Potato Bread Recipe Using Real Mashed Potatoes

* 7 ounces cooked potato (you can use leftover mashed potatoes, or cook up a small potato and mash it)
* Water, enough to equal 1 3/4 cup when combined with the potato

(I put the potato into a [2 cup pyrex measuring cup](http://www.amazon.com/Pyrex-Prepware-2-Cup-Measuring-Measurements/dp/B0002ITQHS?ie=UTF8&tag=commosensehom-20&link_code=btl&camp=213689&creative=392969), and add water to bring the level up to 1 3/4 cup)

* 2 tablespoons softened butter
* 2 1/2 tablespoons sugar (or honey)
* 1 teaspoon sea salt
* 3 1/2 cups bread flour (I usually use a mix of fresh ground wheat flour and pre-milled flour)
* 2 teaspoons dry yeast or 1 1/2 teaspoons [saf-instant yeast](http://www.amazon.com/Instant-Yeast-1-Pound-Pouches-Pack/dp/B003Z7VYXW?ie=UTF8&tag=commosensehom-20&link_code=btl&camp=213689&creative=392969)

If using a bread machine, select “wheat”, “sweet”, or “white” setting, do not use a timer.

I normally mix the dough in my [Bosch Universal Plus Kitchen Machine](http://www.amazon.com/Bosch-Universal-Plus-Kitchen-Machine/dp/B0016KU16G?ie=UTF8&tag=commosensehom-20&link_code=btl&camp=213689&creative=392969) and then bake it in the oven.  (I finally bought a Bosch after killing three different bread machines.  It’s more expensive, but can handle double batches of whole wheat bread without a fuss, unlike lighter machines.)



Gathering ingredients – yeast, sea salt, freshly ground flour from the [Nutrimill](http://www.amazon.com/gp/product/B001UI37N8?ie=UTF8&camp=1789&creativeASIN=B001UI37N8&linkCode=xm2&tag=commosensehom-20)

I add everything into the machine and mix for 6-8 minutes, adding additional flour if needed.  Add the last of flour slowly – you want a soft, elastic dough.  Too much flour will give you a harder dough and a drier bread.  If kneading by hand, mix wet ingredients with yeast until thoroughly blended, then add dry ingredients, adjusting flour as needed to give a soft, elastic dough.  This dough will be a little bit more sticky than many bread doughs.  This is normal.  If you look closely, you can see little bits of brightly colored blue potato.

[](http://commonsensehome.com/wp-content/uploads/2011/07/potato-bread-dough.jpg)

Let bread rest and rise for around 20 minutes, then punch down and allow to rise again.  (This develops the flavor and gluten of the bread.)

[](http://commonsensehome.com/wp-content/uploads/2011/07/potato-bread-risen.jpg)

Once doubled in size, form dough into loaves and place in greased bread pans.  A single recipe makes one large loaf or two smaller loaves.  I usually divide the dough into two 9×5 pans, or make a double batch (shown here) and divide it into three regular loaves. When I bake, I like to make more than one loaf so I can keep the extras in the freezer to have on hand when needed.

[](http://commonsensehome.com/wp-content/uploads/2011/07/potato-bread-loaves.jpg)



Bread loaves in pan, before and after rising.

Preheat oven to 350F.  Bake for 25-30 minutes, until golden brown.  Remove from pans and cool on [wire racks](http://www.amazon.com/gp/product/B00005NCX4?ie=UTF8&camp=1789&creativeASIN=B00005NCX4&linkCode=xm2&tag=commosensehom-20).  Try to wait for the bread to cool before cutting, if possible.  When you cut open a steaming loaf of bread, much of the moisture escapes as steam, leaving the remainder of the loaf dry.  Of course, if it all disappears within a matter of minutes, this is a non-issue.   I let this batch rise a bit too much, which is why the finished loaves (shown below) don’t look quite so picture perfect.  Remember, bread will rise a bit in the oven, so bake before it is overflowing the pans.  (And don’t get involved in another project and forget about your bread…)[](http://commonsensehome.com/wp-content/uploads/2011/07/loaves-of-potato-bread.jpg)

This recipe produces a moist, dense loaf that is great for sandwiches and toast, and holds for the better part of a week.  For longer storage, it freezes very well, in case you want to make a double or triple batch.

I hope your family enjoys this recipe as much as my family does.  If you do, please pass it along.  