, an 18th century English aristocrat, who in 1762 ordered his valet to bring him meat tucked between bread. Others began to order “the same as Sandwich!”

Here are some recipes to help you enjoy some classic sandwiches. The whole wheat bread works well with peanut butter and jelly, while the Italian Daily Bread is perfect for a Tuscan Tuna Sandwich. The two bread recipes use Fleischmann's RapidRise Yeast, which reduces rising time by as much as 50 percent, eliminating the first rise.

100% Whole Wheat Bread

Makes: 2 loaves

Prep time: 30 minutes

Proof time: 30 to 60 minutes

Bake time: 35 to 45 minutes

- 8 to 8½ cups whole wheat flour
- 2 envelopes Fleischmann's® RapidRise Yeast
- 2½ teaspoons salt
- 2½ cups water
- ¾ cup milk
- ¼ cup honey
- ¼ cup vegetable oil
- ½ cup wheat bran

Combine 3½ cups flour, undissolved yeast and salt in a large mixing bowl. Heat water, milk, honey and oil until very



Whole wheat bread works well when used in a popular sandwich, such as PBJ.

warm (120° to 130°F). Gradually add to flour mixture; beat 2 minutes at medium speed with electric mixer, scraping bowl occasionally. Add 1 cup flour and wheat bran; beat 2 minutes at high speed, scraping bowl occasionally. With spoon, stir in enough remaining flour to make soft dough.

Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Cover dough and let rest 10 minutes.

Divide dough in half. Roll each half to 12 x 7-inch rectangle. Beginning at short end of each rectangle, roll up tightly as for jelly roll. Pinch seams and ends to seal. Place, seam sides down, in 2 greased 8½ x 4½-inch loaf pans. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 60 minutes. Bake in preheated 375°F oven for 35 to 45 minutes or until done. Remove from pans; let cool on wire racks. (Note: To test for doneness, internal temperature of bread should register 190°F in center of loaf.)

Italian Daily Bread

Makes: 2 loaves

Prep time: 25 minutes

Proof time: 30 to 45 minutes

Bake time: 20 to 25 minutes

- 4½ to 5 cups all-purpose flour
- 2 envelopes Fleischmann's RapidRise Yeast
- 2 teaspoons salt
- 1¾ cups very warm water (120° to 130°F)
- 1 tablespoon olive oil
- Cornmeal
- 1 egg white beaten with 1 tablespoon water

Combine 1 cup flour, undissolved yeast and salt in a large bowl. Add water and oil; beat 2 minutes with electric mixer, scraping bowl occasionally. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough in half; roll each to 15 x 10-inch oval. Roll up tightly from long ends as for jelly roll. Pinch seams and ends to seal; taper ends. Place seam sides down on greased baking sheet sprinkled with cornmeal. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

Brush surface with egg white mixture. With sharp knife, make 4 or 5 diagonal cuts (¼ inch deep) on top of each loaf. Bake in preheated 400°F oven for 20 to 25 minutes or until done. For crisper crusts, brush 2 more times with egg white mixture after 10 or 15 minutes of baking time. Remove from sheet; cool on wire rack.

Tuscan Tuna Sandwich

- 1 can OR pouch (6 to 7 ounces) tuna, packed in water
- 2 teaspoons capers, drained
- 1 teaspoon Spice Islands® Dill Weed
- ¼ teaspoon Spice Islands® Garlic Powder
- 3 ounces fresh baby salad greens
- 2 tablespoons balsamic vinaigrette
- 8 slices Italian-style bread, grilled or toasted

Place tuna, capers, dill weed and garlic powder in a mixing bowl; stir to combine. Add greens and vinaigrette; toss gently. Spread on sliced Italian Daily Bread.

For more recipes and baking tips, visit www.breadworld.com.



This tasty Tuscan Tuna Sandwich is made with Italian Daily Bread.