

BREADS and SPREADS RECIPES

Compiled by Debbie Kent at peaceofpreparedness.com

Flat Breads

Baking Powder Biscuits

2 c. wheat or rye flour 1 tsp. Salt 3 tsp. Baking powder
4 Tbs. Shortening 1 c. milk (approximately)

Sift wheat or rye flour, measure, add salt and baking powder and sift again. Blend in shortening, then add enough milk 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 degrees for about 15 minutes.

Bread Sticks Unleavened(Early Settlers)

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 degrees F. about 20 minutes.

Crepes

(Cookies for Dinner)

1 c. WW 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.

Easy Corn Tortillas

(Cookin' w/ Home Storage)

1 c. cornmeal ½ t. salt 1/2 c. flour
2 t. wheat gluten 2 c. water

Combine cornmeal, salt, flour and gluten in a bowl. Stir in egg and water until smooth. Heat lightly greased 6-inch nonstick skillet over medium heat. Spoon 3-4 T. batter into hot pan. Cook 30 seconds, then flip and cook other side. Do not brown tortilla. Makes about 20.

English Muffins

(Made Simple)

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. Add the rest of the ingredients and thoroughly 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

(Made Simple)

1 c. WW Flour 1 c. White Flour ½ t. baking powder
1 t. salt 1 T. shortening 1/2-3/4 c. warm water

In bowl, combine flours, baking powder, salt. Add in shortening and mix 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. Divide dough into 12 equal portions and roll into balls. Cover and let rest 15 minutes. On a lightly floured surface, roll into very thin circles. Cook in an ungreased skillet over medium heat about 1 ½ minutes per side or until very lightly brown. When done cooking each on place between paper towels, wrapped in foil or tortilla warmer to keep soft and warm.

Griddle Flat Bread

Derrick Riches

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

(gettkidz)

2 c. flour
6 pinches salt

1/2-3/4 c. water

1 T. Crisco

Mix the ingredients together into a stiff batter, knead several times and spread the dough out flat to a thickness of 1/2" on a non-greased cookie sheet. 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

(Cookin' with Home Storage)

3 c. flour
4 t. baking powder

2 t. salt
1 1/4 - 1 1/2 c. warm water

2 T. sugar

Mix 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.

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

(Made Simple)

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

Preheat oven to 400°. 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 each strip in the melted butter. Place on cookie sheet and bake for 20-25 minutes until lightly browned.

Wheat Thins (from Kathy Clark)

2 1/2 c. whole wheat flour
1/2 c. butter or margarine
salt or herb seasoning mix

1 t. salt
1 t. vanilla

1/4 c. sugar
3/4 c. water

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.

Apricot Whole Wheat Bread

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

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 9³/₄ x 13³/₄ 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.

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.

Canned Fruit Quick Bread

3 c flour	1 1/2 t. salt	2 1/4 c. WW flour
1 1/2 t. cinnamon	2 1/4 c. sugar	3 t. baking soda
3 T. dried egg sifted	3/4 t. ginger	3/4 c. oil
1/4 c chopped nuts (optional)	1-29oz can of fruit, drain, chip reserve 1c +2T liquid	

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

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. can/sweet mashed sweet potato		1/4 c. margarine, melted
1 c. chopped cranberries	Cooking spray	2 T. sliced almonds

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. Store extra in refrigerator.

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 to 50 minutes or until toothpick inserted into center comes out clean. Blend 1 tablespoon honey and melted butter. Spread over hot bread. Return to oven for 5 minutes 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 powder	1/3 c. sugar	2 tsp. Baking
1 c. milk	1/4 tsp salt	3/4 c. peanut butter
	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

Zestycook.com

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)	

Preheat oven to 400°. 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. Pour dough into a non-stick loaf pan. Smooth top with wet spatula. Sprinkle Oatmeal over top of loaf, if desired. Allow to rise to top of pan. Bake for 30 to 40 minutes. 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

“Cookin’ w/ Home Storage”

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)

Cut zucchini into cubes and blend in blender with oil. Set aside. Beat eggs until light. Add vanilla and zucchini/oil mixture and honey. In separate bowl mix 4 1/2 c. flour cinnamon and salt. Blend the dry ingredients with the egg mixture and 1 c. chopped nuts. Bake at 325° for 1 hour.

BATTER BREAD

Ezekiel Bread

4 cups of warm water	1 cup honey	1/2 cup of oil
2 Tablespoons of yeast	2 t. salt	9 1/4 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 1/4 c. whole grain = 9 1/4 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.

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

“Simply Ready”

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. Stir to 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. If bread seems to be browning too quickly, reduce heat to 325.

MUFFINS

Applesauce Oat Muffin

(Made Simple)

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		

In a bowl, combine the dry ingredients. In a separate bowl, combine all the wet ingredients. 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

(Stone Ground Flour)

¾ c. WW Flour	½ c. White 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	

Preheat oven to 425°. 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 together dry ingredients, then add to wet and stir just until evenly moistened. Fill greased muffin tins ¾ full. Bake 20-25 minutes. 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

(Gifts in a Jar)

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		

Layer in quart jar. **To Make:** Combine 2 eggs, 1 1/2 c. water and 1/4 c. oil, add dry ingredients. 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

“Cookin’ w/ Home Storage”

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 and stir well 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.

Multi-Grain Muffins

(Cookies for Dinner By Faye Packer Reeves)

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 all flours, soda and salt together. Mix together: water, honey and oil. Add dry ingredients all at once. 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.

Artisan Bread No-Knead-Slow Rise

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-slow rise

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.

Artisan Bread Master Recipe No Knead

Quick Rise

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.

Honey Whole Wheat No-knead Bread-Quick Rise

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 1/2 to 3/4 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

Quick Rise Method-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 refrigerator 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

Quick Rise Method-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. Top with sauce/tomatoes, spices, toppings and cheese. Bake 8-10 minutes.

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 ½-¾" 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.

Oatmeal Bread

Quick Rise Method-3 loaves

2 ¾ c. lukewarm water	¼ c. powdered milk, reg.	1 ½ T. yeast
1/2 c. pure maple syrup	1 t. salt	¼ c. vegetable oil
½ c. oat bran	1/3 c. wheat bran	1 ½ c. rolled oats
2 ¼ c. Whole Wheat flour	2 ½ c. unbleached flour	

Mix: water, maple syrup, yeast, powdered milk, oil and salt in 5 qt container. Mix in dry ingredients with hand or wooden spoon until flour is just incorporated. Cover, rest 2 hours until doubled. Refrigerate (1-8 days); or form into 1 ½ lb. loafs. Grease 9x4" pans: Dust dough with flour, form into balls by tucking under ends and place in pans. Let rest 1-3 hours, until dough is warm and doubled. Preheat oven and water pan to 350° for 20 minutes. Put bread pans on shelf, pour 1 c. hot water into water pan on lower shelf, close door. Bake 45-50 minutes until browned and firm. Allow to cool before slicing or eating.

KNEADED BREADS

Awesome Whole Wheat Bread

Eatwheat.com

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 into 2 even halves. Press each half into a greased and floured loaf pan until dough is even and flat. Cover, 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.

Buttermilk Multi-Grain Bread

“Cookin w/ Chef Brad”

2 c. buttermilk, warm (110 deg)	2 c. white wheat flour	1/4 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 1/2 the flour. Mix adding enough remain 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)

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

Mix well: potatoes, butter and honey. Add milk, 1 c. water and eggs. Dissolve yeast in 1/2 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°.

Crunchy French Bread

“Wheat Cookin’ Made Easy”

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 together 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 the rest of the flour and knead with dough hook for 10 minutes or 15 by hand.

Shape into 2 small or one large loaf 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.

Hamburger or Hot Dog Buns

“Simply Ready”

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 well floured board and roll out dough fairly thick and cut with a large jar ring or cut and shape for hot dogs. Rise for 10 min: bake for 10 minutes at 375-400°.

Lemony Fennelly Bread

“Cookin w/ Chef Brad”

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, adding enough remaining flour until dough cleans sides of bowl. Knead 6 minutes until smooth. Remove from bowl and divided into 3 loaves. Form loaves for pans. Place in greased pans. Let rise until double. Preheat oven to 400, drop temperature to 325° and bake 20-25 minutes.

Mountain Man’s Tough Times Basic Bread

2 (8 X4 INCH) LOAVES

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.

Oatmeal Bread

“Simply Ready”

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; grease top; 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.

Pumpernickel Bread

(Made Simple)

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

Cornmeal

In a bowl, soften the yeast in the warm water and molasses for 5 minutes. Add all the 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

“Simply Ready”

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 stir 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

“Wheat Cookin’ Made Easy”

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. Add yeast and remaining 2 c. flour. Knead for 10 minutes. Form 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.

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 degrees) until just over the tops of the pans (about 15-20 minutes). Bake at 350° for 35 min.

Whole Wheat Bread

Makes 2 Loaves

1/3 c. oil	1/4 c. vital wheat gluten	1/3 c. honey or 1/2 c sugar
1T.+1 1/2t. dough enhancer	2 1/4 t. salt	1 1/4 T. instant yeast
2 3/4 c. steaming hot tap water (120-130°)		7-8 c. whole wheat flour

Mix together oil, honey/sugar, salt and water with a dough hook or by hand Add 4 c. of flour and beat, until smooth. Add in 1-2 more c. of flour, gluten, dough enhancer and yeast. Beat again. Add remaining flour just until dough pulls away from the sides of the bowl. Knead 6-10 minutes on medium-high speed. *If you do not have a mixer with a dough hook and 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 minutes before shaping dough into loaves.*

Pre-heat oven for 1 minute to LUKE WARM and turn off. Spray or oil pans. Put dough out onto oiled counter, divide and shape into loaves and put into pans. Let loaves rise 25 minutes 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 Bread Bowl

“Cookin w/ Chef Brad”

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. while flour		

Mix thoroughly with 1/2 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	½ c. warm water (110 degrees)
¾ c. very hot water	¼ c. honey
1 ¼ c. cold buttermilk	5 ½ c. whole wheat flour
2 T butter or oil	

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

(Mix-a-Meal)

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

(Stone Ground Flour)

Put in bread maker in order: Follow machine instructions, cook on Whole Wheat cycle if offered.

	<u>1 LB Loaf</u>	<u>1-1/2 lb Loaf</u>
warm water (75-80°)	¾ c	1-1/4
oil	4 t.	2 T.
honey	4 t.	2 T.
WW flour	2 c.	2-3/4 c.
oats	1/3 c.	1/2 c.
dry milk	3 T.	1/4 c.
salt	1 t.	1-1/2 t.
yeast	2 t.	1 T.
gluten	2 T.	3 T.

Sourdough Wheat Bread- Breadmaker

“Wheat Cookin’ Made Easy”

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

Add ingredients to your machine, following the manufacturer’s directions. Use the whole grain cycle if available on your machine. If not, select the white bread cycle. This makes 1 ½ pound loaf.

Sourdough Pancakes

“Wheat Cookin’ Made Easy”

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

Mix starter, egg, butter and milk. Beat well. Add remaining ingredients and mix well. Thicken with flour if needed. Fry on a lightly greased griddle.

Sourdough Bread- Breadmaker

(Basic Setting for timer)

All ingredients at Room Temperature:

1 ¼ c. starter	4 c. bread flour	¾ c. warm water
3 T. sugar	1 ¾ t. salt	2 t. dry yeast

Measure all ingredients into bread pan in the order listed above beginning with the column on the left. Select Basic setting. Select crust setting if other than medium. Press the Start/Stop button to begin the bread making process.

Sourdough Raisin Bread

“Wheat Cookin’ Made Easy”

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 starter, 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		

In bowl with sponge, add remaining ingredients, adding only half the flour called for. Begin mixing, adding flour until dough cleans sides of bowl. Knead for 6 minutes. Divide into loaves and let rise in loaf pans, sprayed with nonstick pan spray, 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

“Wheat Cookin’ Made Easy”

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 followed by dry. (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.

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 9×5 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

“Simply Ready”

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. Fill 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 loaves

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.

Whe-wa-sa Bread

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

The Starter- Start with approximately $\frac{1}{4}$ cup whole-wheat flour (from red or white HARD wheat) and a little more than $\frac{1}{4}$ 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 $\frac{1}{4}$ th 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 $\frac{1}{4}$ 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 $1\frac{1}{2}$ 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.

SREADS

Almond, Bacon and Cheese Spread

astray.com

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

recipesource.com

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

Better Butter

recipesource.com

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

cooks.com

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. Serve with any kind of casserole, salad, steak, etc.

Fruit Butter

(Cookin' with Home Storage)

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. Great at spread on toast or pancakes or muffins.

Garlic and Herb Spread

recipesource.com

½ lb Firm tofu 1 Garlic clove, pressed 2 t. Soy sauce
1/4 t. Dried basil 1/4 t. Dried oregano 1/4 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

Debbie Kent

1/2 c. butter, softened

1/2 c. honey

Blend together until smooth. Store in the refrigerator. Makes 1 cup.

Honey Nut Butter

cooks.com

1/2 c. butter, room temperature

2 tbsp. honey

1/4 tsp. cinnamon

1/4 c. chopped pecans

Mix and serve with nut breads, croissants or biscuits. (Good on pancakes or waffles, too.)

Horseradish Spread

cooks.com

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 serve on small sliced pumpernickel bread or crackers.

Instant Apricot Butter

recipesource.com

In blender, combine equal parts of dried apricots with water. Process till smooth.

Instant Prune Spread

Recipesource.com

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

cooks.com

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 or Bar-B-Que Bread. Broil until golden on an ungreased baking sheet. May be stored in covered container up to 1 month. Makes about 3/4 cup.

Nutbread Spread

cooks.com

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

recipesource.com

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

cooks.com

1/2 c. butter

1/4 c. orange marmalade

1/2 tsp. nutmeg

Mix and serve with nut breads, croissants or biscuits.