

# Hungarian Starchy Tuber Breade

From Lord Tevis McBrodie

3 medium starch tubers, or enough for 1 cup  
of mashed starchy tubers  
1 pkg. Active dry yeast  
1½ cups warm water (100° to 115°)

2 lbs. Unbleached all purpose flour (approx.  
8 cups)  
1½ tbs. Salt  
½ tbs. Caraway seeds.  
Cornmeal (optional)

Scrub the starchy tuber and boil then in their skins until tender. Drain, then peel and mash fine while they are still warm. Allow the starchy tubers to cool. Dissolve yeast in ½ up of warm water and mix well with 3 Tablespoons of flour in a large bowl, and let this “starter” rise for 30 minutes.

After this has risen, add the remaining 2 cups of warm water, salt, and the caraway seeds, then add the remainder of the flour and mashed tubers and mix well. Turn out onto a floured board and knead until the dough is elastic and supple and has great life in it (about 12 to 15 minutes). Place in a warm, draft free spot for 1 to 2 hours to rise.

Remove dough, punch down and knead for 4 to 5 minutes. Shape into a large round loaf. Place in a buttered 12-inch ovenproof skillet with rounded sides and let rise for about 35 minutes. Brush loaf with water and make a deep “x” in the center of the loaf. Bake in a preheated 400 degree oven for 1 hour, or until nicely browned and when tapped sounds hollow/ (the baking time may vary as much as 1 ¾ hours)

**Yield: 1 loaf**