

**Association of Connecticut Fair  
Adult Baking Contest – 2020  
Plimoth Thirded Bread**

This recipe was selected to commemorate the 400th Anniversary of the Mayflower's Voyage and Founding of Plimoth Plantation. The recipe includes ingredients such as rye flour, corn flour, and cornmeal, that would have been used in the early 1600s.



The voyage of the Mayflower took 66 days with 103 passengers aboard. Two babies were born aboard the Mayflower – Oceanus Hopkins and Peregrine White. The Mayflower Compact was written and signed by all adult male passengers. This document created a Civil Body Politik which is a foundation of the Constitution of the United States of America. Plimoth Plantation was the first permanent colony in the New World.

**Starter Ingredients**

1/3 cup water  
2/3 cup King Arthur Flour All-Purpose flour  
One packet of active dry yeast

In medium to large bowl dissolve yeast in water and then stir in flour. Let rest until bubbly (10 min – 1 hour)

**Additional Ingredients**

1/3 cup whole wheat flour  
1/4 cup rye flour  
1/3 cup cornmeal  
1/3 cup corn flour  
2 1/4 cups King Arthur Flour All-Purpose flour  
1 teaspoon salt  
1 1/3 cup water

Mix flours and cornmeal with salt and add to starter. Add water slowly, mixing while adding, until combined.

Cover and place dough in refrigerator for 8-12 hours. Remove from refrigerator and let rest for 15-20 minutes to come to room temperature. On floured surface stretch and fold. Return to refrigerator and let rest 1 hour (or leave at room temperature and rest 15-30 minutes) then on

floured surface stretch and fold again. Return to refrigerator and let rest 1 hour (or leave at room temperature and rest 15-30 minutes) then on floured surface stretch and fold for the third and final time. After final fold, rest 15-20 minutes at room temperature, then shape into round loaf and place top side DOWN in bowl oiled with vegetable/canola oil. Proof (let rise) for 40 minutes to 1 hour.

Heat oven to 450 degrees F. Grease an 8-9 inch (measured at the top inside edge) Dutch Oven or Casserole Dish (CorningWare) with vegetable/canola oil. Flip dough into Dutch Oven or Casserole Dish (CorningWare). Cover and bake for 20 minutes. Remove lid and bake for another 20-25 minutes, checking for doneness by knocking on loaf and waiting to hear a hollow sound. When done, let sit on cooling rack at least one hour.

**Submit loaf on foil-covered cardboard no wider than one-inch from side of loaf.**

### **Judging Criteria**

<b>Overall appearance</b>	<b>25 points</b>
<b>Following Directions</b>	<b>10 points</b>
<b>Texture</b>	<b>15 points</b>
<b>Aroma</b>	<b>10 points</b>
<b>Flavor</b>	<b><u>40 points</u></b>
<b>TOTAL</b>	<b>100 points</b>

**The following prizes and a rosette will be awarded at the annual state contest held in October/November 2020.**

<b>1<sup>st</sup> Place: \$40.00</b>	<b>5<sup>th</sup> Place: \$15.00</b>	<b>9<sup>th</sup> Place: \$5.00</b>
<b>2<sup>nd</sup> Place: \$35.00</b>	<b>6<sup>th</sup> Place: \$12.50</b>	<b>10<sup>th</sup> Place: \$5.00</b>
<b>3<sup>rd</sup> Place: \$30.00</b>	<b>7<sup>th</sup> Place: \$10.00</b>	
<b>4<sup>th</sup> Place: \$25.00</b>	<b>8<sup>th</sup> Place: \$7.50</b>	

**Honorable Mention Ribbons will also be awarded.**

**King Arthur Flour is sponsoring ribbons and prizes at the Annual State Contest held in October/November.**

**The Mayflower Society is sponsoring an award of \$100 to the 1<sup>st</sup> Place winner at the Annual State Contest held in October/November.**