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# English Composition

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# Rice Cooker bread:

# I came across this neat idea while I was surfing the net one day trying to find a bread recipe to make some for my mom it was a way to create bread in a rice cooker. I had seen it showcased earlier that very day on a Japanese anime called ‘Yakitate!! Japan’, (written as a manga by Takashi Hashiguchi, published by Shonen Sunday, and broadcasted by TV Tokyo). So then I dug and dug, trying to find out if it was possible or just something fabricated. All I could find, unfortunately, were dozens of recipes for this bread, but it sounded too cool not to try. I found this link on YouTube (http://www.youtube.com/watch?v=5MWjHqA0lDI) and couldn’t help but try it out. I went for the video link because I was so concerned about messing up I wanted to see it done, not just read about it.

# I remember my mom's, words as she smelled the bread cooking "Whatever you got going smells good!" where her words, since baking scares me because of how easy it is to mess up and not know till your just about done sometimes. So to hear her praise made me happy, but during the 2 hours of bake time all I could hear form everyone was how good it smelled.

# I was terrified to open the rice cooker, one because what if I had messed up and ruined it or the cooker and two what scared me more was that no one would like the food I had made. So it felt like an eternity to reach out to open the rice cooker, this dark shadow crept up from inside me like it was trying to choke me. In fact I hadn’t moved at all till my mom came up stairs to get me, she said "You looked like opening the cooker was going to kill you, or that the thing was going to spring out and eat you." I was so tense as we went to remove the finished bread, but when we too kit out the bread had turned out wonderfully crisp on the outside with a fluffy inside. My mom said, "It was the best bread ever." I just about died from happiness. In fact my mom ate most of the bread herself.

Now then shall we move on to the fun part or rather how to make this really cool bread? Now here is all you will need for this recipe, a rice cooker capable of cooking 10 cups of rice so there is enough room for the bread, then 24 table spoons of bread flour, 1 table spoon of butter which is at room temp. To get it to room temp take it out and let it sit out for about 30 minutes it should be soft and moldable. Then 1 table spoon of regular, granulated sugar. If you use Splenda or a sweetener like that you will not have to adjust the amount. Then 2 table spoons of milk, 12 table spoons of water, a teaspoon of dry yeast that you have dissolved in a little warm water (most yeast products have directions for how much water to dissolve the yeast in), and a teaspoon of salt.

Now for the fun and easy part. Remove the rice cooker bowl form the rice cooker and put it on the counter you can put a damp towel under it to give it some stability. Now wash your hands thoroughly for 2 minutes. This is to make sure they are clean and that the food you handle will be safe to eat. Now take your dry ingredients and gently add them to the bowl next the liquid, and using your hand mix it all together. This part is lots of fun because you get to be like a little kid with finger paints, or clay again. So you mix them all together till the dough is formed and there should be no unmixed ingredients on the side of the rice cooker bowl.

Then take your butter and add it into the dough and need it, that its fold the dough onto itself with your hand, till it no longer feels sticky. Next form it into a round shape, place the dough back in the bowl and leave it in a warm place for 60 minutes this allows the dough to rise, by chemical reaction in the dough that produces carbon dioxide making the dough expand this process is also known as fermentation, and is crucial to bread dough for its flavor and texture.

Now we must get rid of the extra gas built up in the dough. Most dough, you use your fist and pound or press on to relieve the gas not so in this case, all we are going to do is lift the bowl up about 50cm and then drop it one time, for force of this small drop will cause the excess gas to release itself without ruining the dough you have worked so hard on. Now leave it in a warm place for another sixty minutes. This is the second rise or fermentation. Do not worry all this work will be well worth it. Now turn on your rice cooker and cook the dough for sixty minutes, once that is done be very careful the bowl and dough will be extremely hot so with care flip the dough over inside the rice cooker and you’ll notice one side will be a lovely brown color. Do this process two times over and your bread will be done. Afterwards, carefully take your bread and put it on a wire rack to cool. Though we all love the smell of fresh hot bread, truth is its not done cooking till its cooled down. Now, after that, your bread will have a wonderfully crisp outside, almost like a crisp wafer, with a fluffy cloud-like inside. Enjoy every one this recipe may take a while but being able to make your own bread is a lot of fun and thank you for allowing me to share this wonderful memory and recipe with you.

Works Cited

AnimeNewsNetwork *Yakitate!! Japan* *N.p, n.d, (Web) 7/09/2012 -7/13/2012*

*YouTube whosign, January 6, 2008. (Web) 7/13/2012*