

spankies bread recipe cookeville tennessee

Spankies bread recipe Cookeville Tennessee is a cherished culinary tradition that has been passed down through generations. Known for its soft texture, delightful flavor, and a touch of Southern charm, Spankies bread is more than just a loaf; it represents the warmth of home cooking in the heart of Tennessee. Whether you're a seasoned baker or a novice in the kitchen, this recipe is accessible and rewarding. In this article, we will explore the origins of this beloved bread, its ingredients, step-by-step preparation, and tips for achieving the perfect loaf.

Origins of Spankies Bread

Spankies bread has its roots in the rich baking traditions of the Southern United States. Cookeville, Tennessee, is known for its vibrant community and deep culinary history, which includes recipes that have been influenced by various cultures. The term "Spankies" itself is a playful nod to the informal, friendly nature of Southern cooking, where food is often made with love and shared among family and friends.

Historically, bread-making in Tennessee has been a communal activity. Families would gather in kitchens, sharing stories and laughter while kneading dough and waiting for the bread to rise. Spankies bread embodies this spirit, serving as a centerpiece for many gatherings, from Sunday dinners to holiday celebrations.

Ingredients for Spankies Bread

To create the perfect loaf of Spankies bread, you will need the following ingredients:

1. Flour: 4 cups of all-purpose flour (plus extra for dusting)
2. Yeast: 2 ¼ teaspoons of active dry yeast (one packet)
3. Sugar: 1 tablespoon of granulated sugar
4. Salt: 1 teaspoon of salt
5. Milk: 1 cup of whole milk, warmed to about 110°F
6. Butter: ¼ cup of unsalted butter, melted
7. Eggs: 2 large eggs
8. Additional Flavorings (optional):
 - 1 teaspoon of vanilla extract
 - ½ teaspoon of cinnamon for a hint of spice

Step-by-Step Preparation

Step 1: Activate the Yeast

1. Begin by warming the milk in a saucepan or microwave until it reaches about 110°F. This temperature is essential for activating the yeast without killing it.
2. In a small bowl, combine the warmed milk, sugar, and yeast. Let this mixture sit for about 5 to 10 minutes until it becomes frothy. This indicates that the yeast is active and ready for use.

Step 2: Prepare the Dough

1. In a large mixing bowl, combine the flour and salt. Mix well to ensure the salt is evenly distributed throughout the flour.
2. Create a well in the center of the flour mixture and add the frothy yeast mixture, melted butter, and eggs. If you choose to use vanilla extract or cinnamon, add them at this stage.
3. Mix the ingredients together until a dough begins to form.

Step 3: Knead the Dough

1. Transfer the dough onto a lightly floured surface. Knead the dough for about 8 to 10 minutes until it becomes smooth and elastic. If the dough is too sticky, sprinkle a little more flour as needed.
2. Form the kneaded dough into a ball and place it in a lightly greased bowl. Cover the bowl with a clean kitchen towel or plastic wrap.

Step 4: First Rise

1. Allow the dough to rise in a warm, draft-free environment for about 1 to 1.5 hours, or until it has doubled in size. This is an excellent time to prepare your baking area and gather any additional ingredients for later use.

Step 5: Shape the Loaf

1. Once the dough has risen, punch it down gently to release the air. Transfer it back to a floured surface.
2. Shape the dough into a loaf by flattening it into a rectangle and then rolling it tightly from one end to the other. Pinch the seams to seal.
3. Place the shaped loaf into a greased 9x5-inch loaf pan, seam-side down.

Step 6: Second Rise

1. Cover the loaf pan with a kitchen towel and let it rise again for about 30 to 45 minutes, or until it has risen just above the rim of the pan.
2. Preheat your oven to 350°F during this time.

Step 7: Bake the Bread

1. Once the loaf has risen, place it in the preheated oven. Bake for about 30 to 35 minutes, or until the top is golden brown and the bread sounds hollow when tapped on the bottom.
2. If the bread browns too quickly, you can tent it with aluminum foil to prevent burning.

Step 8: Cool and Serve

1. Remove the loaf from the oven and let it cool in the pan for about 10 minutes. Then transfer it to a wire rack to cool completely.
2. Once cooled, slice the bread and serve it warm or at room temperature. It's perfect on its own, with butter, or as a base for sandwiches.

Tips for Perfecting Your Spankies Bread

- Use Fresh Ingredients: Ensure your yeast is fresh for optimal rising. Expired yeast can lead to a flat loaf.
- Temperature Matters: Pay attention to the temperature of your ingredients, especially the milk. Too hot can kill the yeast, and too cold can hinder rising.
- Kneading Technique: When kneading, use the heel of your hand and fold the dough over itself, turning it a quarter turn after each knead for even development of gluten.
- Humidity: If you live in a particularly dry climate, consider adjusting the flour amount slightly to ensure the dough isn't too dry.
- Variations: Experiment with mix-ins like herbs, cheese, or dried fruits to create unique flavors.

Serving Suggestions

Spankies bread is versatile and can be enjoyed in various ways:

- Breakfast: Serve slices with butter, jam, or honey for a delightful morning treat.
- Sandwiches: Use it as a base for sandwiches, pairing it with deli meats, cheeses, and fresh vegetables.
- Sides: Accompany it with soups or salads for a satisfying meal.
- Dessert: Toast slices and top with cinnamon sugar or serve with a scoop of ice cream for a sweet twist.

Conclusion

The Spankies bread recipe Cookeville Tennessee is a true testament to the heart of Southern cuisine. With its simple ingredients and straightforward preparation, this bread brings comfort and joy to any table. Whether you're baking it for a special occasion or just to enjoy at home, this recipe is sure to become a staple in your kitchen. So roll up your sleeves, gather your ingredients, and let the aroma of

freshly baked bread fill your home—there's nothing quite like it!

Frequently Asked Questions

What is Spankies Bread known for in Cookeville, Tennessee?

Spankies Bread is known for its unique blend of flavors and its soft, fluffy texture, making it a local favorite for sandwiches and toast.

Where can I find the Spankies Bread recipe?

The Spankies Bread recipe can often be found in local cookbooks or community recipe sharing groups in Cookeville, Tennessee.

Are there any local stores in Cookeville that sell Spankies Bread?

Yes, many local bakeries and grocery stores in Cookeville may carry Spankies Bread or similar homemade varieties.

What ingredients are typically used in Spankies Bread?

Common ingredients include flour, sugar, yeast, milk, eggs, and butter, but variations may include additional spices or flavors.

Is Spankies Bread a traditional recipe in Cookeville?

Yes, Spankies Bread is considered a traditional recipe in Cookeville, often passed down through generations.

How long does it take to make Spankies Bread from start to finish?

Typically, it takes about 3 to 4 hours to make Spankies Bread, including rising time and baking.

Can I find a gluten-free version of Spankies Bread?

While traditional Spankies Bread is made with wheat flour, some local bakers may offer gluten-free versions upon request.

What are some popular ways to serve Spankies Bread?

Spankies Bread is popularly served as toast, in sandwiches, or with butter and jam for breakfast.

Are there any community events in Cookeville that feature Spankies Bread?

Yes, local festivals and farmers' markets often feature vendors selling homemade Spankies Bread, showcasing its popularity in the community.

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