



From the kitchen of  
The Ponderosa Lodge Farm &  
Bed & Breakfast  
[www.theponderosalodge.com](http://www.theponderosalodge.com)

### Whole Wheat Bread Bowls

2 1/2 cups warm water (105° to 115°)  
2 (1/4-ounce) envelopes active dry yeast  
2 teaspoons salt  
2 tablespoons vegetable oil  
4 cups all-purpose flour  
3 cups whole wheat flour  
1 tablespoon cornmeal  
1 egg white  
1 tablespoon water

Stir together 2 1/2 cups water and yeast in a large bowl; let stand 5 minutes. Stir in salt and oil.

Add flour gradually, beating at medium speed with an electric mixer until a soft dough forms.

Turn dough out onto a floured surface; knead until smooth and elastic (4 to 6 minutes). Place in a lightly greased bowl, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 35 minutes or until doubled in bulk.

Punch dough down, and divide into 8 equal portions. Shape each portion into a 4-inch round loaf. Place loaves on lightly greased baking sheets sprinkled with cornmeal.

Cover and let rise in a warm place (85°), free from drafts, 35 minutes or until doubled in bulk.

Stir together egg white and 1 tablespoon water; brush over loaves.

Bake at 400° for 15 minutes. Brush with remaining egg mixture, and bake 10 to 15 more minutes or until golden. Cool on wire racks. Freeze up to 1 month, if desired.

Cut a 1/2-inch-thick slice from top of each loaf; scoop out centers, leaving 3/4-inch-thick shells. (Reserve centers for other uses.) Fill bread bowls with hot soup, and serve immediately.