



Oat Molasses Bread Recipe Maine transports you to a world where baking is both an art and an expression of history. Originating from the rural kitchens of the Northeast, [this bread embodies](#) the resourcefulness and culinary creativity of generations past. Perfectly balancing the hearty texture of oats with the deep, caramel-like flavors of molasses, this loaf is more than just bread—it's a testament to the flavors of Maine. Today, we're excited to bring this cherished recipe to your home, ensuring that everyone can enjoy the same comforting slice of nostalgia and taste the rich heritage from which it hails.

Why Oat Molasses Bread is a Classic in Maine

Maine is known for its picturesque landscapes and hearty cuisine that reflects its cultural heritage. Oat molasses bread has been a beloved staple in Maine households for generations, often associated with rustic family meals and cozy gatherings. The bread's dense texture and rich flavor make it perfect for chilly Maine winters, when a warm slice can bring comfort like nothing else.

The combination of oats and molasses is not only delicious but also nutritious. Oats provide fiber and essential nutrients, while molasses adds iron, calcium, and a unique sweetness. This makes oat molasses bread a wholesome choice, perfect for breakfast, lunch, or as an accompaniment to soups and stews.

Ingredients Needed for the Old-Fashioned Oat Molasses Bread Recipe

Before you start baking, gather the following ingredients for an authentic old-fashioned oat molasses bread:

- 1 cup rolled oats
- 2 cups boiling water
- 1/2 cup molasses
- 2 tablespoons butter
- 2 teaspoons salt
- 1/4 cup warm water (110°F)
- 1 package active dry yeast
- 5 to 6 cups all-purpose flour



Step-by-Step Guide: Easy Oat Molasses Bread Recipe

Creating this classic bread at home is both rewarding and straightforward. Follow these steps to bake your own delicious oat molasses bread:

1. **Prepare the Oats:** In a large bowl, combine the rolled oats and boiling water. Stir and let sit for 20 minutes until the oats are soft and the mixture has cooled to lukewarm.
2. **Combine Molasses, Butter, and Salt:** Add the molasses, butter, and salt to the oat mixture, stirring until the butter is melted and everything is well combined.
3. **Activate the Yeast:** In a small bowl, dissolve the yeast in warm water. Allow it to stand for about 5 minutes until it becomes frothy.
4. **Mix Ingredients Together:** Add the yeast mixture to the oat mixture and stir well.
5. **Add Flour Gradually:** Begin adding the flour one cup at a time, mixing well after each addition. The dough should be sticky but manageable.
6. **Knead the Dough:** Turn the dough out onto a floured surface and knead for about 8-10 minutes until it is smooth and elastic.
7. **First Rise:** Place the dough in a greased bowl, cover with a damp cloth, and allow it to rise in a warm place for about 1.5 hours or until doubled in size.
8. **Shape the Loaves:** Punch down the dough and divide it into two equal pieces. Shape each piece into a loaf and place them into greased loaf pans.
9. **Second Rise:** Cover the pans with the damp cloth again and allow the loaves to rise until they are doubled in size, about 45 minutes.
10. **Bake the Bread:** Preheat your oven to 375°F (190°C). Bake the loaves for 35 to 40 minutes, or until they sound hollow when tapped on the bottom.

Tips for Making the Best Oat Molasses Bread in Maine

- Always use fresh yeast for the best rise and texture.
- Adjust the molasses to taste; more will yield a sweeter bread, while less will emphasize the oats.
- For a deeper flavor, try adding a tablespoon of cocoa powder to the dough.

Honey Molasses Oatmeal Bread Recipe: A Sweet Twist

For those who enjoy a slightly sweeter loaf, this honey molasses oatmeal bread adds a delightful twist to the traditional recipe. Here's what you'll need:



Ingredients

- 1 cup rolled oats
- 1 cup boiling water
- 1/4 cup honey
- 1/4 cup molasses
- 2 tablespoons butter
- 1 teaspoon salt
- 1 package active dry yeast
- 1/4 cup warm water
- 3.5 to 4 cups all-purpose flour

Instructions

1. **Softening the Oats:** Pour boiling water over oats and allow it to sit until lukewarm.
2. **Adding Sweeteners:** Stir in honey, molasses, butter, and salt.
3. **Yeast Activation:** Dissolve yeast in warm water, wait for it to froth.
4. **Mixing the Dough:** Combine the yeast with the oat mixture and gradually add flour.
5. **Kneading** the dough until smooth and elastic.
6. **First Rise** in a greased bowl until doubled.
7. **Shaping** into loaves and place into pans.
8. **Second Rise** until doubled.
9. **Baking** at 375°F for about 35 minutes.

How to Make Oatmeal Molasses Bread Using a Bread Machine

If you prefer convenience, using a bread machine can simplify the process. Here's how:

1. **Add Ingredients** to the bread machine in the order recommended by the manufacturer.
2. **Choose the Whole Wheat Setting** for a thorough bake.
3. **Start the Machine** and monitor during the first mix to ensure ingredients combine well.
4. **Adjust Flour** if necessary for a soft, sticky dough.
5. **Allow the Machine** to complete its cycle.
6. **Rest the Loaf** after baking before slicing.



7. **Enjoy Fresh Bread** with your favorite toppings.

Recreating the Famous Olney Ale House Oatmeal Molasses Bread

Inspired by the renowned Olney Ale House, this recipe captures the essence of tradition. You'll need:

- 1.5 cups whole wheat flour
- 1 cup rolled oats
- 1/2 cup molasses
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1.5 cups buttermilk

Preparation Steps:

1. **Preheat Oven** to 350°F (175°C) and grease a loaf pan.
2. **Mix Dry Ingredients** in a bowl.
3. **Combine Wet Ingredients** in another bowl, mix thoroughly.
4. **Fold Dry into Wet** until just combined.
5. **Pour into Pan** and smooth the top.
6. **Bake** for 45 minutes, checking for doneness.
7. **Cool on a Rack** before slicing.

Quaker Oats Bread Recipe: A Healthy and Tasty Alternative

Quaker oats offer a health-conscious take without sacrificing flavor:

Ingredients

- 1.5 cups Quaker oats
- 2 cups all-purpose flour
- 1 cup milk
- 1/4 cup molasses



- 2 eggs
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Preparation:

1. **Preheat Oven** to 350°F (175°C).
2. **Mix Dry Ingredients** in a large bowl.
3. **Combine Molasses, Milk, and Eggs** in another bowl.
4. **Blend Mixtures** gently.
5. **Pour into Greased Loaf Pan.**
6. **Bake for 40 Minutes** until golden brown.
7. **Cool Before Serving.**

Farmhouse Oatmeal Bread Recipe: A Rustic Approach

For a rustic feel, farmhouse oatmeal bread brings hearty allure. You'll need:

- 2 cups rolled oats
- 4 cups all-purpose flour
- 1/2 cup molasses
- 1 tablespoon butter
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 cups warm milk

Process:

1. **Preheat Oven** to 375°F (190°C).
2. **Mix Dry Ingredients** in a bowl.
3. **Heat Milk and Butter** until butter melts.
4. **Combine All Ingredients** in a large bowl.
5. **Knead on Floured Surface** for 5 minutes.
6. **Shape into Loaf** and place in pan.
7. **Bake for 40 Minutes** until crusty.



Choosing the Right Oats for Your Bread: Rolled vs. Steel-Cut

When baking oatmeal bread, the choice between rolled and steel-cut oats can impact the texture and flavor of your loaf. Here's a comparison to help you decide which is right for your recipe:

| Feature | Rolled Oats | Steel-Cut Oats |
|-----------------|-------------------------------------|--|
| Processing | Steamed and then flattened | Cut into pieces but not steamed or flattened |
| Texture | Softer, quicker to absorb liquids | Chewier, denser consistency |
| Cooking Time | Shorter, ideal for quick recipes | Longer, suited for slow-cooked styles |
| Flavor Impact | Milder, more blended into the bread | Nutty, distinct presence in the bread |
| Bread Structure | Produces a more uniform loaf | Adds texture and bite to each slice |

Depending on your preference for texture and flavor, you can experiment with either type to find the best fit for your oatmeal bread creation. Consider combining both to balance softness with a hint of chewiness.

How to Perfect the Texture of Your Oat Molasses Bread

Achieving the perfect texture can be tricky but rewarding:

- **Ensure Proper Hydration** by adjusting liquids.
- **Knead Thoroughly** to develop gluten.
- **Control Bake Time** to avoid dryness.

Health Benefits of Oat Molasses Bread and Why You Should Try It

Nutrient-Rich Ingredients

Oat molasses bread is packed with ingredients that offer numerous health benefits. Oats are a great source of dietary fiber, particularly beta-glucan, which is known to help reduce cholesterol levels and improve heart health. Molasses adds natural sweetness without the



overly processed sugars and contains essential minerals such as calcium, magnesium, and iron.

Weight Management

The high fiber content in oat molasses bread can aid in weight management by promoting a feeling of fullness, which may help control appetite and reduce overall calorie intake. Its low glycemic index means it releases energy slowly, preventing spikes in blood sugar levels.

Digestive Health

Oats provide insoluble fiber that supports digestive health by adding bulk to stool and facilitating regular bowel movements. This helps prevent constipation and maintains a healthy gut.

Energy Boost

The complex carbohydrates in oats and the natural sugars in molasses provide a steady release of energy, making oat molasses bread an excellent choice for a breakfast option or as a pre-workout snack that keeps you fueled throughout the day.

Antioxidant Properties

Molasses contains antioxidants, which help fight free radicals in the body and may reduce the risk of chronic diseases. Incorporating oat molasses bread into your diet can contribute to antioxidant intake, promoting overall wellbeing.

Easy to Incorporate

Oat molasses bread is versatile and easy to incorporate into your diet. It pairs well with sweet or savory toppings, making it a suitable choice for various meals or snack options. Try it toasted with avocado, or enjoy it with a spread of natural peanut butter and sliced bananas for a delicious treat.

Caloric Content of Oat Molasses Bread

Understanding the caloric content of oat molasses bread helps you incorporate it into your dietary plan. Here's a breakdown based on typical ingredients and portion sizes:



| Ingredient | Amount Used | Calories |
|--------------------------------|---------------|----------|
| Whole Wheat Flour | 1.5 cups | 592 |
| Rolled Oats | 1 cup | 307 |
| Molasses | 1/2 cup | 472 |
| Olive Oil | 2 tablespoons | 239 |
| Buttermilk | 1.5 cups | 220 |
| Total for the Recipe | - | 1830 |
| Per Slice (assuming 12 slices) | - | 153 |

This table serves as an estimate and actual caloric content may vary based on specific brands and variations in ingredient measurements.

Common Mistakes to Avoid When Making Oatmeal Molasses Bread

When baking oatmeal molasses bread, avoiding these common pitfalls can ensure a successful loaf:

1. **Using Expired Yeast:** Always check the date on your yeast packet before use. Expired yeast won't activate properly, causing your bread to fail in rising.
2. **Incorrect Liquid Temperature:** Make sure the liquids are at the right temperature, preferably lukewarm. Too hot can kill the yeast, while too cold can prevent it from activating.
3. **Skipping the First Rise:** Allowing enough time for the dough to rise during the first proofing is crucial for developing flavor and texture.
4. **Inadequate Kneading:** Under-kneading can lead to a dense loaf. Knead the dough until it reaches a smooth, elastic consistency.
5. **Inaccurate Measurements:** Accurate measurement of ingredients, particularly flour and liquids, ensures the right dough consistency. Use a kitchen scale for precision if possible.
6. **Rushing the Second Rise:** Patience is key; let the dough rise fully in the pans to avoid a dense and heavy bread.
7. **Over-Baking or Under-Baking:** Always check the bread with a tap on the bottom; it should sound hollow when done. Use an oven thermometer to ensure accurate baking temperatures.

Avoiding these common mistakes can help you achieve delicious, fluffy oatmeal molasses



bread every time.

Serving Suggestions: What Pairs Best with Oat Molasses Bread

To enhance the flavors of oat molasses bread, consider these serving suggestions:

1. **Savory Spreads:** Try topping your bread with creamy avocado, savory hummus, or a spread of herbed cream cheese for a delicious snack or breakfast option.
2. **Sweet Additions:** Pair slices with honey, fruit preserves, or nut butter for a delightful and nutritious treat perfect for any time of the day.
3. **Cheese Selection:** Enjoy with a slice of sharp cheddar or brie, which complements the sweetness of the molasses and the nuttiness of the oats.
4. **Hearty Soups:** Serve alongside a warm bowl of vegetable minestrone or creamy tomato soup, where the bread's hearty texture makes for perfect dipping.
5. **Seasonal Salads:** Accompany your bread with fresh seasonal salads, such as a bright arugula with citrus or a classic Caesar, to balance the flavors and textures.
6. **Breakfast Bruschetta:** Top toasted slices with scrambled eggs and smoked salmon, or with a combination of roasted tomatoes and fresh basil, for a gourmet breakfast bruschetta.

By experimenting with these pairs, you can find the perfect accompaniments to your delectable oat molasses bread, whether for a cozy family meal or an elegant gathering.

Conclusion

Old-fashioned oat molasses bread is more than just a recipe; it's a comforting connection to tradition and taste. With this guide, you're equipped to explore various recipes, enjoying the wholesome benefits and delightful flavors of this beloved bread. Whether you stick to the classic approach or experiment with variations, oat molasses bread is sure to be a cherished addition to your kitchen. Happy baking!

Frequently Asked Questions

1. Can I substitute the molasses with another sweetener?

Yes, you can substitute molasses with honey or maple syrup. However, the flavor and



texture of the bread might slightly change, as molasses imparts a rich, robust taste that is unique. It's recommended to test small batches to find your preferred sweetness level.

2. Can I make oatmeal molasses bread gluten-free?

Yes, you can make a gluten-free version by using gluten-free all-purpose flour. Make sure to check that the oats are certified gluten-free as well, as cross-contamination can occur in processing facilities.

3. How should I store my oatmeal molasses bread?

To maintain freshness, store your bread in an airtight container at room temperature for up to three days. For prolonged storage, consider freezing the bread. Slice it before freezing, so you can easily thaw individual slices as needed.

4. Is this bread suitable for vegans?

If you wish to make the bread vegan, substitute the dairy ingredients with plant-based alternatives like almond milk or oat milk. Instead of butter, you can use coconut oil or a vegan margarine. Check that your molasses or other sweeteners are vegan as well.

5. What are some good substitutions if I don't have buttermilk for the Olney Ale House recipe?

If you don't have buttermilk, you can make a substitute by mixing 1 tablespoon of lemon juice or vinegar with enough milk to measure 1 cup. Let it sit for about five minutes until it thickens slightly. This will mimic the acidity of buttermilk in your recipe.