

BOUNTIFUL BREADS and SPREADS RECIPES

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February 2010

Recipes in **yellow** demonstrated at class.

Flat Breads

Basic Flatbread

¾ C. Scalded milk

¼ C. honey

¼ C. Butter

1 egg

2 ¼ C. Flour

1 t. Salt

Beat egg and first 4 ingredients together, while gradually adding the flour. Knead smooth. Roll to ¼" thickness. Cut in rounds or squares. Prick with a fork. Place on baking sheet, bake at 375° for 15-20 minutes.

Baking Powder Biscuits

2 c. wheat or rye flour

1 tsp. Salt

1 T. Baking powder

4 Tbs. Shortening

1/3 c. powdered milk

1 c. water

Sift flour, measure, add salt and baking powder, milk powder and sift again. Blend in shortening, then add enough water to make a moist dough. Turn onto a wheat floured board, pat or roll out to ½ inch thickness, cut out biscuits and bake at 475° for about 15 minutes.

Bread Sticks Unleavened

4 c. wheat flour

1 Tbs. salt

1/2 c. oil

1 c. milk

3 Tbs. brown sugar OR honey

Mix together flour, salt, oil. Add milk and sugar or honey. Knead a little and roll into sticks the size of your finger. Bake on cookie sheet at 375° about 20 minutes.

Crepes

1 c. whole wheat flour

½ c dry milk

2 T. egg powder

1 ¾ c. water

1 t. salt

Beat all ingredients together until lumps disappear. Fry in hot greased skillet, lightly browning on both sides.

Crunchy, Munchie Crackers

2 ½ c. rolled oat or barley flakes

½ t. salt

1/3 c. oil

½ c. barley flour

½ c. water

½ c. sesame seeds

Heat oven to 300 degrees. Combine oats, barley flour, salt, water, and oil in a large bowl; mix thoroughly. Shape the dough into a rectangle and roll it paper-thin on a lightly greased, rimless baking sheet. Moisten the surface of the rolled dough with a damp pastry brush, and sprinkle seeds on the dough. Roll again to press seeds into the surface. Using a knife or pizza cutter, cut the dough into 1 inch squares. Bake until thoroughly dry and slightly brown, about 40 minutes.

English Muffins

1 1/3 c. warm water

2 T. yeast

2 T. honey

1 ½ t. salt

1/3 c. oil

3-4 c. WW flour

Cornmeal

2 eggs (or 2T. egg powder and 5 T. water)

Soften yeast in warm water and honey. Put in all the rest of the ingredients and mix together. Roll out on a lightly floured surface to 1/2" thickness. Cut with a biscuit cutter. Dip dough in cornmeal, and bake on a griddle at 275° for 8-10 minutes per side.

Flour Tortillas

1 c. WW Flour
1 t. salt

1 c. White Flour
1 T. shortening

½ t. baking powder
1/2-3/4 c. warm water

Combine flours, baking powder, salt. Mix in shortening until it looks like cornmeal. Add ½ c. water and mix until dough can be gathered into a ball, adding more water if needed, (1 T. at a time). Roll the dough up into 12 equal balls. Cover and let rest 15 minutes. On a lightly floured surface, roll into very thin circles. In an ungreased skillet, cook over medium heat about 1 ½ minutes per side or until very lightly brown. When done cooking place paper towels between each tortilla . Can wrap in foil to keep warm and soft.

Navajo Taco

2 c. oil (for frying)
4 c. all-purpose flour

3 T baking powder
1 T. salt

2 ½ c. warm milk

In a heavy large frying pan heat the oil to 365°; oil is hot enough if a small test piece of dough dropped in the oil deigns cooking almost immediately and rises to the top. Mix together dry ingredients in a large bowl. Gradually add warm milk and mix to make a soft dough. When the dough has pilled together, cover and let sit in a warm place for 10-15 minutes. Break off a golf ball sized piece of dough and pat it out flat in your hand, no thicker than ¼ inch. Fry in heated oil until lightly browned on each side.

Graham Crackers

3+c. whole wheat flour
½ t. salt

½ t. baking powder
¼ t. cinnamon

6 T. butter
½ c. honey

Sift together flour, salt, baking powder, and cinnamon into a bowl. Melt together the butter and honey. Pour into dry ingredients. Mix with a fork, then push the dough together with your hands. Don't knead or over mix. Place the cough on a well-floured surface, and roll it with a well-floured rolling pin to 1/8 inch thick. Cut rectangles (approximately 1 ¼ x 3 inches) with a knife, and prick them with a fork. Place on a lightly-greased baking tray, and bake for just 10 minutes in a 375 degree F. oven. Cool on a rack

Griddle Flat Bread

3 c. flour
1/2 t. salt

1 c. ice water
2 t. baking powder

3 T. shortening
pinch of baking soda

Combine all ingredients and form into a dough. Cut into 4 or 5 equal pieces. Roll out to a thin 8 inch circle. Cook on an oiled hot griddle. Turn with a spatula. Watch these flat bread disks closely because they cook fast.

Hardtack

2 c. flour
6 pinches salt

½-3/4 c. water

1 T. Crisco

Combine ingredients and mix together into a stiff batter, knead several times. Place the dough on an ungreased cookie sheet and flatten to a ½ inch thickness. Bake for 30 min. at 400°. Remove from oven, cut dough into 3" squares and punch 4 x 4 rows of holes into dough. Turn over, return to oven and bake 30 more minutes. Turn oven off and leave door closed until completely cool.

Indian Fry Bread

3 c. flour
4 t. baking powder

2 t. salt
1 ¼ - 1 ½ c. warm water

2 T. sugar

Place all ingredients together and let rise about 5 min. The less it is handled the better. Shape as scones and fry to golden brown. Serve with honey butter or jam.

Olive Oil Crackers

3 c. whole wheat flour
1/2 c olive oil

1 t. salt

1 c. warm water

Measure flour, salt, water and olive oil. Form the dough into a ball. Let rest for 1 hour. Roll out very thin. This is easier rolled in the baking sheet. Lightly salt the tops and press with the roller. With a fork randomly make fork marks in the rolled out dough, and cut with a pizza cutter. Make any shape you like – diamonds, squares, or rectangles. You can use a ruler but I like the random look of the different sizes it makes them look rustic. Bake the crackers at 375° for about 10 to 15 minutes or until crisp. The crackers should not get too brown, just a sprinkling of brown on top.

Pancakes

2 c. milk or water
2 c. flour (WW or mixed grains)

2 eggs
1 t. salt

2 T. oil
1 t. baking soda

Mix wet ingredients. Add dry ingredients, stir just until blended. Cook on greased griddle over medium heat, flip, and eat.

Mixed Grain: 1 c. wheat, 1/4 c each: barley, millet, oats, rice

Parmesan Pan Biscuits

1/3 c. butter or flavored Crisco, melted
3 T. Parmesan cheese, grated
1 c. milk (1/4 c. dry milk/1 c. water)

1 1/4 c. WW Flour
3 1/2 t. baking powder

1 c. White Flour
1 t. basil

Combine flours, cheese, baking powder, basil, and (dry milk if using) in a bowl. Stir in the milk (or water) just until moistened. Place dough on a lightly floured surface. Knead 10-15 times until smooth. Roll the dough into a 12"x4" rectangle. Cut dough into 12-1" strips. Dip the strips in the melted butter and place on a cookie sheet. Bake at 400° for 20-25 minutes until lightly browned.

Vegetable-Flecked Semolina Crackers

1/3 c shredded carrot
2 T. minced onions
2 T. minced dried mushrooms
1 T. minced sundried tomatoes*

2 t. dried basil
2/3 c unbleached flour
2/3 c. semolina flour
2 T grated Parmesan cheese

1 t. baking powder
3/4 t. salt
1/3 c. plus 1 T. water
2 T. olive oil

Preheat the oven to 250F. Line a baking sheet with waxed paper. Spread the carrot over the paper; top with the onion. Bake for about 30 minutes to dry out the vegetables. Cool on the baking sheet on a wire rack. Increase the oven temperature to 350F. In a large bowl, combine the dried carrots and onion with the mushrooms, tomatoes, and basil. Add the unbleached and semolina flours, the cheese, baking powder, and salt; mix well with a fork. Make a well in the center. Add the water and oil. Mix with a wooden spoon until the dough begins to gather. (If the dough is slightly dry add another tablespoon of water). Knead with hands into a ball. Roll the dough between the palms of hands into a thick rope. Wrap in waxed paper and chill for 15 minutes. After the dough has chilled, cut it into 12 equal pieces. Working with one piece at a time (keep the remaining dough covered), shape into a ball. Place the ball of dough between two pieces of lightly-floured waxed paper and roll out to a 4 to 5 inch circle. Remove the waxed paper and place the circle on a large baking sheet. Repeat with the rest of the dough. Bake for 15 minutes at 350° or until lightly golden but not brown. Cool on wire racks. Makes 12 crackers.

Wheat Flour Tortillas

2 c. unbleached flour 1 c. whole wheat flour 2 t. baking powder
1 t. sea salt 1/2 c. shortening or lard 1 c. hot water

Mix unbleached flour, whole wheat flour, baking powder, sea salt. Cut in shortening or lard. Add part of the hot water, just enough to moisten. Knead dough, adding 1 T. extra water at a time as necessary until dough is soft and pliable enough to stretch, and round in shape. Divide into 10 balls (or 12 smaller balls). Cover well and let rest 30 minutes to one hour. Take one ball at a time, keep others covered. Using a rolling pin: roll dough from center out, turn a bit, roll from center out; repeat this process until dough is as thin as possible without tearing. Put wax paper between each rolled tortilla, and keep covered with a small kitchen towel while rolling the remaining tortillas. When all are rolled: heat a cast iron skillet on medium high. Cook each tortilla for 1 to 2 minutes on each side. Put in a plastic bag to cool and soften. *Hint:* vegetable oil also works well in place of shortening

Wheat Thins (from Kathy Clark)

2 1/2 c. whole wheat flour 1 t. salt 1/4 c. sugar
1/2 c. butter or margarine 1 t. vanilla 3/4 c. water
salt or herb seasoning mix

Combine all dry ingredients, add butter and mix till completely blended. Add vanilla and water, mixing until smooth. Roll out paper-thin on a lightly floured board or directly on a greased baking sheet. Lightly sprinkle with salt or herb seasoning. Cut into squares with a pastry wheel. Bake at 40° for 5-15 minutes or until crisp. If the outer rim browns too quickly, remove the browned sections and return unfinished portions to the oven.

QUICK BREAD

Amish Friendship Bread

STARTER: Mix together in med. bowl 1-2 minutes. (Do not use metal bowl or spoon) – Cover with plastic wrap and leave on counter. DO NOT REFRIGERATE.

1 c. flour 1 c. sugar 1 c. milk.

DAY 1 – Make starter. DAY 2 - Stir with a wooden spoon.

DAY 3 - Stir with a wooden spoon. DAY 4 - Stir with a wooden spoon.

DAY 5 - Add: 1 c. flour, 1 c. sugar, 1 c. milk. DAY 6 - Stir with a wooden spoon.

DAY 7 - Stir with a wooden spoon. DAY 8 - Stir with a wooden spoon.

DAY 9 - Stir with a wooden spoon. DAY 10 -Add: 1 c. flour, 1 c. sugar, 1 c. milk.

First take out three 1 cup starters. Save one for yourself and share the other 2 cups with friends.

Put remaining batter into a large bowl and add the following ingredients:

2/3 c. oil 1 c. flour 1 c. sugar

1/2 c. milk 3 eggs 2 tsp. baking powder

1 1/2 t. cinnamon 1 tsp. vanilla 1/2 tsp. salt

1 1/2 tsp. baking soda 1 c: nuts/coconut/chopped dried fruits

Pour into 2 well greased and sugared loaf pans. Bake at 350 degrees for 50-55 minutes. Cool for 10 minutes (longer if glass) before removing from pans. This does real well in the freezer.

Banana Bread

2 c. whole wheat flour 3/4 c. honey 1/2 c. butter
1 t. baking soda 2 eggs 1/2 t. oil
3 ripe bananas, smashed

Mix well and fill greased loaf pan, fill 3/4 full. Bake at 325° for 60 minutes.

Applesauce Bread

3 c. + 2T applesauce
5 eggs
1 ¼ t. cinnamon
1 ¼ t. baking powder
2 1/2 c. sugar
½ c. milk
1 ½ t. baking soda
½ t. allspice
1 ¼ c. oil
5 c. flour
½ t. nutmeg
1 ¼ c. chopped nuts

Blend together: applesauce, sugar, oil, eggs and milk. Sift together dry ingredients and combine all together then add nuts.

Topping: Mix and sprinkle over tops of unbaked loaves

½ c. chopped nuts
½ c. brown sugar
1 t. cinnamon.
Bake in 4 well greased loaf pans at 350° for 50-55 minutes.

Applesauce-Nut Coffeecake

1 ¼ c. applesauce
2 eggs
1 c. White Flour
½ t. each: salt, baking powder, cinnamon, nutmeg and allspice
1 c. sugar
¼ c. milk
1 t. baking soda
½ c. oil
1 c. WW flour
¾ c. ground nuts

Topping

½ c. brown sugar
½ c. ground nuts
1 t. cinnamon
Mix together: applesauce, sugar, oil, eggs and milk. Add remaining ingredients. Pour into greased and floured 8"x12" pan. Combine topping ingredients and sprinkle over batter. Bake 40-45 minutes at 350°.

Apricot Whole Wheat Bread

3 c. whole wheat flour
1/2 t. salt
1 cup honey
1 c. chop, dried California apricots
3 t. baking powder
1/4 t. nutmeg
1 egg, slightly beaten
1 c. chopped walnuts
1 t. cinnamon
1 1/4 cups milk
2 T. salad oil

In a medium bowl, stir together flour, baking powder, cinnamon, salt and nutmeg. Combine milk, honey, egg and oil; pour over dry ingredients. Stir just enough to dampen flour. Gently fold in apricots and walnuts. Pour into greased 9¾ x 13¾ loaf pan. Bake in 350°, 60 to 70 minutes or until done. Remove from oven; let stand on rack about 10 minutes. Remove from pan. Store overnight for easiest slicing. Makes one loaf.

Canned Fruit Quick Bread

3 c flour
1 ½ t. cinnamon
3 T. dried egg sifted
¼ c chopped nuts (optional)
1 ½ t. salt
2 ¼ c. sugar
¾ t. ginger
1-29oz can of fruit, drain, chip reserve 1c +2T liquid
2 ¼ c. WW flour
3 t. baking soda
¾ c. oil

Grease and flour bottom only of 3 – 8x4 inch loaf pans. In large bowl combine dry ingredients. Add, oil fruit and reserved fruit liquid. Beat 3 minutes at medium speed. Stir in walnuts. Pour batter into greased pans. Bake 65 minutes at 325°. Cool 5 minutes; remove from pans. Cool on wire rack. Makes 3 loaves.

Chocolate Chip Pumpkin Bread

3 eggs, well beaten
2 t. cinnamon
1 c. corn oil
1 t. salt
3/4 t. baking soda
1 1/4 c. canned pumpkin
1/2 t. cloves
1 c. milk choc chips
1 1/2 c. sugar
1 t. nutmeg
2 1/4 c. flour

Cream eggs and sugar. Add pumpkin and oil. Add dry ingredients slowly and combine. Fold in chocolate chips. pour into 2 greased and floured loaf pans. Bake at 350 for 45 minutes.

Cinnamon Bread

| | | |
|-------------------|--------------------|--------------------|
| 1/4 c. shortening | 1 c. sugar | 2 eggs |
| 2 c. flour | 1 t. baking powder | 1/2 t. baking soda |
| 1/2 t. salt | 1 c. buttermilk | 3 T. brown sugar |
| 1 T. cinnamon | | |

Cream shortening and sugar. Beat eggs in well. Sift flour, baking powder, soda and salt together. Add to creamed mixture alternately with buttermilk, blending well after each addition. Pour into a well-greased loaf pan. Combine remaining ingredients. Sprinkle over top of mixture. Fold into mixture. Bake in 350° oven for about 40 minutes.

Cranberry-Sweet Potato Quick Bread

| | | |
|----------------------------|--------------------------|------------------------|
| 2 1/2 c. flour | 1 c. brown sugar | 1 1/2 t. baking powder |
| 1/2 t. baking soda | 1/2 t. salt | 1/4 t. ground cinnamon |
| 1/4 t. ground nutmeg | 3/4 c. egg substitute | 1/3 c. orange juice |
| 3/4 c. mashed sweet potato | 1/4 c. margarine, melted | 2 T. sliced almonds |
| 1 c. chopped cranberries | Cooking spray | |

Preheat oven to 350°. Combine flour, brown sugar, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl. Make a well in center of mixture. Combine sweet potato, egg substitute, orange juice and margarine in a bowl. Add to dry ingredients, stirring just until moistened. Fold in cranberries. Spoon batter into a 9- by 5-inch loaf pan coated with cooking spray. Sprinkle almonds over batter. Bake 1 hour and 10 minutes or until a wooden pick inserted in the center comes out clean. Let cool in pan 10 minutes on wire rack. Makes 16 servings

Cornbread-Debbie's

| | | |
|---------------------|--------------------------|------------------------|
| 1/4 c vegetable oil | 1/2 c sugar | 2 T. egg powder |
| 1 1/4 c water | 1/2 t vanilla | 1 c. all-purpose flour |
| 1/4 c powdered milk | 1 1/4 c. yellow cornmeal | 1 T. baking powder |
| 1/2 T salt | | |

Preheat oven to 400° Grease 9X9" baking pan. Set aside. In a large bowl blend together oil, sugar, egg, vanilla and water and mix until blended. Add flours, cornmeal, powdered milk, baking powder, and salt. Mix until blended. Pour into prepared pan. Bake 30-40 minutes or until light golden brown and tester comes out clean. Serve with Honey Butter.

Honey butter: Cream together 1/2 c. softened butter and 1/2 c. honey.

Corn Bread-Old Fashioned

| | | |
|--------------------------|--------------------------|--------------------|
| 2 eggs | 2 c. freshly ground corn | 2 c. milk, about |
| 3/4 c. whole wheat flour | 2 T. sugar | 4 t. baking powder |

Grind corn kernels according to directions. Beat the eggs well, add the milk and sugar, mix well the flour and baking powder with corn meal to form a soft batter. You may need to add additional cornmeal from the recipe to get the right mixture. Bake in shallow, well-greased pan in a moderate oven (approximately 350 F. degrees) about half an hour.

Honey-Raisin Bread

| | | |
|------------------------|---------------------|------------------------|
| 3 c. whole wheat flour | 3 t. baking soda | 1 t. salt |
| 1/2 t. nutmeg | 1 c. raisins | 1/2 c. chopped walnuts |
| 2 c. buttermilk | 1/2 c. liquid honey | whole walnuts |
| 1 T. liquid honey | 1 T. melted butter | |

Heat oven to 350°. Grease a 9 by 5 by 3-inch loaf pan. Mix flour, soda, salt and nutmeg thoroughly in mixing bowl. Blend in raisins and nuts. Combine buttermilk and 1/2 cup honey. Add to dry ingredients, stirring just enough to blend. Pour into prepared pan. Top with whole walnuts. Bake 45-50 minutes or until toothpick inserted into center comes out clean. Blend 1 T honey and melted butter. Spread over hot bread. Return to oven for 5 min. to glaze top of loaf.

Logan Bread

| | | |
|---------------------|--|--------------------|
| 6 eggs | 3 c. flour (WW and/or rye) | 3/4 c. wheat germ |
| 1/4 c. brown sugar | 1/2 c. dry milk | 1 c. oil |
| 1/2 c. honey | 1/4 c. molasses | 1/4 c. maple syrup |
| 1/2 c. shelled nuts | 1 c. dried fruit (raisins, dates, apricots, peaches, etc.) | |

Beat all the ingredients together in a large bowl. Pat down into two greased 9x5-inch loaf pans. Bake at 275 degrees for two hours, or until a tester comes out clean. The bread will be very heavy, dense and chewy; each loaf weighs 24 ounces. Logan bread tastes good on the trail, is high in calories and is almost impervious to spoilage.

Orange Zucchini Bread

| | | |
|------------------------|---------------------|-----------------------------|
| 3 eggs | 1 c. oil | 1 1/2 c. white sugar |
| 2 cups grated zucchini | 1/4 c. orange juice | 2 T. grated orange peel |
| 2 t. vanilla | 3 cups flour | 1/4 teaspoon salt |
| 1 t. baking powder | 1 t. baking soda | 1 c. chopped nuts, optional |

Beat together eggs, oil and white sugar. Add grated zucchini, orange juice, grated orange peel and vanilla. Sift together flour, salt, baking powder and soda. Add nuts. Bake at 350° in a greased loaf pan for 40 minutes, or until it tests done with a toothpick. Glaze while hot with glaze made with juice of orange mixed with powdered sugar. Remove from pan and finish cooling.

Peanut Butter Bread

| | | |
|--------------------|----------------------|--------------------|
| 2 c. white flour | 1/3 c. sugar | 2 t. baking powder |
| 1/4 tsp salt | 3/4 c. peanut butter | 1 c. milk |
| 1 egg, well beaten | | |

Preheat the oven to 350. Grease a loaf pan. Put the flour, sugar, baking powder, and salt in a large bowl. Add the peanut butter, milk, and egg, and mix until well blended. Spoon into the pan and bake for about 50 minutes. Remove from the pan and cool on a rack. Makes 1 loaf.

Pineapple-Oatmeal Bread

| | | |
|-------------------------------|-------------------------|-------------------------|
| 1 1/2 c all-purpose flour | 1 c. quick-cooking oats | 3/4 c. brown sugar |
| 2 t. baking powder | 1/2 t. salt | 1 beaten egg |
| 1 8-oz. can crushed pineapple | 1/3 c. cooking oil | 1/3 c. milk |
| 1/2 t. vanilla | 1/4 c. chopped pecans | 2 T. quick-cooking oats |

In bowl stir together flour, 1 cup oats, sugar, baking powder and salt. Combine eggs, undrained pineapple, oil, milk and vanilla. Add to dry ingredients, stirring just until moistened. Fold in nuts. Grease an 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan; sprinkle with 2 tablespoons oats. Turn batter into prepared pan. Bake at 350° for 60 to 65 minutes. Cool in pan for 10 minutes; remove loaf. Cool thoroughly. Wrap and store overnight at room temperature before slicing.

Poppy Seed Bread

| | | |
|-------------------------|----------------------|------------------|
| 3 c. all-purpose flour | 2 1/2 c. sugar | 1 t. salt |
| 1 1/2 t. baking powder | 3 eggs, beaten | 1 1/2 c. milk |
| 1 1/2 c. vegetable oil | 1 1/2 t. poppy seeds | 1 1/2 t. vanilla |
| 1 1/2 t. almond extract | | |

Preheat oven to 350°. In a large bowl, combine the flour, sugar, salt, baking powder and poppy seeds together. Then in a separate bowl, combine the eggs, milk, vegetable oil, vanilla and almond extracts and add this to the flour mixture, beating well. Pour into two greased 9x5-inch pans and bake for one hour.

Pumpkin Bread

| | | |
|---------------------------------------|------------------------|---------------------------|
| 2 c. flour | 2 t. pumpkin pie spice | 2 t. baking powder |
| 1 t. salt | 1/2 t. baking soda | 1 can(15 oz) Pumpkin |
| 1/2 c. sugar | 1/2 c. brown sugar | 1/2 c. evaporated milk |
| 2 large egg (2 T egg pdr + 4 T Water) | 1 T. vegetable oil | 1/4 c. chopped nuts (opt) |

Grease 9 x 5-inch loaf pan. COMBINE flour, pumpkin pie spice, (egg pdr. if using) baking powder, salt and baking soda in medium bowl. Blend pumpkin, granulated sugar, brown sugar, evaporated milk, egg, (water if using egg pdr), and oil in large mixer bowl. Add flour mixture; mix just until moistened. Pour into prepared 9 x 5 loaf pan; sprinkle with nuts. BAKE at 350° for 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes; remove to wire rack to cool completely.

Spoon Bread

| | | |
|--------------------|------------------------|------------------------|
| 1 c. corn meal | 1 1/2 c. boiling water | 1 1/2 c. milk |
| 2 eggs well beaten | 1/2 tsp. Salt | 1/2 tsp. Baking powder |

Stir corn meal into boiling water. Remove from fire and add the milk slowly, then eggs, salt and baking powder. Bake the mixture in a deep buttered pan or casserole for a half hour or longer at 425°. Don't be afraid to set this dish right on the table in the pan or casserole in which it is cooked. Serve smoking hot by the tablespoonful from the pan with a pat of butter tucked into its middle.

Sweet Nut Bread

| | | |
|-----------------------|-----------------|------------------|
| 3 t. baking soda | 3 c. buttermilk | 4 1/2 c. sugar |
| 1 1/2 c. shortening | 6 eggs | 7 1/2 cups flour |
| 3 c. walnuts, chopped | 3 t. vanilla | |

Dissolve baking soda in buttermilk. Cream sugar and shortening. Beat in eggs singly. Add flour to creamed mixture alternately with buttermilk beating well after each addition. Add walnuts and vanilla. Pour into 3 to 5 well-greased loaf pans. Bake at 350° for 50 to 60 minutes.

Three-Grain Peanut Bread

| | | |
|------------------------|----------------------------|------------------------|
| 1 c. white flour | 1/2 c. quick cooking oats | 1/2 c. yellow cornmeal |
| 1/2 c. dry milk powder | 1/2 c. sugar | 3 tsp. baking powder |
| 1 tsp. salt | 2/3 c. cream peanut butter | 1 egg |
| 1 1/2 c. milk | | |

Preheat oven to 325°. Combine in mixing bowl flour, oats, cornmeal, milk powder, sugar, baking powder, and salt. Cut in peanut butter. Blend and pour in egg and milk. Mix well. Turn into greased and floured 9 x 5 - inch loaf pan. Spread batter evenly. Bake 1 hour and 10 minutes, or until cake tester inserted in center comes out clean. Cool 10 minutes and remove from pan. -- Makes 1 loaf.

Whole-Wheat Soda Bread

| | | |
|------------------------------|------------------------------|---------------------|
| 2 1/2 cups whole wheat flour | 1 T. dried whole egg, sifted | 1t. baking soda |
| 1/2 teaspoon salt | 1 cup sour milk | 2 tablespoons honey |

(To make sour milk, put 1 tablespoon lemon juice in bottom of measuring cup and fill to 1 cup with reconstituted dry milk, at room temperature.) In large bowl, whisk together dry ingredients. Add honey to sour milk and blend well. Pour sour milk mixture into flour mixture; mix just until dry ingredients are moistened. Dough should be sticky. Pour onto greased cookie sheet and shape with hands into a 7-inch round loaf. Bake at 375° for 20 minutes, until golden brown. Remove from cookie sheet and cool on wire rack. Serve warm or cold. Makes 1 loaf.

Quick and Easy Whole Wheat Bread

| | | |
|-------------------|-------------------------|----------------|
| 2 t. honey | 2 2/3 c. lukewarm water | 4 t. dry yeast |
| 3 T. Molasses | 5 c. whole wheat flour | 1/2 t. salt |
| 1/4 c. wheat germ | 1 T. Oatmeal (optional) | |

Stir 2 teaspoons honey into 2/3 cup lukewarm water. Sprinkle yeast over the mixture. Set aside for 10 minutes. Combine 3 tablespoons molasses with 2/3 cup warm water and combine with yeast mixture. Stir into flour. Add salt, wheat germ and 1 1/3 cups warm water. Dough will be sticky. Place dough into a non-stick loaf pan. Smooth top with wet spatula. Sprinkle Oatmeal over top of loaf, if desired. Allow to raise to top of pan. Bake for 30 to 40 minutes in a preheated oven at 400 degrees. Cool 10 minutes on a rack, then turn out of pan. Cool before slicing.

Whole Wheat Zucchini Bread

| | | |
|---------------------------------------|----------------------|---------------|
| 2 c. sugar | 1 t. salt | 1 c. oil |
| 1 t. baking soda | 3 eggs, beaten | 3 t. cinnamon |
| 2 zucchini, grated | 1/4 t. baking powder | 3 t. vanilla |
| 3 c. whole wheat flour (or 1/2 white) | 1/2 c. chopped nuts | |

Mix sugar, oil, eggs, zucchini and vanilla in large bowl. Sift together in separate bowl dry ingredients (except nuts). Add dry ingredients to wet ingredients stirring to combine well. Add nuts. Fill greased loaf pans. Bake at 350° for 45-60 min. Makes 2 loaves.

Zucchini Bread

| | | |
|--------------------|----------------------------|-----------------------|
| 3 eggs | 2 t. vanilla | 2 c. zucchini |
| 1 c. oil | 1 1/2 c. honey | 1 t. baking soda |
| 2 t. baking powder | 4 1/2 c. wheat flour | 3 t. cinnamon |
| 1 t. salt | 1 c. chopped walnuts (opt) | 1 c. choc. chip (opt) |

Blend zucchini in blender with oil. Set aside. Beat eggs until light. Add vanilla and zucchini/oil mixture and honey. In separate bowl mix all dry ingredients together. Blend the dry ingredients with the egg mixture and 1 c. chopped nuts. Bake at 325° for 1 hour.

BATTER BREAD

Batter Rolls

| | | |
|---------------|-------------------|-------------------------|
| 1 t. sugar | 1/2 c. warm water | 1 pkg. active dry yeast |
| 1/4 c. sugar | 2 t. salt | 3 3/4 c. flour |
| 1 1/2 c. milk | 1/4 c. shortening | |

Dissolve 1 t. sugar in warm water in large bowl. Sprinkle in yeast and let stand for 10 minutes, then stir well. Combine milk, 1/4 c. sugar, shortening and salt in saucepan. Heat until lukewarm and shortening is melted. Stir well. Add to yeast mixture. Add 2 3/4 c. flour and beat vigorously with wooden spoon or electric mixer until smooth. Gradually stir in remaining 1 c. flour. Batter will be soft. Cover with tea towel. Let rise in warm place until doubled about 1 hour. Stir down dough and let stand 10 minutes. Fill greased muffin cups 1/2 full. Let rise until doubled 45 minutes. Bake at 375 ° F for 20-25 minutes or until golden. Turn out of pans immediately. Serve warm or cool. Makes about 18 rolls.

Cinnamony Sugar Bread

| | | |
|-----------------|---------------------------|---------------|
| 5 c. flour | 1 egg, slightly beaten | 3 T. butter |
| 1 c. warm water | 1 t. salt | 2 t. cinnamon |
| 2 c. sugar | ½ c. melted butter Crisco | 1 ½ T yeast |

Sift flour, 1 c. sugar and salt together. Cut in the butter until the mixture resembles coarse meal. Dissolve yeast in warm water, stir vigorously, and let sit for 10 minutes. Add the egg and anise seed. Add a small quantity of the flour mixture to the yeast and beat until thoroughly blended. Let stand for a few minutes, or until dough becomes light and airy. Add the rest of the flour mixture, adding more flour if necessary to make a stiff dough. Knead on a lightly floured board until satiny. Butter the top of the dough, cover with wax paper and let rise until doubled. When the bread has risen, punch it down, and let it rise until doubled again. Knead the dough slightly, then form into balls the size of an orange. With a rolling pin, flatten to ½ to ¾ inch thick/ Prepare a topping by mixing together the melted butter, remaining 1 c. sugar and the cinnamon. Spread topping on all sides of the rolls. Let rolls rise until light and about doubled in size. When nearly doubled, preheat oven to 400 F. Bake in a preheated oven for 20 to 25 minutes, or until golden. Slice thinly and butter generously with soft butter. Arrange slices on a platter as desired. They will keep for 2 to 3 days at room temperature when well wrapped.

Double-Quick Dinner Rolls

| | | |
|--------------|--------------------------------|-------|
| 2 ¼ c. flour | 1 pkg active dry yeast | 1 egg |
| 2 T. sugar | 1 c. very warm water(120-130°) | |
| 1 t. salt | 2 T. shortening | |

Mix 1 ¼ c. flour, the sugar, salt and yeast in large bowl. Add water, shortening and egg, beat with spoon until smooth. Stir in remaining flour until smooth. Scrape batter from sides of bowl. Cover and let rise in warm place about 30 minutes or until double. Grease 12 regular-size muffin cups. Stir down batter by beating about 25 strokes. Spoon into muffin cups. Let rise 20 to 30 minutes or until batter rounds over tops of cups. Heat oven to 400° Bake 15 to 20 minutes or golden brown. Makes 1 dozen rolls.

Egg Casserole Bread

| | | |
|--------------------------|------------|---------------|
| 6 c. all-purpose flour | 2 t. salt | 3 eggs, large |
| 3 T. sugar | 2 c. water | 4 ½ t. yeast |
| 2 T. butter or margarine | | |

In a large bowl, combine 2 c. flour, sugar, undissolved yeast, and salt. Heat water and butter until very warm (120 to 130 F.). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and ½ c. flour; beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Turn into greased 1 ½ quart casserole. Cover, let rise in warm, draft free place until double in size, about 40 minutes. Bake at 375° for 30 to 40 minutes. Remove from casserole, cool on wire rack. Makes 2 loaves.

English Muffin Bread

| | | |
|--------------------------|------------------|------------|
| 2 pkgs. Active dry yeast | 2 t. salt | ½ c. water |
| 6 c. flour | 2 c. milk | cornmeal |
| 1 T. sugar | ¼ t. baking soda | |

Combine 3 c. flour, yeast, sugar, salt, and soda. Heat liquids until very warm(120-130 F.) Add to dry mixture; beat well. Stir in rest of flour to make a stiff batter. Spoon into 2 loaf pans that have been greased and sprinkled with cornmeal. Cover; let rise in warm place for 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool.

Nanny's Irish Bread

| | | |
|--------------------|--------------------|------------------------|
| 4 c. flour | 3 eggs | 1 c. sugar |
| 16 oz. sour cream | 1 ½ t. baking soda | Raisins or dried fruit |
| 3 t. baking powder | 1 t. vanilla | |

Mix together flour, sugar, baking powder, and baking soda. In a separate bowl, mix together sour cream, eggs, and vanilla. Now mix the dry ingredients into the wet ingredients. Mix thoroughly. Should be a slightly sticky dough texture. Add raisins or dried fruit. Bake at 325 F. for 1 to 1 ½ hours, or until skewer comes out clean.

Easy Brown bread

| | | |
|--------------------------|-------------------|--------------------------|
| 1/4 c. dry milk powder | 1/4 c. sugar | 3/4 c. whole wheat flour |
| 3/4 c. unbleached flour | 1/4 tsp. sea salt | 1/2 tsp. baking soda |
| 1 1/2 tsp. baking powder | 1 c. water | 1/4 c. molasses |

Grease a loaf pan using 1-2 T. shortening . Preheat oven to 350°. Mix milk powder, sugar, flours, salt, baking soda and powder. Add water and molasses, stir until completely combined. Spoon into greased loaf pan. Bake for 40 to 45 minutes, until toothpick inserted in center top comes out clean. Let cool 5 minutes. Gently loosen edges with a knife. Cool on clean cloth or rack. Wrap in plastic bag to store.

Ezekiel Bread

| | | |
|------------------------|-------------|---------------------------|
| 4 cups of warm water | 1 cup honey | 1/2 cup of oil |
| 2 Tablespoons of yeast | 2 t. salt | 9 ¼ c. Ezekiel Mix Flour* |

Measure water, honey, oil and yeast into large bowl. Mix and set aside for 5 minutes until frothy. Add salt and all the flour. *(5 ¼ c. whole grain = 9 ¼ c. flour) Mix with spoon until stretchy and elastic, about 7 minutes. Since this is a batter-type bread, you must use bread pans. Pour into 3 greased bread pans in even amounts. Set oven to the lowest temperature and let rise 15-20 minutes. Level should be within 1/2 inch of the top of the bread pan. Do not let it rise any more or you will have a major gooey mess in your oven. Do not open oven or bread will fall from the cool air. Turn oven heat up to 350° and cook for 25 to 30 min.

Ezekiel Mix: 2-1/2 c. red wheat; 1-1/2 c. spelt or rye; 1/2 c. barley; 1/4 c. millet; 1/4 c. lentils; 2 T. great northern beans; 2 T. red kidney beans; 2 T. pinto beans – mix and grind into flour.

Focaccia

| | | |
|-------------------------|-----------------|----------------|
| ½ c. warm water | 1 c. warm water | 3-3 ½ c. flour |
| ½ t. sugar | 2 T. olive oil | |
| 1 pkg. active dry yeast | 1 t. salt | |

Put warm water and sugar in a cup and sprinkle yeast on top. Let sit for 10 minutes. In a large bowl, combine water, oil and salt. When the yeast mixture is bubbly, stir it down and add to the water mixture. Add 2-3 c. flour and stir with a wooden spoon. When the dough is too heavy to stir, turn it onto a heavily floured board and knead in and incorporate enough flour so that the dough is not too sticky and is smooth and elastic. Put dough to rise in a bowl that has been oiled with olive oil and turn it over once so that the top of the dough is oiled too. Cover with a damp tea towel and let rise for about 1 hour in a warm place until the dough has doubled in size. When doubled, turn out and pound out the air and knead for a minute. Divide the dough into 2 parts and place on a greased baking sheet. Press each portion into 2 fairly flat circles. Drizzle about 1 T. of olive oil onto each portion. Bake in a pre-heated 375° oven for about 20 minutes. Serve warm or cold.

Healthy Seeded Bread

| | | |
|--------------------|--------------------------------|--------------------|
| 2 c. flour | 1 t. salt | 2 T. poppy seeds |
| 1 c. natural bran | 2 c. plain yogurt | 1 ½ t. baking soda |
| 2 T. sesame seeds | 1 c. whole wheat flour | ¼ c. liquid honey |
| 1 T. baking powder | 1 c. quick cooking rolled oats | |

In large bowl, combine all-purpose and whole wheat flours, natural bran, rolled oats, sesame and poppy seeds, baking powder, baking soda and salt; stir in honey. Add enough of the yogurt to make sticky dough. Knead lightly in bowl until dough is well blended. Fit dough into one greased 9"x5" loaf pan. Bake in 375° oven for 40 minutes.

Whole Wheat Bread

| | | |
|-------------------|------------------------|-----------------------|
| 1 ½ c. warm water | 3 Tbs. Honey | 1 can evaporated milk |
| 1 Tbs. Salt | 1/3 c. oil | 2 eggs, beaten |
| 2 Tbs. Yeast | 7 c. whole wheat flour | |

Mix in order and raise in greased bowl, 35-45 minutes. Punch down, divide into 3 loaves. Raise for 20 minutes. Bake at 350° for 45 minutes.

Whole Wheat Raisin Bread

| | | |
|--------------------------|-----------------------------|-----------------------------|
| 2 T. yeast | 1 t. sugar | 1/3 c. very warm water |
| 1 1/3 c hot water | 1/3 c. honey | 1/3 c. cooking oil |
| 3 eggs | ½ c. dry milk (not instant) | 2 T. lemon juice or vinegar |
| 1 ½ t. salt | ¼ t. ground cloves | ¼ t. raisins |
| 4-5 c. whole wheat flour | | |

Dissolve yeast in sugar and 1/3 c. warm water. Set aside. Combine the flour and salt and set aside. Add honey to the yeast mixture. Add the hot water, oil and beaten eggs. Mix well, Add ½ of the whole wheat flour, powdered milk, cloves, cinnamon and lemon juice. Stir for 5 minutes. Add remaining flour and raisins. Mix thoroughly. Put in greased bowl. Cover and let rise until doubled in bulk. Punch down and divide in half. Shape and place in greased 8 inch loaf pans. Cover and let rise until doubled. Bake at 350° for 35-40 minutes.

MUFFINS

Applesauce Oat Muffin

| | | |
|--------------------------------------|--|------------------|
| 2 c. WW flour | 1 c. rolled oats | ¾ c. brown sugar |
| 4 t. baking powder | 1 ½ t. cinnamon | 1/2 t. salt |
| 4 eggs (4T. egg pdr and 10 T. water) | 1 c. milk (1/4 c. dry milk/1 c. water) | ½ c. applesauce |
| ¼ c. oil | | |

Combine the dry ingredients in one bowl and the wet ingredients in another. Stir the wet ingredients into the dry ingredients just until mixed. Fill greased or paper-lined muffin cups ¾ full. Bake at 400° for 12-15 minutes.

Bran Muffin

| | | |
|------------------------------|--------------------------------------|--------------------|
| ¾ c. WW Flour | ½ c. flour | ½ t. salt |
| 1 ¼ t. baking soda | 1 ½ c. Bran Cereal | ½ c. boiling water |
| 1 egg, beaten | 1 c. Buttermilk or Sour milk | ½ c. honey |
| ¼ c. butter, melted (or oil) | 1 c. raisins or chopped dates/prunes | |

Pour boiling water over bran cereal, stir and cool to lukewarm then add in egg, buttermilk, honey, butter and raisins. Stir until well blended. Mix the dry ingredients together and then add to wet ingredients. Stir until evenly moistened. Fill greased muffin tins ¾ full. Bake 20-25 minutes at 425°. Makes 18 muffins.

Basic Muffins

| | | |
|----------------------------|--------------------------|----------------|
| 2 1/2 Tbs. dried whole egg | 4 1/2 Tbs. baking powder | 3/4 tsp. salt |
| 3 Tbs. sugar | 1/4 c. melted shortening | 1 2/3 c. water |
| 3/4 c. dried milk | 1 3/4 c. flour | |

Sift together the dried egg mix, flour, baking powder, salt and sugar. In a separate bowl, combine the shortening, water and dry milk. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin pans two-thirds full with the mixture. Bake at 375 degrees F. for 20 minutes. -- Makes 12 large or 14 medium muffins.

Variations: Add 1 c.: blueberries, chopped nuts, bananas, carrots, apple dices, raisins, or granola.

Cheese and Pepper Muffins

| | | |
|--------------------------------|------------------------|-----------------------|
| 2 1/2 c. flour | 1/4 c. cornmeal | 1/4 c sugar |
| 1 T. baking powder | 1 t. baking soda | 1/2 t. salt |
| 1/4 t. pepper | 1/2 c. parmesan cheese | 1/3 c. buttermilk pdr |
| 1/2 t. dried red pepper flakes | | |

Combine 2 eggs, 1 1/2 c. water and 1/4 c. oil, add dry ingredients(in quart jar). Stir just until moistened. Spoon into greased muffin tins. Fill 3/4 full. Bake at 400° for 20 minutes. Makes 2 dozen.

Country Hearth Apple Muffins

| | | |
|------------------------------|-----------------|--------------------|
| 2 c. flour | 1 egg | 2 t. baking powder |
| 1 c. milk | 2/3 t. cinnamon | 1/4 c. butter |
| 1/2 t. salt | 1/2 c. nuts | 1/2 t. nutmeg |
| 1/2 c. finely chopped, apple | 1/2 c. sugar | |

Sift together dry ingredients. Combine melted butter, egg, milk. Stir into dry mixture. Fold in apples and nuts. Fill muffin tins 2/3 full. Topping: Combine 1 t. cinnamon and 1/2 c. sugar. Sprinkle generously over each muffin. Bake 20 minutes at 400°.

Great Bean Wheat Muffins

| | | |
|----------------------------|--------------------------|----------------------|
| 1 3/4 c. whole wheat flour | 1/4 c. pinto bean flour | 3 tsp. baking powder |
| 1 tsp. salt | 3 Tbs. molasses OR honey | 3/4 c. chopped dates |
| 1 c. chopped nuts | 1 c. milk | 1 egg |
| 1/4 c. vegetable oil | | |

Combine dry ingredients. Add remaining ingredients and stir just until mixed. Fill muffin tins (that have been sprayed with non-stick vegetable coating) 3/4 full. Bake about 20 minutes at 425 degrees F., until delicately browned.

Malt-o-Meal Muffins

| | | |
|-----------------------|--------------|---------------------|
| 2 T. egg powder | 4 T. oil | 3/4 c. + 3 T. water |
| 1/4 c. powdered milk | 1/2 c. sugar | 3/4 c. Malt-o-Meal* |
| 1 1/4 c. sifted flour | 1/2 t. salt | 3 t. baking powder |

Stir all ingredients until moistened. Fill greased muffin tins 3/4 full. Bake at 375° for 20 minutes.

* Can substitute Germade or Cream of Wheat Makes 12

Multi-Grain Muffins

| | | |
|-----------------------|-------------------|--------------------|
| 1 c. brown rice flour | 1 c. barley flour | 1 c. millet flour |
| 1 c. oat flour | 1 t. baking soda | 1 t. salt |
| 1/2 c. oil | 1/2 c. honey | 1 1/2 - 2 c. water |

Mix flours, soda and salt together. Mix water, honey and oil together. and add dry ingredients. Stir just until moistened. Fill greased muffin cups 3/4 full. Bake 35-40 minutes at 350°.

Banana: Add 3 mashed bananas and 1/2 c chopped walnuts.

Raisin: Add 1/2 c. raisins, 1/2 chopped nuts, 1/2 t. cinnamon.

Gingerbread: replace honey with 1 c. molasses; add 1 1/2 t. ginger, 1 t. pumpkin pie spice.

Apple Muffins: add 1 c. finely chopped apples, 1/2 t. cinnamon and 1/2 t. pumpkin pie spice.

NO KNEAD BREADS

There are 2 types: Slow Rise: uses very little yeast, 12-18 hour rise time;
Quick Rise: more yeast; 2 hour rise time; store in refrigerator up to 2 weeks
HINT: To keep bread crusty, store in brown bag 1-2 days, or plastic bag 3-4 days.

SLOW RISE RECIPES

Artisan Bread No-Knead

3 c. unbleached or bread flour ¼ tsp. instant yeast 1 tsp. salt
1 1/2 c. + 2 T. of room temp. water Cornmeal or wheat bran as needed

In a large bowl combine flour, yeast, and salt. Add water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12-18 hours, preferably about 18, at warm room temperature, about 70°. Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest about 15 minutes. Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) with flour, wheat bran or cornmeal; put dough seam side down on towel and dust with more flour, bran or cornmeal. Cover with another cotton towel and let rise for about 2 hours. When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger. At least a half-hour before dough is ready; heat oven to 450°. Put a 6 to 8 quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under towel and turn dough over into pot. Seam side up; it may look like a mess, but that is O.K. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minute, then remove lid and bake another 15 to 30 minutes, until loaf is beautifully browned. Cool.

HINT: You may use a baking stone instead of pot. Place dough on a pizza peel coated with corn meal, before letting it rise, and slide onto a stone, heated to 450°. Bake about 40 min., turn once.

No-Knead 100% Whole Wheat Bread

3 c. whole wheat flour ½ t. instant yeast 1 t. salt
1 ¾ c. water, room temp. 2 T. oil

Combine the flour, yeast, and salt in a large bowl. Add water and stir until blended; the dough should be quite wet, almost like a batter (add some more water if it seems too dry.) Cover the bowl with plastic wrap and let it rest in a warm place for at least 12 and up to 24 hours. The dough is ready when its surface is dotted with bubbles. Rising time will be shorter at warmer temperatures or a bit longer if your kitchen is chilly. Use some of the oil to grease the loaf pan. Transfer the dough to the loaf pan and use a rubber spatula to gently settle it in evenly. Brush the top with the remaining oil and sprinkle with cornmeal if you like. Cover with a towel and let rise until doubled, an hour or two depending on the warmth of your kitchen. When it's almost ready; heat the oven to 350°. Bake the bread on middle rack until a deep golden and hollow-sounding when tapped, about 45 minutes. Internal temperature should be 200° with instant read thermometer. Turn out loaf immediately and cool on rack at least ½ hour before slicing.

Alternate baking method is to use a baking stone. Form dough into a ball and cover with corn meal or wheat bran and a dry towel and place on a pizza peel well coated with cornmeal for 1 to 2 hours depending on temperature. Use warmest part of house. Bake in a preheated oven with a baking stone on the middle rack. Eliminate the oil for this method. Bake till golden brown, about 45 minutes, with an internal temperature of 200°.

Options: may add up to 1 ½ c. other grain flours and/or 1 cup of chopped nuts, seeds, dried fruit, wheat germ or bran, or presoaked grains to dough. Fold in just before forming loaf for proofing and baking. You can double or triple the recipe with no changes needed.

QUICK-RISE NO KNEAD RECIPES

Artisan Bread Master Recipe No Knead

6 1/2 c. of unbleached flour 3 c. of lukewarm water 1 1/2 Tbs. salt
1 1/2 Tbs. dry yeast (1 1/2 packets)

In a bowl mix all ingredients to form a ball. Place in a Tupperware type container with twice the volume of the dough ball. Let rise 2 hours at room temperature. Can be used at this point or stored in refrigerator. 1-14 days. To make a loaf cut off a grapefruit size piece, this will be a 1 lb. loaf. This recipe will make 4 -1 lb. loaves. If using without refrigerating, set on Pizza peel dusted with cornmeal, and shape into ball, cover with a clean towel, and let rise about 40 minutes, till about double in size. If using refrigerated dough, shape into a ball, set on a pizza peel on plenty of corn meal, cover with a dry towel, set in a warm place and let rise about 2 hours or until about double in size and fully warmed. Place on baking stone in a preheated oven at 450° on middle shelf. Place an old pan on bottom shelf. After bread is placed on stone, add 2 c. of water to pan. Bake for about 40 minutes or until golden brown. Turn bread about half way through to avoid dark areas. You may cover partially with foil during last 15 minutes if it is getting too dark. Check internal temperature with a quick read thermometer. It should read 195 to 200 degrees. It will sound hollow when tapped with finger. Let cool on rack at least one hour before slicing. HINT: Can substitute 1/2 unbleached flour with whole wheat. If using all whole wheat add 2 to 3 tbs. of dough enhancer.

Crusty White Sandwich Loaf

1 1/2 pounds (cantaloupe-size) dough from No-Knead Artisan Bread Master Recipe
Vegetable oil or Crisco for greasing pan

Dust the surface of the refrigerated dough with flour and cut off a 1 1/2 pound piece. Dust with more flour and quickly shape into a ball. Lightly grease a 9x4x3 inch nonstick loaf pan with oil. Shape the dough into an oval and place it into the prepared pan. It should be slightly more than half full. Allow the dough to rest for 1 hour and 40 minutes (or just 40 minutes if you're using fresh, unrefrigerated dough). Dust with flour and slash the top crust with the tip of a serrated bread knife. Place oven rack in center of oven. Twenty minutes before baking time, preheat the oven to 450°, with an empty pan on any other shelf. A baking stone is not essential when using a loaf pan. Place the loaf on the rack near the center of the oven. Pour 1 cup of hot tap water into the empty pan and quickly close the oven door. Bake for about 35 minutes, or until brown and firm. Remove the loaf from the pan and allow to cool completely before slicing.

Honey Whole Wheat No-knead Bread

1 1/2 c. lukewarm water 1 1/2 c. lukewarm milk 1 1/2 T. yeast
1 T. + 1 t. salt 1/2 c. honey 5 T. oil,
6 2/3 c. whole wheat flour

Mix the yeast, salt, honey, and oil with the milk and water in a 5-quart bowl, or a lidded but not airtight food container. Mix the remaining dry ingredients with a spoon. Cover and allow to rest at room temperature about 2 hours. Can be refrigerated at this point for future use. Oil a 9x4x3-inch nonstick loaf pan. With wet hands scoop out a cantaloupe-size handful of dough (1 1/2 lbs.) Shape and put into loaf pan, should be more than 1/2 full. Allow the dough to rest 1 hour and 40 minutes. If it was refrigerated bring to room temperature first. Lightly flour top and slash with knife. Twenty minutes before baking time, preheat oven to 350°. May also bake as a round loaf on a baking stone, just shape into ball, and follow directions. Place on center rack. Bake 50 to 60 minutes or until golden brown and firm. Cool completely before slicing.

Quick No-Knead Pita and Flatbreads

To make a **Flat Bread** use one grapefruit sized piece of no-knead dough. Shape into a ball. Dust with flour. Flatten with hands or rolling pin to ½ to ¾ inches thick round. Place on an olive oiled cookie sheet. Punch indentations with finger tips into dough. Drizzle olive oil over top. Sprinkle with coarse salt and herbs(oregano,rosemary,thyme,basil etc.) Grated cheese if you prefer. Let rest 20 minutes.

Preheat oven to 450°. Best if water tray is used with one cup of water added at baking time. Bake about 15 minutes or until medium brown in color. Cut in wedges and serve warm. Store in zip lock bags. Can be frozen and reheated.

Pita Bread: Preheat oven to 500° with stone on middle shelf. Cut off orange size pieces. Coat with flour. Roll out with rolling pin to 1/8 inch round. Make as many as you will need. Sprinkle Pizza Peel with flour, place dough on peel and slide onto stone. Bake 5 to 7 minutes till lightly browned and puffed up. Remove and cool on rack. Can be frozen for future use.

Deli-Style Rye

4 loaves

| | | |
|----------------------------|----------------|-------------------------|
| 3 c. lukewarm water (105°) | 1 ½ T. yeast | 1 T. yeast |
| 1 ½ T. caraway seeds | 2 c. rye flour | 4 ½ c. unbleached flour |

Cornmeal for peel

Mix the yeast, salt and caraway seeds with the water in a large container. Mix in rest of ingredients with a spoon until all flour is incorporated. (may need to use wet hands for last of flour). Cover (not airtight) and allow to rest at room temperature for about 2 hours, until doubled. Now either store in refrigerated up to 14 days or make bread. Pinch off grapefruit sized ball and dust with flour. Quickly tuck ends of top under, to form ball. Place on cornmeal dusted pizza peel or parchment paper. Make 3 cuts in top of bread. Cover with towel and let rise in warm place until doubled (30 min.-3 hours depending on temperature of dough). Preheat oven and pizza stone and water pan (on bottom shelf) or Dutch oven to 450° for at least 20 minutes. Paint or spray loaf with water just before putting in oven. If using pizza stone; after putting bread in oven pour 2 c. hot water in water pan (to make steam). Bake about 30 min. Cool before slicing.

Olive Oil Bread/Focaccia/Pizza Dough

4 loaves

| | | |
|-----------------------|-----------------------------|-------------------------|
| 2 ¾ c. lukewarm water | 1 ½ T. yeast | 1 t. salt |
| 1 T. sugar | ¼ c/ extra virgin olive oil | 6 ½ c. unbleached flour |

Mix the water, oil, yeast, salt and sugar in 5 qt. container. Mix in the flour without kneading, using a spoon or hand just until flour is incorporated. Cover, not airtight, and allow to rest 2 hours, until doubled. Form into loaves or refrigerate dough up to 12 days. When making bread loaves, form as Master Recipe.

Pizza: Preheat oven and pizza stone to 500° for 20 minutes. Quickly stretch and flatten dough with hands or rolling pin on floured board, place on cornmeal dusted peel, let rest. Bake 8 minutes, then top with sauce/tomatoes, spices, toppings and cheese. Bake 8-10 minutes more.

Focaccia: Preheat oven and water pan to 425° (no stone). Grease cookie sheet with olive oil or line with parchment paper. Break off grapefruit sized dough, dust with flour and shape into ball. Flatten ball to ½-3/4" round or square. Spread with olive oil, Top with ½ c. sautéed onion slices; ¾ t. rosemary leaves and ¼ c. parmesan cheese and salt and pepper to taste. Let rise for 30 minutes. Put on cookie sheet w/cornmeal. Put in oven; pour 1 c water in water pan. Bake for 25 minutes.

KNEADED BREADS

12 Grain Bread

2 Loaves

| | | |
|-----------------------|------------------------------------|------------------------|
| ½ c. warm water | 2 T. molasses | 2 c. whole wheat flour |
| ½ t. sugar | 1 t. salt | 2-2 ½ c flour |
| 1 t. active dry yeast | 2 c. very hot water | |
| 1.4 c. oil | 1 c. 12 grain mix(or mix your own) | |

Put warm water and sugar in a cup and sprinkle yeast on top. Let sit for 10 minutes, undisturbed, to proof yeast. Put margarine, molasses, salt and hot water in a large mixing bowl. Stir until margarine has melted..When yeast is ready, stir it down in its cup and then add it to the hot water mixture. Be sure that the mixture is warm but not hot. Add whole grain and whole wheat flour and stir with a wooden spoon. Mix in 1 c. flour, then turn out onto a well floured surface and continue to incorporate flour. Knead in more flour until dough is no longer sticky and is smooth and elastic. Put dough in a greased bowl, turning it over, so that the top of the dough is greased too. Cover with a damp tea towel and let rise in a warm place until doubled in size. When dough is doubled, turn out onto a floured surface and punch down, then knead for a minute. Shape the dough into 2 loaves and place in greased loaf pans. Cover with a damp tea towel and let rise until double. Bake in a pre-heated oven at 350 F. for about 40-45 minutes. The bread will sound hollow when tipped out of the pan when it is done. Remove from pans, brush top and sides with margarine and wrap in a clean tea towel to cool.

Awesome Whole Wheat Bread

| | | |
|---------------------------|----------------------------|----------------------------|
| 1 2/3 c. warm water | 2 tsp. bottled lemon juice | 3 T. vegetable oil |
| 2 T. honey/sugar | 1 t. salt | 3 1/2 c. white wheat flour |
| 1/3 c. vital wheat gluten | 1 T. dry yeast | |

Mix water, yeast, lemon juice oil and honey and let sit 10 minutes. Add to this 2 c. flour, salt and gluten, beat until smooth. Gradually add in remaining flour, just until not sticky. Knead 10 minutes. Put into an oiled bowl, turn to coat. Cover, let rise until doubled. Remove air bubbles by gently rolling raised dough on a greased surface, forming a long log. Cut dough in half. Press each half into a greased and floured loaf pan until dough is even and flat. Cover, let raise about 45 minutes, until dough is about 1 to 2 inches above rim of loaf pan. Bake at 375° about 30 minutes, or until well browned and sounds hollow when tapped on top. Cool in pans for 5 minutes; remove carefully (bread is tender) to a clean towel or rack to finish cooling completely. *Olive Bread:*To whole wheat bread dough for 2 loaves add: 1 ½ cans chopped olives, about 2 T. dehydrated onions and 4 cloves garlic minced. Knead these in after the dough has rested and then bake.

*Cranberry Bread:*To whole wheat bread dough for 2 loaves add: 1 1/3 c. raisins (dried cranberries), 1/3 c. orange zest, and 2 t. orange flavoring. Knead these in after dough has rested and bake as usual.

*Jalapeno Bread:*To whole wheat bread dough add chopped fresh Jalapenos, dehydrated onions and a little onion salt. Knead these in and bake as usual.

Buttermilk Multi-Grain Bread

| | | |
|---------------------------------|-------------------------------|--------------------|
| 2 c. buttermilk, warm (110 deg) | 2 c. white wheat flour | ¼ c. butter |
| 2-4 c. white flour | 2 t. salt | 1 T. instant yeast |
| 1 T. dough enhancer | 1 c. - 9 grain cracked cereal | |

Combine ingredients in Mixer w/ dough hook using only ½ the flour. Mix remaining flour until dough cleans sides of bowl. Knead 6 minutes. Remove from bowl and divide into 2 loaves. Form into loaves and put in greased loaf pan. Let rise until doubled. Bake at 400° for 20-25 min.

Bell Potato Rolls

(from Tracie Robbins)

| | | |
|----------------------|-------------------------------|--------------------|
| ½ c. mashed potatoes | ½ c. soft butter or margarine | 1/3 c. honey |
| 1 c. canned milk | 1 ½ c. warm water | 2 eggs |
| 1 pkg. yeast | 7 c. flour | 1 t. baking powder |
| 2 t. salt | ½ t. baking soda | |

Mix well: potatoes, butter and honey. Add milk, 1 c. water and eggs. Dissolve yeast in ½ c. warm water. When dissolved add to above mixture. Add 2 c. flour, baking powder, salt and soda. Beat thoroughly. Add 5 c. flour. Knead for 2 minutes. Grease top of dough w/ butter. Put into bowl and cover w/ plastic wrap. Let rise once for 1 hour. Using a tablespoon or serving spoon, separate and place on greased baking sheet or muffin pan. Bake at 400 degrees for 8-10 minutes.

Brown Bread

| | | |
|------------------------|-------------------|---------------------|
| 1/3 cup lukewarm water | 1 t. brown sugar | 2 T. yeast |
| 5 T. brown sugar | 3 T. shortening | 1 T. salt |
| 1 cup hot water | 1 cup milk | 3 1/2 cups WW flour |
| 1 egg, beaten | 1 1/2 c. WW flour | |

Mix water, 1 t. brown sugar and yeast in a small bowl. In large bowl, mix remaining brown sugar, shortening, salt, water and milk. Add 3 1/2 c. whole wheat flour. Stir well. Mix in the yeast mixture and egg. Add an additional 1 1/2 cups whole wheat flour. Knead 5 minutes. Cover and let rise 30-40 minutes. Punch down. Divide into 2 loaves. Let rise. Bake at 350° 50-60 minutes.

Bread in a Bag

| | | |
|-----------------------------|-------------------------------|--------------------|
| 2 cups white bread flour | 1 cup whole wheat flour | 3 T. powdered milk |
| 3 T. sugar | 1 teaspoon salt | 1 package yeast |
| 3 tablespoons vegetable oil | 1 cup hot water (125°-130° F) | |

Extra flour to use during the kneading process

Combine white flour, whole wheat flour, yeast, sugar, salt and powdered milk in a 1 gallon heavy duty Ziploc freezer bag. Squeeze upper part of bag to force out the air. Shake and work bag with fingers to blend ingredients. Add hot water and oil to dry ingredients. Reseal bag. Mix by working bag with fingers, until the dough is completely mixed and pulls away from the bag. On floured surface, knead dough 5 minutes, or until smooth and elastic. Put dough back into bag and let it rest 10 minutes. If working in teams, divide dough in half and shape. Let rise until double in bulk. Bake at 350° for 20 to 30 minutes or until golden brown. Remove from pan and cool on wire rack or dish towels.

Buttermilk Rolls

| | | |
|-------------------------|-------------------|--------------------|
| 1 c. buttermilk, warmed | 3 Tbs. Shortening | 1 tsp. Brown sugar |
| ¼ tsp. Soda | 1 pkg. Yeast | 2 ¼ c. wheat flour |
| 1 tsp. Baking powder | 1 ¼ tsp. Salt | |

Dissolve the yeast in the warm buttermilk then add the melted shortening, brown sugar and soda and mix well. Sift the wheat flour, measure, add baking powder and salt and sift into the liquid all at once. Mix until the flour is all dampened then beat with a spoon for one minute. Cover with a damp cloth, set in a warm place and let rise to about double in bulk. Punch down, let rise once more and turn onto a board covered with sifted wheat flour and knead until light and spongy (between 5 and 10 minutes). Mold into any desired size or shape, cover with a damp cloth again and let rise until light. Bake 15 to 20 minutes at 425°.

Cinnamon Burst Bread

| | | |
|-----------------------|-------------------|-----------------------|
| 3 T. yeast | 3 ¾ c. warm water | 3 T. vegetable oil |
| ½ c. sugar | 4 ½ t. salt | 2 ½ c. cinnamon bites |
| 4 eggs,lightly beaten | 11 – 12 c. flour | |

Combine in mixing bowl 4 c. flour, yeast, and sugar. Add water, eggs, and oil. Beat well to “cake batter” stage. Stir in salt, cinnamon bites, and 7 more c. flour to make bread-dough consistency. Let mixer knead it to the right texture (add up to 1 more c. flour if needed) Place dough in greased bowl, cover, and let rise for 1 hour. Shape dough into 4 loaves. Let rise for another hour or until doubled. Bake at 375° for 30 minutes. Slice thick and serve warm with butter, or toast slices in the toaster (be careful, the cinnamon bites can burn your fingers), or make slices into French Toast. Yummy! **Hint:** Egg Substitute ¼ c. dry egg powder+1/2 c. water

Cocoa Bread

| | | |
|--------------|---------------------|------------|
| 5 ½ c. flour | ¼ c. shortening | ½ c. sugar |
| ½ c cocoa | 2 eggs, well beaten | ½ t. salt |
| 1 T. yeast | 2 c. milk, lukewarm | |

Dissolve yeast with 1 T. sugar in lukewarm milk. Add 3 c. flour and beat until smooth. Cover and set aside to rise in a warm place until light. Add shortening and sugar, which have been creamed together, eggs, cocoa, salt, and remainder of flour or enough to make a soft dough. Knead lightly and place in well-oiled bowl. Cover and set in a warm place until double in bulk – about 2 hours. Form into loaves. Place in greased bread pans, filling them ½ full. Cover and let rise again until double in bulk. Bake in hot oven(425 F) 40-50 minutes. Makes 2 loaves.

Cottage Cheese and Dill Bread

| | | |
|-------------------------|---------------------|------------|
| 1 pkg. active dry yeast | 1 ½ T. minced onion | 1 T. sugar |
| ¼ c. warm water | 1 T. dill weed | 1 egg |
| 1 t. sugar | ½ t. baking powder | 3 c. flour |
| 1 c. cottage cheese | 1 t. salt | |

Dissolve yeast in warm water and first amount of sugar. Let stand for 10 minutes until foamy. Combine remaining ingredients except flour, then add yeast mixture. Stir in 2 c. flour and knead. Let set in greased bowl until doubled, about 60 minutes. Make into loaf. Let rise 40 minutes. Bake 375 F. oven for 35 to 40 minutes.

Crunchy French Bread

| | | |
|------------------------|---------------------------------|------------|
| 2 c. whole wheat flour | 2 T. dry yeast | 2 T. sugar |
| 1 egg | 2 T. butter flavored shortening | 1 t. salt |
| 2 c. very warm water | 4 c. all purpose flour | |

In mixer bowl, blend all ingredients except water and white flour. Add warm water and mix well. Beat on high speed for 2 minutes. Let dough rest for 10 minutes. Add remaining flour and knead with dough hook for 10 minutes or 15 by hand.

Cut into 2 small or one large load and make small slices diagonally across top of loaves. Allow to rise until doubled. Sprinkle greased baking sheet with cornmeal to prevent loaves from sticking. Place a shallow pan of water on the bottom rack in oven. Bake loaves on middle rack at 425° for 15 minutes. Lower temperature to 375° and continue baking for 10-15 minutes or until bread sounds hollow when tapped on the top and it is lightly golden brown.

Flax Seed Molasses Bread

| | | |
|-----------------------|-------------------------|------------------------|
| 2 T. active dry yeast | 2 T. canola oil | 1 c. ground flaxseed |
| 1 ¼ c. water | ¼ c. molasses | 3 c. whole wheat flour |
| 1 t. sugar | ¼ c. maple syrup + 1 T. | 3 c. all purpose flour |
| 1 c. buttermilk | 2 t. salt | 1 T. margarine, melted |

In a large bowl, sprinkle yeast over warm water and sugar and let stand in a warm place for 10 minutes or until yeast is dissolved. Combine buttermilk, canola oil, molasses and syrup and set aside. Blend 3 c. whole wheat flour, 2 c. all-purpose flour and salt, and also set aside. When the yeast has dissolved, stir in the buttermilk mixture and flax meal a cupful at a time, stir in flour mixture to form a sticky dough. Knead for 8-10 minutes while working in the remaining 1 c. all-purpose flour. The dough may need more or less flour, but stop when the dough is still slightly sticky. Put in oiled bowl, turn to oil top and let rise until double in size. Punch down, divide in half and either shape into round loaves on sheets or put into two 9 x 5 x 3 inch loaf pans. Let rise again. Bake at 375 F. for 20-25 minutes. Remove loaves to cooling rack when done. Combine a mixture of 1 T. melted margarine and 1 T. maple syrup and brush on baked loaves.

Hamburger or Hot Dog Buns

| | | |
|-----------------------------|---------------|------------------------|
| 1 2/3 c. very warm water | ½ c. oil | ¼ c. honey |
| 3 T. yeast | 1 t. sugar | 1 ½ t. salt |
| 2 T. lemon juice or vinegar | 1 egg, beaten | 6 c. whole wheat flour |
| 2 T. Dough Enhancer (opt) | | |

Mix water, oil, honey, yeast, sugar and salt together and let stand for 10 minutes. Add lemon juice and egg. Add flour and dough enhancer gradually until it forms sticky dough. Knead for 5 minutes. Place dough on a floured board and roll out fairly thick. Use a large jar ring to cut hamburger buns. Cut shape for hot dogs. Rise for 10 min: bake for 10 minutes at 375-400°.

Herbed Bubble Bread

| | | |
|------------------------|---------------------------------|------------------|
| 3-3 ½ c. flour | 2 T. vegetable oil | 1 t. garlic salt |
| 2 T. sugar | 1 egg | ½ t. paprika |
| 1 ½ t. salt | 1 c. melted butter or margarine | ½ t. parsley |
| 1 pkg dry active yeast | 2 T. parmesan cheese | ½ t. rosemary |
| 1 ¼ c. milk | 1 T. sesame seeds | ½ t. thyme |

Lightly grease a 2 – 2.5 qt. deep round casserole. In a large bowl combine 1 c. flour, salt and yeast. In a small saucepan, heat milk and vegetable oil until very warm(120-130 F.) Add egg and warm liquid to flour mixture. With electric mixer beat 30 seconds at low speed, 3 minutes at medium speed. With wooden spoon stir in remaining flour to make a soft dough. Turn dough out onto lightly floured board. Knead until smooth and elastic, about 1-2 minutes. Place dough in warm greased bowl, turning to grease top. Cover, let rise in a warm place, free from draft, until doubled in bulk, 45-60 minutes. Punch down dough. Pinch off walnut-size ball of dough and dip in melted butter. Place in prepared casserole forming one layer. Combine cheese, seeds, garlic salt, paprika, and herbs. Sprinkle half over layer of bubbles. Make a second layer of butter bubbles: pour remaining butter over bubbles, sprinkle with remaining seasoning mixture. Cover, let rise in warm place, free from draft, until light and bubbles almost reach top of casserole, 30-45 min. Just before rising time is up, preheat oven to 400 F. Bake 25-30 min. or until top sounds hollow when lightly tapped. Cool in pan 10 minutes then loosen from pan with spatula and remove; serve warm.

Lemony Fennel Bread

| | | |
|------------------|--------------------------|-----------------------|
| 3 c. white flour | 3-5 c. whole wheat flour | 2 ½ t. salt |
| 1 T. lemon peel | 3 T. instant yeast | 2/3 c. buttermilk pdr |
| ¼ c. honey | juice of 1 lemon | 1 ½ t. fennel seed |
| ¼ c. butter | | |

Combine ingredients in mixer with dough hook using only half of the flour. Begin mixing, slowly adding remaining flour until dough cleans sides of bowl. Knead 6 minutes until smooth. Remove from bowl and divide into 3 loaves. Place in greased pans. Let rise until double. Preheat oven to 400, drop temperature to 325° and bake 20-25 minutes.

Linda's Giant Soft Pretzels

| | | |
|--------------------------------------|-----------------------------|-------------------------|
| 1 1/8 c. very warm (not hot water) | 3 c. flour (white or wheat) | 1 ½ t. active dry yeast |
| 3 T. light corn syrup or brown sugar | | |
| <u>For bath (not dough)</u> | 2 qts water | ½ c. baking soda |

Combine in bowl, water, yeast and corn syrup. Let sit a few minutes until completely dissolved and yeast starts to foam. Add 2 c flour and stir briskly until all flour absorbed. Gradually add remaining flour, kneading well for chewy pretzels (6-10 minutes). Place dough in lightly greased bowl and cover. Let rise 45-60 minutes in warm place. Then put dough on lightly floured surface. Divide into 8-12 parts depending on your preferred pretzel size. Roll each ball into a long rope (about 20" for large pretzels) and form into pretzel shape. In a saucepan, bring water and baking soda to a boil. Drop pretzels, two at a time into the boiling water for 15 seconds. This helps them rise better in the oven. Remove with slotted spoon and drain on paper towels. Place pretzels on greased cookie sheet and bake at 425° for 8-10 minutes, until golden brown. Cool on rack, spray with water or brush with melted butter and sprinkle with salt or other desired toppings (sugar and cinnamon mixture). For darker pretzels brush with butter prior to baking.

Mountain Man's Tough Times Basic Bread

| | | |
|---------------------------|------------------------------|-------------------------------------|
| 3 ½ c. whole wheat flour | 1 ¼ T. yeast | 2 ½ c. hot tap water (120° -130° F) |
| 1 T. salt | 1/3 c. oil | 1/3 c. honey or ½ c. sugar |
| 1 ¼ T bottled lemon juice | @ 2 ½ cups whole wheat flour | |

Mix together the yeast, water, salt, oil, sugar or honey, and lemon juice in a mixing bowl and then add the 3 ½ cups of whole wheat flour slowly stirring it all together in a good mix. Cover it and let it rest for 10 minutes. Add the last flour listed, mixing and kneading the dough as you slowly add the last approximately 2 ½ cups of flour. Put it on a floured board or countertop and kneed it for about 10 minutes, adding flour as necessary. The dough should not be sticky, but feel like a baby's bottom, soft but firm. Divide dough into two pieces and place in greased bread pans. Turn the oven temperature to 350° and let it preheat for one minute only and then turn off the oven. Place your two bread pans with the dough in them on the high shelf in the slightly warmed oven to rise for at least 25 minutes. Your bread should have risen to where it is just over the top of the bread pans, or about double in size. Do not remove the bread from the oven, but turn oven to 350° and bake for approximately 30 minutes. Bread tends to burn on the lower oven shelves. The bread is thoroughly cooked when it gives off a hollow sound when the pan is tapped on the bottom. Turn the bread pan over and the bread will fall out. Place it on a rack to cool. Note: with wheat bread, always add the least amount of flour possible to keep the bread moist. Raisin bread, add per loaf: 2 c. of raisins 2 T. of cinnamon and ¾ c. sugar. Makes 2 loaves.

Oatmeal Bread

| | | |
|---------------------------|-----------------------------|---------------|
| 2 T. yeast | ½ c. very warm water | 1 t. sugar |
| 1 ½ c. warm scalded milk | 1/3 c. oil | 2 t. salt |
| ½ c. brown sugar or honey | 2 T. lemon juice or vinegar | 5 c. WW flour |
| 1 c. quick oats | | |

Mix together milk, oil, salt, sugar, and lemon juice. Add dissolved yeast along with oats and ½ of the flour. Stir for 5-7 minutes. Add remaining flour and knead dough for 5 minutes. Put in greased bowl; cover and let rise until almost double in bulk. Punch down and let rest 10 minutes. Shape into 2 loaves and place in greased loaf pans and grease top of dough. Let rise until double. Bake at 350° for 35-40 minutes.

Oatmeal Maple Bread

| | | |
|-----------------------|----------------------------|---------------------|
| 1 ¾ c. boiling water | 6 c. flour (approximately) | ¼ c. lukewarm water |
| 1 c. rolled oats | 1 c. sugar | 2 eggs |
| 1 c. shortening | 2 t. salt | |
| ½ c. pure maple syrup | 2 pkgs. Active dry yeast | |

Combine boiling water, rolled oats, shortening, maple syrup, sugar and salt. Let this mixture cool. Dissolve yeast in the lukewarm water and add to the first mixture. Blend in the eggs, then add flour gradually until a stiff dough forms. Place in a greased bowl and let rise until size doubles. Punch down, knead for two minutes, shape into loaves and place in two well greased bread pans. Let rise again. Bake for one hour at 350 F.

Pam Dunn's Whole Wheat Bread

Makes 2 loaves

| | | |
|-----------------|------------------------------|-----------------------|
| 3 c. warm water | 2-4 T. oil (I use olive oil) | 2-4 T. honey or sugar |
| 1 T. yeast | 6-7 c. whole wheat flour | 2 ½ t. salt |

Put the yeast in the water in a large bowl and let it set a few minutes. Add 3 ½ c flour, oil and honey. Stir vigorously for about a minute or two. Cover and let set for 15-30 minutes, depending on the room temperature. (Catch it before it collapses). Add salt and 3 or 3 ½ C. of flour. Stir, and then place dough on floured board. Knead for 10-12 minutes, adding flour when needed. The dough should go from being sticky and hard to handle to being supple and smooth. Let rise in a covered floured bowl (I use the same one I mixed in). Let dough rise to the point that a finger poke doesn't fill in. Punch down, turn out onto board again, and knead for about 30 strokes. Put back in bowl for 2nd rise, which will take about ½ the time the first rise took. Do the finger poke test again. When ready turn out on to board and divide it in half. Knead each half a few strokes to get it into a round shape. Cover with a dry towel and allow dough to rest for at least 5 minutes. Shape each loaf and put into a greased bread pan. (I use Pam Spray) Let rise(covered with towel) in the oven for about 20 minutes. Remove the towels and turn on the oven 350°. Bake for 30 minutes.

Pumpernickel Bread

| | | |
|---------------------|------------------------|---------------------|
| 3 T. yeast | 1 ½ c. very warm water | 2 ¾ c. rye flour |
| 2-2 1/2 c. WW flour | ½ c. dark molasses | 2 T. shortening |
| 1 T. salt | 1 T. caraway seed | 2 T. dough enhancer |

Soften the yeast in the warm water and molasses for 5 minutes. Add rye flour, salt, shortening, caraway and dough enhancer. Mix well. Add enough WW flour to make a stiff dough. Knead 10 min. Place in a greased bowl, cover and let raise for 1 ½ hours. Punch down, Divide in half. Cover and let rest 10 min. Shape each part into a round loaf. Place on greased and cornmealed baking sheet. Cover and let raise for 30 min. Bake at 375° for 30-35 minutes.

Rye Bread

| | | |
|-----------------|--------------------------------|-------------------------------|
| 1 t. sugar | 1 T. yeast | ½ c. lukewarm water |
| ½ c. warm water | 1 c. hot milk | 5 t. molasses |
| 1 T. salt | 1 T. caraway seeds | 2 ½ -3 ½ c. all-purpose flour |
| 4 T. shortening | 2 ¾ c. dark or light rye flour | |

Combine sugar, ½ c. warm water and yeast and let stand 10 minutes. Combine milk, shortening, ½ c. warm water, molasses and salt and cool until lukewarm. Stir in yeast mixture and caraway seeds. Gradually beat in rye flour. Work in enough all-purpose flour to make a soft dough. Turn onto floured board and knead until smooth and elastic(8-10 minutes). Shape into ball and place into greased bowl. Cover and let rise until doubled in size(approx 1-hr). Punch down and let rise again 10 minutes. Shape into 2 long or round loaves and place onto greased baking sheets. Brush with melted butter or margarine. Cover and let rise in a warm place until doubled in size. Bake in a pre-heated 350 F. oven for 20-25 minutes or until done. Makes 2 loaves.

Soy Milk Bread

| | | |
|-----------------|-----------------------|------------------------|
| 2 ½ c. soy milk | 1 T. active dry yeast | 2 c. white bread flour |
| 2 T. honey | ½ c. warm water | 5 c. whole wheat flour |
| ¼ c. soy oil | 1.c. soy flour | 2 ½ t. salt |

Bring soy milk and honey almost to a boil. Remove from heat, stir in oil, and let cool to lukewarm. Dissolve yeast in warm water and let sit about 5 minutes, until bubbles begin to form. Combine soy flour, white flour, 4 c. whole wheat flour and salt in a large mixing bowl. Add the yeast and soy milk mixtures and stir well. Add the remaining whole wheat flour as needed to make a soft dough. Turn out onto a lightly floured board and knead until smooth and elastic, about 10 to 15 minutes. Put dough into a lightly oiled bowl, cover and let rise until double in bulk, about 2 hours. Punch down, shape into 2 loaves and let rise again in lightly oiled bread pans until dough reaches the top of the pan, about 45 minutes. Bake for 35-40 minutes at 350 F., until golden and sounds hollow when tapped. Remove from pans to cool.

Squaw Bread

| | | |
|--------------------------|-------------------------------------|------------------------|
| 2 pkgs. Active dry yeast | 2 ½ t. salt | 3 c. whole wheat flour |
| 2 c. water | ¼ c. raisins | 1 ½ c. rye flour |
| 5 T. brown sugar | ¼ c. warm water | cornmeal |
| ¼ c. honey | ½ c. instant non-fat milk | melted butter |
| 1 c. oil | 2 ½ c. unbleached all-purpose flour | |

Combine water, oil, honey, raisins, and 4 T. brown sugar in a blender; liquefy. Soften the yeast in ¼ c. warm water with the remaining 1 T. brown sugar. Sift together 1 c. all-purpose flour, 2 c. whole wheat flour, powdered milk, and the salt in a large bowl. Add honey and yeast mixtures. Beat at medium speed until smooth (2 minutes) Gradually stir in enough of the remaining flours to make soft dough that leaves the sides of the bowl. Turn out onto floured surface and knead until smooth and satiny(10-12 minutes). Place dough in lightly greased bowl and turn to grease top surface. Cover and let rise until doubled in bulk; about 1-1 ½ hours. Punch down and let rest 10 minutes. Divide dough into 4 round loaves and place on greased cookie sheets sprinkled with cornmeal. Cover and let rise in warm place until doubled in bulk. (1 hour). Preheat oven to 375 F. Bake loaves for about 30 to 35 minutes. Brush with melted butter and cool on wire rack.

Root Beer Bread

| | | |
|--------------------------|-----------------|-------------------------------|
| 1 quart root beer | ½ c. warm water | 1 c. molasses |
| ½ c. lard or shortening | ½ t. sugar | 3 c. rye or whole wheat flour |
| 2 pkgs. Active dry yeast | 1 T. salt | 7 c. white flour |

Dissolve yeast in warm water and sugar and let stand for 10 minutes. In the meantime, heat root beer and shortening until shortening has just melted. Put in salt and molasses. Cool to lukewarm and then add yeast. Stir in flour. Knead and let rise twice. Bake at 350 F. to 375F. for 30-40 minutes. Yield: 4 loaves.

Sweet French Rolls

| | | |
|-------------------------|-----------------|----------------|
| ½ c. melted shortening | 1 T. sugar | 4 c. flour |
| ½ c. sugar | ¼ c. warm water | 1 c. warm milk |
| 1 pkg. active dry yeast | 2 eggs (beaten) | |

Stir yeast and 1 T. sugar into ¼ c. warm water and let stand for 5 minutes to dissolve. Blend melted shortening and sugar. Add dissolved yeast, eggs, 3 ¾ c. flour and milk. Blend well, cover and let rise in a warm place until light. Knead in remaining flour so dough won't stick. Pull off pieces of dough, roll each about 8 inches long and wind into a coil. Arrange on two buttered 9" cake pans, cover and let rise until double in bulk. Bake for 24 minutes at 375 F.

Susan's Simple Rosemary Focaccia

| | | |
|-------------------------|---------------------------------|--------------------------------|
| 4-6 c. flour | 1 ½ c. water | 4 T. chopped rosemary, divided |
| ¼ c. vital wheat gluten | 1/3 + c. extra virgin olive oil | 2 t. salt |
| 1 t. instant yeast | 1/3 c. water | ½ c. grated Romano cheese |

Combine 4 c. flour, gluten and yeast in a large bowl. Stir in water and mix until a soft, sticky dough forms, adding a little more flour if necessary. Cover with a damp tea towel and let rest 20 minutes. Mix in 1/3 c. olive oil, water, 2 T. rosemary, and salt. Stir in enough flour to make a soft dough. Turn dough out onto a generously floured surface and begin to knead. Sprinkling with more flour as needed to keep dough from sticking to you work surface and hands. Knead for 7 to 8 minutes. Place the dough in a straight sided plastic container with a snap on lid and let rise until doubled, about 1 to 1 ½ hours. The ideal room/dough temperature for rising is about 75 degrees. After 30 minutes, place a baking stone in the oven and heat to 450 degrees. Scrape the dough out of the container onto a lightly floured surface and divide into 2 balls. Place the dough on pieces of unbleached parchment paper and flatten each one into a disk or oval and ½ " thick. Generously drizzle the dough with olive oil and use your fingers to spread it evenly, then dimple the dough all over with the pads of your fingers and scatter the remaining 2 T. or rosemary and the Romano over it. Cover focaccia with a damp tea towel or plastic wrap and let rise for 30 minutes, or until the dough springs back slowly when you press a finger into it. Slide the focaccia onto the hot baking stone and bake 10 minutes, then lower the temperature to 375 degrees and bake another 15 minutes, or golden brown. Cool on a wire rack 5-10 minutes before serving. Focaccia is best eaten the same day it's baked, but it freezes well.

Rye Bread

| | | |
|-------------------------|--------------------------|------------------------|
| 2 T. yeast | 1 t. sugar | 1/3 c. very warm water |
| 2 c. scalded milk | 1 ½ t. salt | ½ c. light molasses |
| 2 T. caraway seed (opt) | 1/3 c. margarine, melted | 2 c. white flour |
| 2 c. rye flour | 2 c. whole wheat flour | |

Dissolve yeast and sugar in warm water. Cool scalded milk to warm. Add the yeast mixture to the cooled milk. Add the salt, molasses, caraway seed and melted butter, gradually stirring in the flours. Work the flours into the dough until it is fairly stiff. Turn the dough onto a floured board and knead until smooth and elastic. Place in a buttered bowl; cover and let rise until doubled. Punch the dough down and turn it out onto a floured board again. Divide the dough into 2 parts and shape each part into a loaf. Place in greased 8 inch loaf pans. Cover and let rise until doubled. Brush the top of loaf with melted butter. Bake at 325° for 45 minutes.

Sprouted Whole Wheat Bread

| | | |
|--------------------|--------------|------------------------|
| 1 c. milk, scalded | ½ c. water | 2 T. vegetable oil |
| 2 T. honey | 1 egg | 1 c. sprouts |
| 1 t. salt | 1 pkg. yeast | 4 c. whole wheat flour |

Liquefy in blender, scalded milk, water, oil, honey, egg and sprouts. Pour into large mixing bowl and add salt and 2 c. whole wheat flour. Mix well. Put in yeast and remaining 2 c. flour. Knead for 10 minutes. Place into a greased 5 x 9" bread pan and let rise until doubled in bulk. Bake for 60-70 minutes at 350°. Makes 1 loaf.

War Bread

| | | |
|--------------------|------------------------|------------------|
| 1 c. cornmeal | 1 c. whole wheat flour | 1 c. rolled oats |
| 1 t. salt | 1/3 c. wheat germ | 2 T. shortening |
| 3 c. boiling water | 1(pkg) or 1 T. yeast | 5 c. flour |

Combine cornmeal, wheat flour, oats, salt and shortening in bowl. Add water. Mix well. Add yeast. Blend. Add remainder of flour ½ c. at a time. Turn out on floured board and knead till right consistency, adding more flour if needed. Shape in ball and put in greased bowl. Let rise at room temperature until doubled in size. Punch down and let rise again. Form into two loaves and place in greased loaf pans. Let rise 40 minutes. Bake at 350° for 50-60 minutes.

White Wheat Bread-2 loaves

| | | |
|--|-------------------------|---------------------------|
| 1/3 c. oil | ¼ c. vital wheat gluten | 1/3 c. honey or ½ c sugar |
| 1T.+1 1/2t. dough enhancer | 2 ¼ t. salt | 1 ¼ T. instant yeast |
| 2 ¾ c. steaming hot tap water (120-130°) | | 7-8 c. whole wheat flour |

Mix together oil, honey/sugar, salt, yeast and water. Add 4 c. of flour and beat, until smooth. Add in 1-2 c. of flour, gluten and dough enhancer. Beat again. Just add enough of the remaining flour (about 2 c.), until dough pulls away from the sides of the bowl. Knead 6-10 minutes on medium-high speed with dough hook or by hand. *If you are kneading this by hand, gradually add last c. of flour to keep dough from sticking to counter. You will add more flour when kneading by hand than when using a mixer simply to be able to handle this moist dough. With wheat bread, always add the least amount of flour possible to keep bread moist. Knead 10 min.*

Pre-heat oven for 1-2 minute on lowest temperature and turn off. Grease pans. Put dough out onto oiled counter, divide and shape into loaves and put into pans. Let loaves rise 25 minutes, or until risen above the pans, in warmed oven. Do not remove bread from oven; turn oven to 350° and bake for 30 minutes. Tip out of pans and cool on cooling rack

Whole Wheat Applesauce Bread

| | | |
|------------------|----------------------------|---------------------|
| 3 cups hot water | 2 Tbs. yeast | 1/4 cup oil |
| 1/4 cup honey | 1/4 cup applesauce | 1 Tbs. gluten flour |
| 1 Tbs. salt | 6-7 cups whole wheat flour | |

Mix first 6 ingredients (speed 2) plus about 3-4 cups of the flour. Add remaining flour a little at a time just until dough pulls away from sides of bowl. Let mixer knead dough for about 5-10 minutes. Remove dough from bowl and shape into loaves. Let the loaves rise in warm oven (150°) until just over the tops of the pans (about 15-20 minutes). Bake at 350° for 35 min.

Whole Wheat Bread Bowl

| | | |
|----------------------------|------------------------|--------------------|
| 4 c. very warm water (110) | 2 T. dough enhancer | 3 T. barley malt |
| 2 T. salt | 6 c. whole wheat flour | 2 T. instant yeast |
| 2-4 c. white flour | | |

Mix thoroughly with ½ of whole wheat flour. Slowly add remaining wheat flour just until mixture cleans the sides of bowl. Knead on low speed 6-8 minutes until smooth. Cover bowl tightly and let dough sit for 15 minutes. Punch dough down. Recover and let stand 15 more minutes, punch down again. Shape into 6 bowls and place on parchment-lined cookie sheet. Slash tips of bowls with knife and allow to rise until double in size. Brush with beaten egg. Bake at 350° for 25-30 minutes.

Whole Wheat Buttermilk Bread

2 tsp. yeast
¼ c. honey
2 T butter or oil

½ c. warm water (110°)
1 ¼ c. cold buttermilk

¾ c. very hot water
5 ½ c. whole wheat flour

Dissolve the yeast in warm water. Mix the hot water with honey and add buttermilk. Stir flour and salt together in large bowl. Pour in yeast and buttermilk mixtures. Incorporate ingredients. Knead about 20 minutes, adding flour or water if needed. Form into a ball, return to bowl, cover with towel and keep warm about 1 ½ hours until double. Poke with finger ½ inch deep, if it doesn't fill in it is ready. Press flat and form into ball again, cover with towel, let rise about ½ as long as first rise until double. Press flat and divide in 2. Round it and let rest 10 minutes, deflate and shape into loaves and place in 2- 8"X4" oiled loaf pans. Let rise 30 min. more. Bake at 325° on middle shelf for about 1 hour. Brush tops with butter. Cool.

White Bread

Put 1 cup warm water (105°F - 115°F) into a measuring cup. Add 1 teaspoon of sugar. Over this, sprinkle 2 teaspoons of active dry yeast. Let stand undisturbed for 10 minutes. The yeast will bubble up and look like dense foam. This is called proofing. While the yeast mixture is sitting, get any large mixing bowl and put in ½ cup of margarine, ½ cup sugar and 1 tablespoon salt. Pour in 4 cups of very hot, almost boiling water. Stir it around until the margarine has melted. By this time, the yeast is ready. Check the temperature of the hot water and margarine mixture. When the mixture is about the same temperature, or slightly warmer than the yeast mixture (105°F - 115°F) you are ready to add the yeast. Stir the yeast down in the cup it has proofed in and then add it to the warm water/margarine mixture. Add about 3 cups of flour to the mixture in the bowl and stir well with a sturdy wooden spoon. Continue adding flour, 1 cup at a time, stirring after each addition. When the dough gets too thick to continue stirring (at around 10 cups in total) it is time to take it out of the bowl and start the kneading process. On a clean, sturdy, comfortable surface (kitchen counter or kitchen table) put about 2 cups of flour. Scrape the dough onto this and knead it to incorporate more flour. There should be about 12 cups of flour in total for this recipe. The flour measurement is not exact, but should be within a cup or so. Continue kneading for a few minutes until the dough is no longer sticky. Grease a large bowl with margarine and put the dough in it, turning it over so that the top of the dough gets greased too. Cover with a damp tea towel and let rise in a warm place for about an hour or until the dough has doubled in size. When the dough has doubled in size, turn it out onto your kneading surface and pound it down flat, being sure to get any air bubbles out. Then knead it for a couple of minutes. Cut the dough into 4 equal pieces, and shape each piece into a loaf. Put each into a greased loaf pan, cover and let rise until almost double again. When dough has risen again, bake in a pre-heated 350°F oven for about 40 minutes. The loaf should be a beautiful golden brown color and when tipped out of the pan, should sound hollow when tapped on the bottom. Once the loaves are out of their pans, use a pastry brush and brush the top and sides of each hot loaf with some margarine. Wrap the loaves in a dry tea towel and let cool. This gives the bread a chance to steam a bit and will give a more tender crust. If you prefer a harder crust, don't brush the loaves with margarine and don't wrap the up to cool. Simply cool the loaves on a rack.

Dinner Rolls

Instead of shaping all of the dough into loaves, take one of the portions and turn it into rolls by dividing the dough into 10 equal portions. Roll each one into a ball. Place in a greased pie plate, cover and let rise as for bread. Bake as for bread, only about 5 minutes less. This is particularly nice, as you get delicious pull apart buns that can be sampled almost immediately after they are baked!!!!

BREADMAKERS

Bread Machine Whole Wheat

For 1 ½ LB. Loaf

| | | |
|------------------------------|------------------------|--------------|
| 1 ½ T. honey | 1 c. + 2 T. warm water | 2 T. oil |
| 3 c. whole wheat bread flour | 1 t. salt | 1 ½ t. yeast |

Use the basic bread setting. Ingredients should be at room temp. Measure honey and water in measuring cup and stir to dissolve. Add oil. Put all ingredients except ½ cup flour into bread machine bucket according to machine instructions. If dough looks to wet after the mixing cycle, add a little at a time of the ½ cup of flour. It should be firm. When loaf is done, wrap in clean towel so it will cool slowly, it will slice better this way. May add eggs or milk or buttermilk as part of the liquid for a richer, more tender bread.

Whole Wheat Bread

| | | |
|--------------|-----------------|--------------------|
| 1 ¼ c. water | ½ c. sugar | ¼ c. DH Shortening |
| 1 T. salt | 2 ½ c. WW flour | ½ c. gluten |
| 2 t. yeast | | |

Put in bread maker in the following order: water, sugar, shortening, salt, flour, gluten, yeast. Start on whole wheat cycle.

Honey Oatmeal Bread

Put in bread maker in order in 1 ½ lb loaf maker: Follow machine instructions, cook on Whole Wheat cycle if offered: warm water (75-80°) 1-1/4 c.; oil 2 T.; honey 2 T.; WW flour 2-3/4 c.; Oats 1/2 c.; dry milk 1/4 c.; salt 1-1/2 t.; yeast 1 T.; and gluten 3 T.

Sourdough Wheat Bread

| | | |
|--------------------------|------------------------|--------------------|
| 1 ¼ c. starter | ½ c. milk or water | 1 T. vegetable oil |
| 1/4c. toasted wheat germ | 2 c. whole wheat flour | 1 c. bread flour |
| 1 ½ T. brown sugar | ¾ t. salt | 1 T. Yeast |

Follow the manufacturer's directions, when adding the ingredients into the bread machine. Use the whole grain cycle if available on your machine. If not, select the white bread cycle. This makes 1 ½ pound loaf.

Awesome Whole Wheat Bread

1 ½ lb loaf

| | | |
|--------------------------|---------------------------|---------------------------|
| ¾ c. + 1 T. warm water | 1 T. honey or brown sugar | 2 ½ T. vital wheat gluten |
| 1 t. bottled lemon juice | ½ tsp. sea salt | 2 tsp. dry yeast |
| 1 ½ T. vegetable oil | 1 ¾ c. white wheat flour | |

Put ingredients in bread machine in the following order: water, lemon juice, oil, sugar, salt, flour, gluten and yeast. Set on white bread, medium crust. Watch dough when it starts to knead: adjust the water or flour a little at a time until it feels slightly sticky to the touch. Then let the machine do the rest! Because of the nature of this particular dough, the top may be a bit bumpy or lopsided when baked; but the bread will turn out tender.

Sour Dough Pancakes

Adrienne Sherwood

Thursday night:

Prepare starter, if necessary

Friday night:

1 cup starter
2 cups water
2½ cups flour

Saturday night:

To starter add:
10 cups warm (to 90° F.) water
12½ cups flour

Sunday morning:

6 eggs ¾ cup Mazola
1½ c evaporated milk
Beat thoroughly
2 T salt 2T. baking soda
¾ cup sugar
Sprinkle over the top and fold in gently.
Let rest a few minutes, then cook on greased
griddle. Makes A LOT of pancakes.

Quickie Sourdough Pancakes

Steve Schuster

This is a good recipe when you want to have sourdough pancakes and you don't have the time or inclination (or you just plain forgot) to put up a batch of starter the night before. It's also good for camping or backpacking, when you want to have sourdough pancakes without all the extra preparation and dishes. Just remember to always keep enough starter on hand to take out a cup and still have enough left to use the next time.

1 c Sourdough starter 1 egg 1 Tbsp. Oil
1 Tbsp. Sugar ½ tsp. Baking soda 1/4 cup cold water

Dissolve baking soda in water, then blend all ingredients together and cook on greased griddle.

Sourdough Pancakes

4 c. starter 2 T. sugar 1 egg
2 T. melted butter ¼ c. evaporated milk 1 t. salt
1 t. baking soda.

Combine sourdough start, egg, butter and milk. Beat well. Add remaining ingredients and mix well. Add flour if needed. Fry on a lightly greased griddle.

Sourdough Raisin Bread

Sponge:

2 c. boiling water 2 c. raisins 2 c. white flour
2 T. instant yeast 2 c. starter 2 T. sugar

In blender, blend raisins with boiling water for 1 minute on high. Pour blended raisins in mixer bowl and add sourdough start, sugar and white flour with yeast on top. Knead for 15-20 seconds. Let rest 15 minutes or longer.

Dough:

1 T. apple cider vinegar ½ c. honey 2 c. warm water
1 T. salt 2/3 c. oil 10-12 c. wheat/spelt flour
2 T. dough enhancer

Add half the flour in the bowl with sponge, and remaining ingredients. Begin mixing, adding flour until dough cleans sides of bowl. Knead for 6 minutes. Divide into loaves and let rise in nonstick loaf pans, until double in size. Preheat oven to 400, after placing bread in oven drop to 325°. Bake at 20-25 minutes. Makes 3 loaves.

Sourdough Baked Pretzel

| | | |
|-------------------------|--------------------|----------------------|
| 1 ¼ c. starter | 1 t. yeast | 1 T. sugar |
| 2 T. milk | 1 ½ c. bread flour | 1 1/3 c. wheat flour |
| 1 T. vital wheat gluten | ¾ t. salt | |

Add above ingredients in order, with liquids on bottom and dry on top. (If delaying start time add yeast last). *Select dough cycle*. When cycle has been completed, remove the dough from the machine and place into a large lightly greased bowl. Punch down and let rest for 10 minutes. On lightly floured surface, roll dough into a 14 x 8" rectangle. Cut into 14" x ½" strips. Gently pull each strip into a 16-inch rope. Shape the ropes into pretzels or leave as pretzel rods. Place on greased baking sheets. Do not let them rise. Beat 1 egg and 1 T. water together and brush over pretzels. Sprinkle with kosher salt and bake at 350° for 18-20 minutes or until golden brown. Bake one sheet at a time. Keep remaining in refrigerator. Makes 16 pretzels.

Sourdough Cornbread

| | | |
|------------------------|-----------------|----------------------|
| 1 c. sourdough starter | 1 c. sour milk | 2 c. fine corn flour |
| 1 c. whole wheat | 1/2 c. molasses | ¼ c. canola oil |

Mix all of the above and let set 4 hours or more or overnight in refrigerator or cool place, covered. Add 3 eggs, 1 ½ tsp. sea salt, 1 tsp. soda, ½ tsp baking powder and mix well. If you have time, let it sit in sprayed or greased muffin tins or cake pan for ½ hr or more just before baking. Bake at 375 degrees, abt. 20-25 minutes for muffins (makes about 24) or abt. 40 min. in 13"x9" cake pan at 350, or bake in sun oven about 1 ½ hours.

Hint: Can substitute buttermilk, plain yogurt, or milk + 1 T. cider vinegar for sour milk.

Sourdough Banana Bread

| | | |
|------------------------|------------------|---------------------|
| 1 c. sourdough starter | 1 c. yogurt | 4 over-ripe bananas |
| ¼ cup sugar | ½ cup canola oil | 2 t. vanilla |
| 4 c whole wheat | | |

Mix well together. Let set 4 or more hours or overnight in cool place or refrigerate, covered. Add 3 eggs, 1 ½ tsp sea salt, 1 tsp. soda, and ½ tsp. baking powder. If you have time, let set in muffin tins or bread pans for ½ hr. or more before baking muffins at 375° for abt. 20 minutes or bread pans 40 to 45 minutes at 350° or bake in sun oven about 1 ½ hours.

Sourdough Lemon Poppyseed Bread or Muffins

| | | |
|------------------------------|--------------------------|------------------------|
| 2 c. whole wheat flour | ¾ c. sugar | 4 t. poppy seeds |
| ½ c. lemon juice concentrate | ½ c. yogurt or sour milk | ½ c. sourdough starter |
| ½ c. canola oil | | |

Mix well and let set for a few hours or overnight. Add 1 egg, 1 tsp. sea salt, 1 ½ tsp soda, 1 tsp. baking powder, and 1 tsp. vanilla. Mix well. Bake in greased muffin tins at 375° abt. 20 min or in a bread pan at 350° for about 40 min. or bake in sun oven about 1 ½ hours.

GLUTEN FREE BREADS

For more information and recipes check out the websites listed in class handout)

Gluten Free All Purpose Flour Mix

2 c brown rice flour 1 c cornstarch 1 c. tapioca flour
1 c soy flour or sorghum flour 1 c masa harina/cornmeal/millet flour

Combine all the ingredients in a large bowl and mix thoroughly. (If you're new to mixing flours, then you want to make sure that you don't see any clumps or streaks of individual flours. Store in air tight container.

Really Good Sandwich Bread- Gluten Free

1 T. active dry yeast 1 T. sugar 1 ½ c. water (105°)
2 ½ c. Gluten Free Flour 2 t. xanthan gum 1 t. salt
1 ½ T. oil 2 t. cider vinegar 2 eggs

Combine the yeast and sugar in a small bowl. Add the water while gently stirring the yeast and sugar. Let this mixture sit while you mix the rest of the ingredients. Combine the flour mix, xanthan gum and salt in the large mixing bowl and stir well. In a third bowl, whisk the eggs, oil and vinegar until the eggs are a bit frothy. By this point the yeast mixture should be foamy, so you can pour the two liquid mixtures into the flour mixture. Mix up the dough as usual. Place dough in a greased 9x5 inch loaf pan and cover with a damp dishcloth. Allow the dough to rise in a warm area until it reaches the top of the pan or doubles in size (about 45-60 min). Bake at 375° for 40-60 minutes. When the bread is done the crust should be hard and the bread should have pulled away from the sides of the pan. If needed, you may place a foil tent over the bread after the top has browned to your satisfaction. When done, remove it from the pan and cool on a wire rack for at least 15 minutes before cutting.

Gluten-Free Rice Bread

1 ½ T. yeast ¼ c. honey or molasses 3 c. very warm water
6 c. brown rice flour ¼ c. oil 2 t. salt

Dissolve yeast and honey in warm water, set aside for 15 minutes. Add the flour, salt and oil mix well, adding more water if dough is too dry. Place dough into 2 greased 8-inch loaf pans. Cover and let rise for 1 hour. Bake at 350° for 30 minutes.

Gluten Free French Bread

2 T. dry yeast 1 T sugar 1 1/4 c. warm water (105°)
3/4 c. sorghum flour 1 3/4 c. potato starch 1/2 c. tapioca flour
1 t. xanthan gum 1 t. guar gum 1/4 c. reg. powder milk
1 1/2 t. salt 1 T. butter or margarine, soft 1 t. cider vinegar

4 large egg whites, room temp.

Line a two-baguette French bread pan with parchment paper or coat with cooking spray. In a small bowl, combine the yeast, sugar and water and stir until dissolved. Set aside for 5 minutes. In a large bowl, use an electric mixer to combine the flours, potato starch, xanthan gum, guar gum, powdered milk, salt, butter, cider vinegar, 3 of the egg whites and the yeast mixture. Beat on low to blend. Once blended, beat on high speed for 2 minutes, scraping down the sides of the bowl as needed. The dough will be soft. Transfer half of the dough to each side of the prepared pan. Use a wet spatula to smooth each into a 12-inch loaf. Lightly beat the remaining egg white, then use a pastry brush to lightly coat the top of the loaves. Use a knife to cut 3 diagonal slashes (about 1/8 inch deep) across each loaf. Place the pan on the middle rack of a cold oven. Set the oven to 425° and bake 30 to 35 minutes, or until nicely browned. Remove the bread from the pans and cool completely on a wire rack before slicing. Makes 2 loaves

Whe-wa-sa Bread

(aka Old World Bread – made *solely* from wheat, water, & salt.)

The Starter- Start with approximately ¼ cup whole-wheat flour (from red or white HARD wheat) and a little more than ¼ cup water. The starter should be similar to a thin pancake batter, but not watery.

Watery batter won't work. **DO NOT COVER. IMPORTANT...** Use non-chlorinated water for starter. If all you have is tap water that has been treated with chlorine...set some in the sun for a few hours or overnight in a glass container. Place the starter in a non-metal container in a warm spot. Not hot, just warm. (A microwave with the night light turned on underneath makes a great warmer.)

Within a few hours, perhaps even a day, the batter should start to smell a little sour and start to get bubbly. It may have a slight soft crust on top, as well. Just stir that in, in the sponge step. **IMPORTANT...** If the batter has an offensively foul smell...trash it and start over. No big deal...it happens sometimes.

Once the starter bubbles it can be stored in the refrigerator in a covered, non-metal container, for a couple of months without having to “feed” it. The top of it may get a little dark or a layer of dark (gray to black) liquid may develop on top. That **DOES NOT** mean the starter has gone bad. It's a natural occurring part of the process. You can either just stir it in or pour it off.

The Sponge

Method #1 Stir ALL of the starter into 1 Cup of whole wheat flour and enough warm water so that the batter resembles pancake batter. (Not thin batter this time, though.) Place the sponge in a warm spot. Within a few hours, (or could be left over night) the sponge will double, perhaps even triple, in size. If it reached it's peak and it slumped back *a little*, that's OK, but if it slumped all the way back, to the point that it is runny, your bread will be more sour, like traditional sour dough, and it will be heavier, and somewhat moist and chewy. If that happens to your sponge, give it a vigorous stir and add enough flour and warm water to make the “pancake batter” again, and let it rise again for a little while.

Method #2 Stir a little over one tablespoon of warm water into one tablespoon of whole wheat flour. Again, this should be similar to pancake batter, but not thin batter. (Add a few drops of water if necessary.) Stir in a dab of the starter that's about the size of a good sized jelly bean. Set it in a warm spot. When it gets bubbly, you will then have *fresh* starter. Stir it into 1/4th cup flour and enough warm water to resemble pancake batter. When it gets bubbly proceed with the steps in Method #1 using this fresh starter and saving your original starter, aka the *mother starter*. (I prefer this method, even though it takes a bit more time for the extra step. This way you'll always be starting with a *fresh* starter.)

IMPORTANT... The sponge must be made entirely from wheat flour to develop the gluten.

STOP... Always Remember...Before making the dough...if you used Method #1 to develop the sponge:

Save about ¼ cup of the sponge to be stored for your next batch of bread.

If you use Method #2 to develop the sponge...**you will eventually run out of the original mother starter and will need to eventually save some of the sponge for a new batch of mother starter.**

IMPORTANT... Always save-out some of the sponge **BEFORE** adding the salt.

The Dough- At this point you can add flours other than wheat, as well as seeds, oatmeal, or sprouts. However, adding anything other than wheat will make the bread heavier. That's OK, breads don't always need to be light to be good. Adding other flours, seeds and/or sprouts also adds a greater variety of nutrients. Try rye with caraway seeds, cinnamon with raisins, ground anise, etc.

Stir the sponge into 6 cups of flour, 2 teaspoons salt, and enough warm water to make a soft dough. (Just a little more than 2 cups.) You don't want it to be too soft though, or you won't be able to knead it and it won't hold it's shape. **IMPORTANT...** Don't forget the salt. Knead the dough until springy. Form into 2 loaves and place into greased loaf pans or onto a floured or cornmeal covered baking stone.

Rising & Baking- Depending on the room temperature, the bread will take 3-4 hours to raise sitting out on the counter. (Only one rise...NO punching down.)

You can “push” the raising time by preheating the oven for just a few minutes while you are kneading the dough. **MAKE SURE TO TURN THE OVEN OFF AFTER 2 MINUTES. Set a timer!** After warming the oven, put the loaves in and cover with a damp cloth for the first hour. The bread will raise in 1½ to 2 hours this way.

Preheat the oven with the loaves in the oven to give the dough one final kick. It makes for lighter breads. Bake at 375° F for 50 – 60 minutes. Allow bread to thoroughly cool before bagging.

For Leftover Bread

Bread Crumbs: First toast the bread or put it under the broiler until it crumbles. Break the toasted bread up into small pieces and put them into a sealed brown bag or plastic zipper bag. Then roll over the bag with a rolling pin (a smooth glass bottle will work, too).

Croutons: Toast the bread or put it into the oven on 350° until the bread is really dry. Cut the crusts off (you can add these to your bread crumbs). Cut the bread into small cubes about 1/2-inch square. Toss the cubes with a little olive oil and bake in a 350° oven for 10 minutes. You can sprinkle garlic salt or any other spices you like on these before they bake.

Bruschetta: Use French, Italian or leftover sub sandwich rolls. Cut bread into 1/2-inch slices. Grill or toast these until crisp. Chop 4 tomatoes (or a quart of cherry tomatoes) and mix with 1/2 cup fresh basil, a dash of oregano, salt and 1/4 cup olive oil. Spoon on top of toasted bread slices.

Brown Betty: Place alternate layers of chopped juicy apples, and stale bread-crumbs in buttered baking-dish, having crumbs on bottom. Add cinnamon and sugar to each layer of apple, using more sugar if apples are very tart. Make a top layer with bread-crumbs and add more butter. Bake for an hour, covering dish at first. Crown crumbs on top. Top with hard sauce.

Hard Sauce

1/4 c. butter.

1 c. sifted powdered sugar.

1/2 t. vanilla.

Nutmeg.

Cream butter, add gradually powdered sugar, and beat together until light. Add vanilla, pile in dish in which it is to be served, grate nutmeg over top, and set in ice-box until needed.

Bread Pudding

8 egg yolks

1 c. sugar

1 qt 1/2 & 1/2 or canned milk

1 t. vanilla

1/4 t. nutmeg

1/2 t. cinnamon

1/2 t. freshly grated orange zest

12 slices day-old bread, cut 1/2 inch thick, whole wheat ok

3/4 cups raisins, optional

Preheat oven to 325°. In a large mixing bowl, whisk together the yolks, sugar, half-and-half, extracts, nutmeg, cinnamon, and zest. Arrange the bread slices to fit nicely in an 8X12X2-inch baking dish. Cover with raisins. Pour custard slowly over bread, let sit 10 minutes. You may have to push bread into custard so that no bread remains dry. Cover loosely with foil. Poke some holes in top. Place on center rack and bake 1 hour or until center is firm. Remove from oven and cool for 10 minutes.

Italian Bread Salad

1 lb. day old (or older) bread

2 med. ripe tomatoes

1/2 cucumber, peeled, diced

1 c. diced sweet or green onion

1/2 diced bell pepper (opt.)

1/4 cup parmesan cheese

1 clove garlic, minced

1 c. chopped basil/1 T. dried. 1 t. dried oregano

1/4 c. extra virgin olive oil

2 T. balsamic vinegar

1-2 T. sugar

Put garlic, oil and vinegar and sugar in large bowl. Stir together. Add rest of ingredients, toss.

SPREADS

Almond, Bacon and Cheese Spread

¼ c. roasted almonds 3 T. cooked bacon crumbles 1 c. grated cheese
1 T. chopped onion ½ c. mayonnaise ¼ t. salt
Mix all together and spread on bread.

Avocado Spread

Lightly mash 1 avocado with 1 big spoonful of salsa for quick and colorful topping, perfect for Mexican cornbread.

Better Butter

Mix an equal amount of butter and olive oil or canola oil in a blender. Store in refrigerator. This butter substitute has 50% less cholesterol and saturated fat than solid butter.

Chick Pea, Roasted Pepper and Rosemary Spread

Rachel Ray

2 (15 oz) cans Chick/Garbanzo Beans, drained 1-red bell pepper, roasted, peeled
½ lemon, juiced 2 cloves garlic, peeled
2 t. rosemary Salt and Pepper
2 T. Olive Oil

Combine all but oil in food processor. Turn on the processor and stream in the oil. Use for bread or for vegetables.

Crunchy Chicken Sandwich Spread

12 oz. can chicken, drained ½ c. mayonnaise 2 T. honey Dijon mustard
1 red bell pepper, chopped 2 green onions, chopped 1 t. dried thyme leaves
1/8 t. pepper ½ c. salted, sunflower seeds, no shell

In medium bowl, combine all ingredients and blend gently to combine. Cover tightly and refrigerate up to 3 days. Makes enough for 4-6 sandwiches

French Bread Spread

1 bunch green onions, chop fine 1 bunch chopped parsley 1 c. Parmesan cheese
½ t. minced garlic ½ c. salad dressing

Combine ingredients. Spread fairly thin on bread and broil.

Fruit Butter

1 lbs. dried fruit 1 c. sugar 3 c. water
Simmer fruit in water for 30 minutes. Stir in sugar. Cover and simmer 30 minutes longer. Fruit should be soft. Place in blender and puree or put through sieve. Store in covered jars in refrigerator.

Garlic and Herb Spread

½ lb firm tofu 1 garlic clove, pressed 2 t. soy sauce
¼ t. dried basil ¼ t. dried oregano ¼ t. dried chives

Blend tofu, garlic, and soy sauce in blender; place in bowl and stir in herbs. Great with thinly sliced raw veggies on savory breads.

Honey Butter

½ c. butter, softened ½ c. honey
Blend together until smooth. Store in the refrigerator. Makes 1 cup.

Honey Nut Butter

1/2 c. butter, room temperature 2 tbsp. honey 1/4 tsp. cinnamon
1/4 c. chopped pecans
Mix thoroughly and enjoy. Store extra in refrigerator.

Horseradish Spread

2 (8 oz.) pkg. Cream cheese 1/4 c. or to taste horseradish
1 t. Worcestershire sauce 2 pkg. dried beef, chopped Olives, chopped
Mix ingredients together and store leftovers in refrigerator.

Instant Apricot Butter

In blender, combine equal parts of dried apricots and water. Blend till smooth.

Instant Prune Spread

In blender, combine about 1/4 c. apple juice or orange juice with handful of pitted prunes.
Wonderful topping for breads, waffles and pancakes.

Italian Style Garlic Bread Spread

1/2 c. butter 1/4 c. mayo or salad dressing 2 T. Parmesan cheese
1 tsp. basil 1/2 t. oregano 1 t. garlic, minced
Beat together all ingredients with mixer. Spread on French bread. Broil until golden on an ungreased baking sheet. Stored in covered container up to 1 month. Makes about 3/4 cup.

Nutbread Spread

1 (8 oz.) soft cream cheese 1/3 c. flaked coconut 2 tbsp. fruit preserves
Combine cream cheese and preserves, mixing until well blended. Add coconut. Mix well. Serve with nut bread.

Olivado Spread

2 1/2 T. Olive oil 2 Garlic cloves; pressed 1 1/2 c Black pitted olives
Pinch each of dried oregano, basil, rosemary and thyme
In blender, blend olive oil and garlic till smooth and creamy. Add olives and herbs and blend just until spreadable. Serve with breads.

Orange Spice Butter

1/2 c. butter 1/4 c. orange marmalade 1/2 tsp. nutmeg
Mix and serve with nut breads, croissants or biscuits.