

BAMPER'S SOURDOUGH POTATO BREAD

CHEF: BOB "BAMPER" HARMON

- 1 package active dry yeast
- About 5¾ cups flour
- ¼ cup sugar
- 2 tsp salt
- Instant mashed potato (2 servings) *1 cup fresh mashed potatoes*
- ¾ cup milk *or potato water*
- ¼ cup melted butter
- 2 eggs
- 1 cup sourdough starter
- 1 egg white beaten with 2 TBS water (optional)
- Poppy seeds (optional)

In the large bowl of electric mixer, combine yeast, 2 cups of flour, sugar and salt.

Prepare 2 servings of instant mashed potatoes according to package directions using the amounts of water, milk, butter, and salt called for. Then stir in the ¾ cup milk, ¼ cup melted butter, eggs and starter. Stir until blended.

Add potato mixture to dry ingredients and beat for 2 minutes on medium speed, scraping bowl occasionally. Add 1 ½ cups more flour and beat at medium speed for 2 minutes longer. With a heavy spoon, stir in enough of the remaining flour (about 1 ½ cups) to form a stiff dough.

Turn dough out onto a board coated with part of the remaining flour and knead until smooth. Place dough in greased bowl, turn to grease top, cover, and let rise until double in bulk.

Punch down dough, divide in half and form loaves: let rise until doubled in bulk. Brush with egg white, sprinkle with poppy seeds. (We prefer butter brush!) Bake at 350°F oven for 35 minutes or until brown. Makes 2 large loaves.

BAMPER'S NOTE: *(With our electric oven, we use 325°F for 45 minutes.)*

GRANDMA PAT'S NOTE: *I got my father (Bamper) into bread baking when I started some sourdough starter in San Luis Obispo in the early 1970's. I gave him a bit of it and he went crazy making bread and English muffins and pancakes. He even made a "proofing oven" out of a Styrofoam ice chest and light bulb to help his bread rise. This is his recipe I have in his handwriting.*

EDITOR'S NOTE: *I can vividly recall the wonderful scent of Mom's bread baking in the oven... it filled the whole house! Just thinking about that homey aroma makes my mouth begin to water... I can almost taste it now...*



Pat Surra & Bamper (Bob Harmon) at Susan & Chip Harrington's house in Yorba Linda, CA – Thanksgiving, 1989