

Cheese Zombie

Preparation time: 20 minutes + rising time		Cook time: 20 minutes
Number of Servings: 15		Serving Size: 1 Zombie
Ingredients: <div> <div> Flour, Whole Wheat 9 oz Flour, White 8 oz Yeast ½ oz Dry Nonfat Milk 1.25 oz Sugar 1.33 oz Salt 1/3 oz Oil 2.5 oz Water 1 cup </div> <div> Sliced Cheese 1lb 8oz Shredded Cheese 4oz </div> </div>		Kitchen tools needed: Mixer Mixing Bowl Dough Hook Attachment Sheet Pan
Directions: <ol style="list-style-type: none"> 1. Measure all dry ingredients into mixing bowl. Using the dough hook attachment, mix on low speed to combine the dry ingredients. 1. Add oil and warm water (100-110 degrees) to the dry ingredients. Turn mixer to low speed to combine. (Note: if all the flour has not been picked up off the bottom of the bowl, add a few ounces of water at a time.) 2. Once all ingredients are combined, turn the mixer to medium speed and mix 3-10 minutes until dough leaves the side of the bowl and forms around the dough hook. The dough should be at a temperature of 88 to 90 degrees; DO NOT OVERMIX. 3. For easy removal of the dough from the bowl, slowly add oil along the inside rim as the mixer is still on low. 4. Set dough aside to rise for 30 minutes or until the dough doubles in size. 5. Portion dough into two 1lb balls 6. Spray the sheet pan with pan spray and roll out the first 1lb ball 7. Cover the rolled dough with the sliced and shredded cheese to the edges of the dough 8. Roll out the second 1lb ball to the size of the sheet pan and place over the cheese. Seal the edges 9. Proof until again until the dough has doubled in size. (To proof the dough, place a pan in the bottom rack of the oven and add 3 cups of boiling water into the pan. Place the pan in the middle rack, close the door and allow the dough to rise). 10. Bake at 325 degrees for 10 minutes then rotate and bake for another 10 minutes or until the top and bottom of the bread are golden brown. 11. Let the Zombies set for at least 5 minutes before cutting to allow the cheese to set up. 12. Cut into 15 portions, serve and Enjoy! 		