

APPALACHIAN WHEAT PEPPERONI BREAD

SERVES: 4

PREP TIME: 2 hours

COOK TIME: 30 mins

INGREDIENTS

FOR THE DOUGH:

- 2 cups lukewarm water
- 1 tbsp each- sugar, yeast, salt
- 2 tbsp olive oil
- 5.5 - 6 cups Appalachian White Wheat flour

FOR THE FILLING:

- 1/4 lb sliced cheese of choice- mozzarella and/ or provolone work well
- 1/4 lb pepperoni slices
- Grated Parmesan or Romano cheese
- Optional- cooked, sliced, seasoned vegetables such as onions, peppers, spinach, and/or broccoli florets.



MEET THE CHEF

Kathy Bozzi was born in Hamden, CT, the youngest of 9 children of Italian immigrants - Joe and Maggie Fiore. At 80 years young, she is still an avid home cook. She is also the mother of Local Millers co-founder, Joe Bozzi.

She says, " My mother put dinner on the table every night for 11 people- always satisfying and delicious. I married, and my husband was an excellent cook and I learned about cookbooks. We loved to entertain and people started to tell me they loved my cooking. Here I am some 50 years later, still cooking! It takes me longer and menus aren't as ambitious, but it's still enjoyable and keeps me active."



DIRECTIONS

Dissolve the sugar, yeast, and salt in the lukewarm water.

Add the flour, starting with the 5.5 cups and adding more as needed to make a soft, smooth dough.

Knead the dough until it is smooth and elastic, about 7-10 minutes. I use my KitchenAid with a dough hook.

Cover and let rise for 1 to 2 hours.

Preheat oven to 375 degrees F.

Punch down the dough and divide into 4 pieces.

Using a rolling pin, roll out each piece into a 15 inch circle and let them rest for 2 - 3 minutes.

Cover the entire circle with a layer of sliced cheese, and then a layer of cooked meat. If using vegetables, add them next.

Sprinkle with the grated cheese.

Start at one end of the circle and roll into a loaf.

Place on a greased baking sheet, slit the top, and bake for 30-35 minutes or until nicely brown. Enjoy!

MEET THE FARMER AND GRAIN

Meet Doug and Beth McConnell and family of the McConnell Family Farm in Zanesville, OH. Their farm is focused on improving soil health through regenerative farming practices such as using cover crops and increasing plant, animal, and insect diversity on the farm. They grow wheat, oats, and buckwheat along with chicken for meat and eggs, pork and beef. The farm earned "Conservationist of the Year" from their county in 2018 and "Family Conservation Award" the following year from the state.

This Appalachian White Wheat they grow is considered a "landrace grain" meaning that it was developed and continues to adapt to grow well in the wetter climate of the Appalachian regions of the Eastern US.

