

Association of Connecticut Fair Adult Baking Contest – 2021 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.

For 2021 we are celebrating the First Thanksgiving.



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. The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October 1621. This feast lasted three days, and—as recounted by attendee **Edward Winslow**— was attended by 90 **Wampanoag** and 53 Pilgrims.

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
¼ 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

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

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

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

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 1st Place winner at the Annual State Contest held in October/November.