



Dumbarton United Methodist Church

Seasonings of the Spirit

Breads

Buttermilk Biscuits

Homemade Biscuit Mix

Herb Toast

Mountain Cornbread

Poppy Seed Coffee Cake

Quick and Easy Coffee Cake

Sour Cream Coffee Cake

Blueberry Muffins

Bran Muffins

Refrigerator Bran Muffins

Oatmeal Muffins

Beer Pancakes

Luchow's German

Pancakes

Yogurt Pancakes

Popovers

Yorkshire Pudding

Crescent Caramel Swirl

Apricot Almond Bread

Fiesta Banana Bread

Carrot Walnut Bread

Cranberry Bread

New England Tea Bread

Date Bread

Orange Oatmeal

Date Bread

Lemon Nut Bread

Zucchini Bread

Bannocks

Cheese Bread

Dilly Bread

Bread

Whole Wheat Bread

Longevity Farm Bread

No-Knead Maple

Wheat Bread

Boston Brown Bread

Russian Black Bread

Swedish Rye Bread

Zucchini Cracked

Wheat Bread

Refrigerator Yeast Rolls

Butterhorn Rolls

Royal Rye Rolls

Middle Eastern Bread

Roti

Glazed Raisin Loaf Bread

Cinnamon Rolls

Italian Easter Bread

Pluckit Bread

Saffron Baba

St. Lucia Buns

Sourdough Waffles

Sourdough Banana Bread

BUTTERMILK BISCUITS

Betty Lou Winslow

2 c. flour
½ tsp. salt
3 tsp. baking powder
1 c. buttermilk
¼ tsp. baking soda
6 T. shortening

Sift flour before measuring. Add salt, soda and baking powder, and sift into mixing bowl. Add shortening, and cut in until mixture is mealy. Add buttermilk, and stir until all flour is moistened. Put about 1 heaping tablespoon of flour on bread board and turn dough onto it. Knead lightly three or four turns. Roll to desired thickness (about ½ inch). Cut into biscuits.

Melt enough shortening in baking pan to cover bottom well. Dip each biscuit in melted shortening and place greased side up in pan. Bake 10 to 12 minutes, or until as brown as desired, in 500° F. preheated oven.

Biscuits cook better in shiny, shallow pans. Aluminum foil pans are good, and extra pans may be frozen before cooking for future use. When cooking frozen biscuits, place in cold oven and turn heat to 500° F. Good made with whole wheat flour.

HOMEMADE BISCUIT MIX

Carolyn McIntyre

--This is for use with buttermilk!--

8 c. flour
a c. sugar
4 tsp. salt
2 tsp. baking soda
¾ c. shortening
2½ T. baking powder

Mix well dry ingredients. Add shortening and blend in with pastry blender. Store in tightly sealed container. Ready to use as other biscuit mix, but must use buttermilk (sour milk) as the liquid instead of regular milk. Good for pancakes, waffles, biscuits, coffee cakes, cobblers, etc.

HERB TOAST

Kathie Hepler

--Good with soup--

Remove crusts from thin sliced bread (use crusts to make bread crumbs). Put slices of bread on a cookie sheet and bake slowly at 225° F. for about 20 to 30 minutes until hard and golden.

Remove from oven. Spread with softened or melted butter. Sprinkle with finely ground Fines Herbes.

(QUICK) BOSTON BROWN BREAD

Carolyn McIntyre

--Great with baked beans!--

2 c. whole wheat flour

2 tsp. baking soda

2 c. flour

2 c. buttermilk

1/2 c. molasses

3 T. salad oil

1 tsp. salt

1 c. raisins

Mix together. Bake in greased pans - 1 large loaf and 1 small loaf. Bake at 375° F. for 35 to 45 minutes. Double this recipe and make 3 large loaves.

MOUNTAIN CORNBREAD

Elaine Friebele

2 T. bacon fat

about 1/2 c. milk

1 c. cornmeal

1 egg

1/8 c. flour

2 tsp. baking powder

1/2 tsp. salt

Melt fat in 8- or 9-inch iron skillet on top of stove or in oven. Mix dry ingredients; add egg and enough milk to make fairly soft batter. Bake in the skillet in 400° F. oven for 25 minutes.

POPPY SEED COFFEE CAKE

Lynn Walker

2 c. poppy seed
2 ½ c. sifted flour
1 c. buttermilk
2 tsp. baking powder
1 c. butter
1 tsp. baking soda
1½ c. sugar
1 tsp. salt
4 eggs
1 tsp. vanilla

Soak poppy seed in buttermilk overnight. Next day, cream butter and sugar together until fluffy. Add eggs one at a time, beating after each addition. Sift dry ingredients together. Add vanilla to poppy-milk mixture. Add liquid and dry ingredients alternately to butter-sugar mixture. Mix well after each addition.

Prepare 3 small or 2 large loaf pans (grease and line with foil). Distribute batter among the pans. Bake at 350° F. for 1 hour, or until toothpick comes out clean. Cool in pan overnight, until completely cool. Turn out of pan.

QUICK AND EASY COFFEE CAKE

Anale Yarbrough

Sift together in large mixing bowl:

1 c. flour
½ c. sugar
¼ tsp. salt
3 tsp. baking powder
1 tsp. cinnamon

Add:

½ c. milk
1 egg
4 tsp. melted butter

Pour into greased and floured cake pan. Put cinnamon and sugar on top of batter and dot with butter. Bake for 12 minutes at 400° F. Biggest hit when served warm. It is easy to double this recipe and take one panful to a neighbor!

SOUR CREAM COFFEE CAKE

Jeff Hoover

¼ lb. butter or margarine
1 c. sugar
2 eggs
2 c. flour
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 c. sour cream
1 tsp. vanilla

Topping:
2 c. brown sugar
¼ c. white sugar
1 to 2 tsp. cinnamon
¼ - ½ c. chopped nuts

Cream butter and sugar, add eggs and beat. Add vanilla. Add dry ingredients alternately with sour cream. Put ½ batter into greased angel food cake pan, sprinkle with ½ of the topping. Repeat. Twist a knife through batter once or twice to swirl topping. Bake at 350° F. for 40 to 50 minutes.

BLUEBERRY MUFFINS

Mittie Quinn

--If you're on a diet, don't try these!!--

½ c. butter
2 c. flour
1¼ c. sugar
2 eggs (preferably fresh)

2 tsp. baking powder
½ tsp. salt
2½ c. blueberries
½ c. milk

Cream butter and sugar in mixer until light and fluffy. Add eggs one at a time and mix until well blended. Sift dry ingredients. Add alternately with milk. Add berries and stir lightly, trying not to crush them as you don't want purple muffins. Put muffin papers into muffin tins and ladle batter into tins. Bake for 25 to 30 minutes in 375° F. oven. Makes about 2 dozen.

BEST BRAN MUFFINS

Ann McMarlin

--A favorite at coffee hours--

2 c. buttermilk
1 egg
2 T. oil
½ c. honey
1 tsp. baking powder

2 c. whole wheat flour
1½ c. wheat bran
1 c. chopped nuts
1 tsp. baking soda

Preheat oven to 350° F. Combine buttermilk, egg, oil, and honey. Stir together flour, bran, nuts, baking soda, and baking powder. Add liquid ingredients. Pour into oiled muffin cups or muffin papers. Bake 15 to 17 minutes. Makes about 20 muffins. *Variations: Instead of 1 c. nuts, use 1 c. raisins, 1 mashed banana, ½ c. peanut butter or ½ c. chopped dates.

REFRIGERATOR BRAN MUFFINS

Mary McPherson

2 c. boiling water
4 eggs, beaten
6 c. All Bran*
1 quart buttermilk
2½ c. sugar*
5 c. flour
1 c. shortening
5 tsp. soda
1 tsp. salt

Pour boiling water over 2 c. All Bran. Cream together sugar and shortening; add eggs. Add buttermilk, alternating with remaining All Bran* and other dry ingredients. Add All Bran and water mixture.

Batter will keep in refrigerator for 3 to 4 weeks. To bake, place ¼ c. batter in each muffin cup and bake at 375° F. for 20 minutes.

* 4 c. uncooked oatmeal may be substituted for 4 c. of the All Bran; with oats, use 3 c. brown sugar and add the oats with the other dry ingredients.

OATMEAL MUFFINS

Nancy Eddy

1 c. quick oats
1 c. flour
1 c. buttermilk
¼ tsp. soda
a c. oil
1 tsp. baking powder
1 egg
1 tsp. salt
½ c. brown sugar

Mix buttermilk and oats and let stand ½ hour. Sift together flour, soda, salt and baking powder. Stir the egg, oil and brown sugar into the milk and oats mixture. Add the sifted ingredients. Bake 20 to 25 minutes at 425° F. Makes 12 muffins.

BEER PANCAKES

Rochelle Applewhite

1½ c. sifted flour
3 T. butter, melted
1 tsp. baking powder
1 12-oz. can good beer
1 tsp. salt
butter
3 eggs, slightly beaten

Sift flour, baking powder and salt into a large bowl. Using a wooden spoon, gradually stir in beer and 1-¼ c. water. Beat with rotary beater until smooth. Add eggs and melted butter. Let batter stand 10 minutes.

Grease skillet lightly with butter. For 5-inch pancakes use ¼ c. batter; for 8-inch pancakes, use ⅓ c. batter. Cook until bubbles form on surface and edges become dry. Turn over, cook 2 minutes more. Makes 18 to 20, 5-inch, or 10 to 12, 8-inch pancakes. Serve with thick spicy wurst. Use butter but not syrup.

LUCHOW'S GERMAN PANCAKES

Joe Friebele

6 eggs
½ lb. margarine
1½ c. sifted flour
cinnamon
¼ tsp. salt
powdered sugar
1 T. sugar
juice of 1 lemon
2 c. milk huckleberry jam

Beat eggs lightly, add salt, sugar and then milk. Beat 5 minutes. Batter should be thin and smooth. Melt enough butter in a 10 to 12 inch skillet to coat bottom and sides. When hot, pour ½ c. batter, turn and slant pan to make batter form a large thin pancake. Cook until bubbly, turn, cook on other side. Slip onto warm plate. Squeeze lemon juice on, then powdered sugar and cinnamon. Roll up and use more sugar and cinnamon. Top with jam.

YOGURT PANCAKES

Lynn Walker

1 c. plain yogurt	1 T. sugar
2 egg yolks	1 tsp. baking soda
2 egg whites, beaten	½ tsp. salt
¾ c. flour	½ c. melted butter

Combine yogurt and yolks in a bowl. Beat. Stir in dry ingredients. Mix in butter and fold in egg whites. Fry on griddle, preheated and oiled.

POPOVERS

Maria Hibdon

1 c. milk	1 c. flour
2 eggs	½ tsp. salt
6 cold greased custard cups or muffin tins	

Put all ingredients in mixing bowl. Stir with a spoon until what's dry becomes moist. Disregard lumps. Pour into cups or tins, half full. Place in cold oven. Set the oven at 450° F. and timer for 30 minutes. Don't peek, serve right out of the oven!!

YORKSHIRE PUDDING

Ann Stevens

--In England this is traditionally served as an accompaniment to roast beef and is similar to our familiar popovers--

1 c. plain flour
2 eggs
¼+ tsp. salt
about 1-¼ c. milk

Preheat oven to 450° F. Put dry ingredients in a basin and make a well in the center. Break the eggs into the well and start stirring from the center, gradually working in the flour and adding half the milk. Beat very thoroughly and then add the rest of the milk to make a thin batter.

ALTERNATIVE METHOD: Put all the ingredients in the goblet of the electric blender and process at high speed for one minute.

The pudding can be cooked in one large pan, a shallow pan about 8x10-inch, or in large patty tins. Put 2 T. drippings or fat in the tin and put in the oven to get really hot. Pour in the batter and put the tin near the top of the oven; Bake until risen and brown from 30 to 45 minutes. The cooking time can be varied to give a soft inside or one crisp all through. Serves 4 to 6.

CRESCENT CARAMEL SWIRL (sweet roll)

Lois Merrill

½ c. butter or margarine
2 T. water
½ c. chopped nuts
2 cans refrigerator crescent dinner rolls
1 c. brown sugar

Preheat oven to 375° F. (350° F. for colored fluted tube pan). In small saucepan, melt butter. Coat bottom and sides of a 12 c. fluted tube pan with 2 T. of the melted butter; sprinkle pan with 3 T. of nuts. Add remaining nuts, brown sugar and water to butter in pan; heat sauce to boiling, stirring occasionally.

Remove crescents from cans in rolled sections; DO NOT unroll. Cut each section into 4 slices. Arrange 8 slices in prepared pan, separating each pinwheel to allow sauce to penetrate. Spoon half the caramel sauce over dough. Repeat with remaining dough, topping slices in pan; pour remaining caramel sauce over dough. Bake 25 to 35 minutes, or until deep golden brown. Cool 3 minutes; turn onto serving platter or waxed paper. Makes one 10-inch coffee cake.

APRICOT ALMOND BREAD

Sally Shortt

1½ c. dried apricots, coarsely chopped
2 T. margarine
1 c. sugar
1 tsp. baking soda
1 tsp. salt
1 c. almonds, chopped
1½ c. white flour
1 egg, well beaten
1 c. whole wheat flour
1 tsp. orange extract

Pour 1½ c. boiling water over apricots in a bowl. Add margarine, sugar and salt; let cool to lukewarm. Stir in remaining ingredients. Mix well. Spoon into buttered loaf pan. Bake in preheated oven at 350° F. for 1-¼ hour. Remove from pan and cool on a rack.

FIESTA BANANA BREAD

Betty Lou Winslow

½ c. butter or shortening
½ c. buttermilk
2 c. flour
1 tsp. vanilla
1 tsp. soda
2 eggs, unbeaten
1 tsp. baking powder
1 c. mashed bananas
¾ tsp. salt
½ c. chopped nuts
1 a c. sugar

Put shortening into bowl. Measure dry ingredients into sifter. Sift ingredients into shortening in bowl. Combine buttermilk and vanilla. Add ¼ c. of milk mixture and mashed bananas. Mix until all flour is dampened. Beat 2 minutes, or 300 strokes. Add eggs, nuts and remaining milk. Beat 1 minute longer, or 150 strokes. Pour into 2 small loaf pans which have been lined with waxed paper. Bake in preheated 375° F. oven for 30 to 35 minutes. Let cool in pans for 10 to 15 minutes, then turn out of pans to finish cooling and remove waxed paper carefully.

CARROT WALNUT BREAD

Suzanne Gell

2 c. vegetable oil
3 c. flour
1½ c. sugar
3 tsp. baking soda
4 eggs
3 tsp. cinnamon
2 tsp. vanilla
1 tsp. salt
3 c. grated carrots (6 large)
3 c. ground walnuts

Grease and flour two loaf pans. Combine oil, sugar, eggs and vanilla. Sift flour, soda, cinnamon and salt, add to sugar mixture; stir in carrots and walnuts. Mix until just blended. Turn into pans. Bake for 1 hour in 350° F. oven. Cool 10 minutes, turn onto rack. Cool completely and glaze with Lemon Glaze.

Lemon Glaze: Combine 1 c. confectioners` sugar, 2 tsp. grated lemon rind and 2 T. lemon juice. Stir until smooth. Drizzle over top and sides of bread.

CRANBERRY BREAD

Karen Leggett-Abouraya

-- This is a tradition in the Leggett family. My mother makes it every year starting right after Thanksgiving and gives loaves to friends throughout the holidays. My father always cut the cranberries. Now Tharwat gets that task!!--

4 c. sifted bread flour
4 T. melted shortening
3 tsp. baking powder
2 beaten eggs
1 tsp. salt
1 c. orange juice
1 tsp. baking soda
4 T. hot water
2 c. sugar
1 c. chopped nuts
2 c. halved cranberries (cut in half crosswise)
grated rind of 2 oranges

Sift dry ingredients together. Add eggs, shortening, juice and water. Combine JUST until moist. Fold in nuts, berries, and orange rind. Pour into 2 loaf pans. Bake 1 hour at 275° F. Refrigerate after cooling.

NEW ENGLAND TEA BREAD

Suzanne Gell

3 c. cranberries
1 tsp. baking soda
2½ c. sugar
1 tsp. mace
5 c. flour
½ c. shortening
4 tsp. baking powder
2 eggs
2 tsp. salt
1 c. milk

Chop cranberries coarsely and combine with 1½ c. of sugar. Sift flour, remaining sugar, baking powder, salt, soda and mace in bowl. Cut in shortening until crumbly. Stir egg and milk into cranberry mixture, then add all at once to flour mixture, stirring lightly until evenly moist. Spoon into prepared loaf pans. Bake for 1 hour at 350° F. Allow to ripen 24 hours before slicing. Makes 2 loaves.

DATE BREAD

Dorothy Bagby

--"Almost infallible"!--

1 c. dates, chopped	1½ c. flour
1 c. boiling water	1 tsp. baking powder
1 tsp. soda	¼ tsp. salt
1 c. sugar	1 c. nuts, broken
1 egg	1 tsp. vanilla
1 T. shortening	

Steam chopped dates in boiling water to which soda has been added. Let stand covered ½ hour. Cream sugar, egg and shortening. Add dates and liquid, and flour, baking powder, and salt which have been sifted together. Add nuts and vanilla. Bake 1 hour at 325° F. in loaf pan.

ORANGE OATMEAL DATE BREAD

Suzanne Gell

2 beaten eggs
1 a c. water
2 6-oz. cans frozen orange juice concentrate, thawed
2 17-oz. pkg. date bread mix
1½ c. quick-cooking oats
1½ c. sifted powdered sugar

In a large mixing bowl, combine egg, water and 1 c. of the orange juice concentrate. Add bread mix and rolled oats. Stir just until dry ingredients are moistened. Pour into two loaf pans. Bake for 60 to 65 minutes in a 350° F. oven. Cool in pan for 10 minutes, remove from pan to rack. Cool. Combine powdered sugar with enough of remaining concentrate to make pourable; drizzle over bread.

LEMON NUT BREAD

Sally Shortt

1 c. sugar	5 T. margarine
2 eggs	1½ c. flour
1 tsp. salt	1 tsp. baking powder
¾ c. sour cream	
2½ T. milk	Glaze: juice of 1 lemon
¾ c. walnuts, coarsely chopped	½ c. sugar

Beat sugar and margarine together. Add eggs, mixing until just combined. Stir in flour sifted with salt and baking powder. Add sour cream, milk and nuts. Bake in greased loaf pan at 350 F. for about 55 minutes. Transfer to rack for 5 to 10 minutes. Return loaf to pan and spoon glaze over hot bread. Cool in pan.

Hint: If using glass loaf pans, the oven should be 25° F. cooler than when baking bread in metal pans. If bread tops are browning too fast, cover loosely with aluminum foil for the rest of the baking time.

ZUCCHINI BREAD

Mittie Quinn

3 eggs	1-¼ tsp. salt
2 c. sugar	3 tsp. vanilla
1 c. oil	2 c. grated zucchini
3 c. flour	1 tsp. baking powder
3 tsp. cinnamon	1 c. nuts

Combine all ingredients and mix well. Pour into 2 ungreased loaf tins. Bake at 350° F. for 45 to 60 minutes. Remove from pan and cool.

ZUCCHINI BREAD

2 c. sugar	2 eggs
3 c. brown flour	1 c. oil
1 tsp. salt	2 tsp. vanilla
1 tsp. cinnamon	2 c. shredded raw zucchini
1 tsp. soda	1 c. raisins
¼ tsp. baking powder	½ c. nuts

Combine sugar, flour, salt, cinnamon, soda and baking powder. Mix. Add eggs, oil, vanilla, zucchini and mix well. Add nuts and raisins and blend again. Pour into 2 greased and floured loaf pans. Bake 60 minutes at 350° F. Remove from pan and cool.

BANNOCKS

Walter Wells

--Oatmeal Cakes--

For two 9-inch circular pans:

$\frac{3}{4}$ c. milk, scalded

$\frac{1}{2}$ c. honey

2 eggs, beaten

1 tsp. salt

$1\frac{1}{2}$ c. oatmeal

2 pkg. yeast

2 c. white flour

$\frac{3}{4}$ stick margarine or butter

2 c. whole wheat flour

$\frac{3}{4}$ c. warm water

$\frac{3}{4}$ c. currants

Scald milk and allow to cool. While cooling, add honey, salt and margarine. Last should melt. While this is cooling, put the warm water into large warmed bowl. Add yeast, stir until dissolved. Add milk mixture, cooled to lukewarm, beaten egg, oatmeal and about half the flour. Beat with heavy spoon until smooth.

Turn out onto floured board. Work in rest of flour and knead about five minutes until dough is smooth and elastic. Then place dough in warmed, greased bowl. Turn dough over once to cover with grease. Cover bowl and set in warm place to rise until doubled in bulk, about 45 minutes. Punch down and knead in currants so that they are evenly distributed in dough. Divide dough into two equal pieces and flatten each piece out in the greased 9-inch pans. Cut into 12 wedges with sharp knife, cover with damp cloth and let rise another half hour.

Heat oven to 375° F., allow to bake in oven for 20 minutes. Remove from oven and pans and allow to cool on wire rack. If not eaten right away double wrap in plastic bags and place in freezer after bannocks have cooled to room temperature.

CHEESE BREAD

Betty Lou Winslow

2 pkg. yeast	½ c. warm water
1½ c. cold water	9 c. flour
3 T. butter	3 T. sugar
1½ c. milk	3 tsp. salt
1 lb. extra sharp Cheddar cheese, grated	6 slices crumbled bacon

Sprinkle yeast into warm water and stir until dissolved. Drop butter into milk and scald. In a huge bowl, combine milk, cold water and yeast. Sift flour and measure. Sift 3 c. flour, sugar and salt into yeast mixture. Beat until smooth. Add cheese and bacon and remaining flour. Mix well. Turn out on floured board and knead 10 minutes. Place in greased bowl and let rise until double in bulk. Punch down and place on floured board again. Knead 1 minute or until smooth. Cut in 3 portions. Put in baking pans and let rise again until doubled. Bake 1 hour at 375° F. Remove and butter crust. Makes 3 nice loaves. Freezes well. Wonderful toasted.

DILLY BREAD

½ c. water
4 tsp. dill seed
2 c. cottage cheese
2 tsp. salt
2 pkg. yeast
½ tsp. baking soda
4 T. sugar or honey
2 eggs, beaten
2 tsp. minced onion
5 to 5½ c. flour
2 T. butter or margarine

Heat water and cottage cheese to lukewarm. Pour into a large mixing bowl and sprinkle yeast on top. Let set a few minutes and then add and stir in remaining ingredients (add flour ½ c. at a time until a stiff dough is formed). Mix well. You may have to use your hands. Cover and let rise until double in bulk. Stir down and divide into 2 greased loaf pans. Let rise again. Bake at 350° F. for 40 to 50 minutes. Brush crusts with butter when you take loaves out of pans.

BREAD

Walter Wells

<u>Item</u>	<u>5 loaves</u>	<u>2 loaves</u>
water, warm	7½ to 8 c.	3½ c.
honey	½ c.	¼ c.
salt	5 tsp.	2 tsp.
yeast	3 pkg.	1½ pkg.
flour, white, unbleached	10 to 13 cups	4 to 6 cups
flour, whole wheat	13 to 10 cups	6 to 4 cups
flour, soy	2 c.	1 c.
wheat germ	1 handful	1 small handful
corn oil	½ c.	¼ c.
milk powder, skim	2 c.	1 c.
strength	A goodly portion	
love	A goodly portion	

Mix all ingredients in a bread pail or other large vessel. Sequence doesn't matter except last two items should be added continually. Enough flour should be added so that dough ceases to be sticky. Knead, punch, stir, and generally belabor the dough for about 10 minutes- 200 turns of the bread pail handle does real fine.

Cover dough and allow to rise in a warm place, like set in a washtub full of water at about bath temperature, for an hour. Knock dough down, knead for a few moments and allow to rise for one-half hour more. 011 5x9-inch bread pans.

Remove dough from bread pail and place on floured surface, knock down and divide into equal loaves. A small scale is helpful to assure equal size loaves. Set loaves in pans, cover with damp cloth and allow to rise another half hour. Preheat oven to 350° F.

Dust tops of loaves with flour (for looks) and set in 350° F. oven for 15 minutes. Reduce oven setting to 325° F. and allow loaves to bake for 30 minutes more. Remove loaves from oven and from pans and set on wire rack to cool. Total time required is about 3½ hours.

When thoroughly cool, loaves may be placed in plastic bags and put in freezer where they will stay fresh for about a month. If kept out of the freezer, this bread lasts no time at all. Everybody eats it! Treat yourself and your friends to some while it is still warm!!

HIGH PROTEIN WHOLE WHEAT BREAD

Karen Leggett-Abouraya

2 pkg. dry yeast	6 c. dry milk powder
½ c. warm water	2 c. soy flour
1 tsp. sugar	3 T. wheat germ
1 c. water	3 c. whole wheat flour
1 c. milk	3 c. white flour
3 T. sugar	
2 T. margarine	
1 T. salt	

Dissolve yeast and 1 tsp. sugar in warm water. Warm next 5 ingredients in saucepan to 130° F. Pour this into a large mixer bowl. Add yeast mixture, milk powder, soy flour, wheat germ, 1½ c. wheat flour and 1 c. white flour. Beat at medium speed for 3 minutes. By hand stir in the rest of the whole wheat flour and 1 c. white flour. (For lighter bread you may use 1½ c. white flour instead of whole wheat).

Turn out onto floured board and knead 10 minutes using remaining white flour. Let rise until doubled. Punch down and knead briefly. Let rest 10 minutes. Divide dough and place in two 9x5-inch greased loaf pans. Let rise until almost doubled. Brush with beaten egg and sprinkle with sesame seeds. Bake at 375° F. for 35 minutes.

LONGEVITY FARM BREAD

Donna Argenbright

4 c. old fashioned oatmeal	4 T. oil (safflower or corn)
½ c. wheat germ	5 c. boiling water
¾ c. honey	4 pkg. dry yeast
¾ c. dark molasses	1 c. lukewarm water
3 scant T. salt	6 c. whole wheat flour
	6 to 8 c. unbleached white flour

Combine the oatmeal, wheat germ, honey, molasses, salt and oil in a very large bowl or kettle. Pour the boiling water over it, and let cool until lukewarm. Dissolve the yeast in the cup of lukewarm water and add to the oatmeal mixture. Add flours until dough holds together. Put out onto floured surface and continue to work in flour until dough is no longer sticky. KNEAD thoroughly. Cover with a clean dish towel and set in a warm, draft-free place to rise until double in bulk. Punch down. Knead entire mass.

FOR BREAD LOAF PANS: Divide and shape into 4 loaves. Put in greased bread pans. Allow to double in bulk again. Bake in preheated (350° F.) oven for about 50 minutes.

FOR 1 LB. COFFEE CAN LOAVES: Divide and shape into 8 round loaves. Put into VERY WELL greased coffee cans. Let rise til above the top of the can. Bake at 325° F. for about 25 minutes.

Remove from pans and cans about 10 minutes after removing from oven. When thoroughly cool store in air tight plastic bags. Freeze for long storage.

I recommend the baking in the coffee cans. This bread is so good that my nine year old son asks to take it to school to share with his friends who all love it.

NO-KNEAD MAPLE WHEAT BREAD

Jackie Mayers

2½ c. white flour

1 tsp. salt

2 pkg. dry yeast

1 tsp. cinnamon

1¼ c. water

¾ c. maple syrup

¼ c. cooking oil

2 eggs

2½ to 3 c. whole wheat flour

Combine dry ingredients in a large bowl. Heat water, maple syrup and oil in saucepan until very warm (120 to 130° F.). Add this and eggs to the flour mixture. Blend on low speed. Then beat 2 minutes at medium speed. Stir in whole wheat flour. Cover dough and let rise in warm place until doubled in size. (45 to 60 minutes)

Punch down. Toss on floured board until no longer sticky. Shape into loaves and place in 2 greased loaf pans. Brush with 1 T. melted margarine. Cover and let rise again until doubled (35 to 40 minutes).

Bake at 375° F. for 25 to 35 minutes until brown. Loaf should sound hollow when lightly tapped. Remove from pans immediately and cool on rack.

RUSSIAN BLACK BREAD

Lyn Jenks Newberry

4 c. rye flour	3 c. flour
1 tsp. sugar	2 pkg. yeast
2 tsp. salt	water
2 c. bran cereal	¼ c. vinegar
2 T. caraway seed	¼ c. molasses
2 tsp. onion powder	1 square unsweetened chocolate
½ tsp. fennel seed	1 tsp. cornstarch
¼ c. butter	
2 tsp. instant coffee powder	

Combine flours. In large bowl stir 2½ c. of the flours, sugar, salt, cereal, caraway, onion powder, fennel, yeast. In saucepan, combine 2½ c. water, vinegar, molasses, chocolate, butter, coffee. Cook over low heat until very warm. Butter and chocolate need not melt. Gradually add to flour mix and beat 2 minutes at medium speed. Add ½ c. flour or enough to thicken. Beat at high 2 minutes.

Stir in 2 c. flour to make soft dough. Turn out on lightly floured board. Let rest 15 minutes covered. Knead, add remaining flour. Put dough in greased bowl. Cover and let rise until double. Punch down and turn out onto board. Divide in half and shape each half in 5-inch diameter ball. Put each in greased 8-inch layer cake pan. Cover and let rise until double. Bake at 350° F. 45 minutes or until bread sounds hollow when tapped.

Blend cornstarch and ¼ c. water. Cook over medium heat until boils. Then cook 1 minute. Brush on top of loaves. Return bread to oven and bake 2 minutes or until glaze is set. Bread can be baked in regular 9x5x3-inch bread pan.

SWEDISH RYE BREAD

Jody McPherson

-makes 2 loaves-

1 pkg. yeast	1½ c. hot water
¼ c. water	2½ c. medium rye flour
¼ c. light brown sugar	3 T. caraway seed
¼ c. dark molasses	3½ to 4 c. unbleached or bread flour
½ T. salt	cornmeal
2 T. margarine	

Soften yeast in ¼ c. water following package directions on warmth of water. In a big bowl (of an electric mixer, if available), combine the brown sugar, molasses, salt and margarine; add the hot water and stir until sugar dissolves. Cool to lukewarm.

Stir in the rye flour; beat well (here's where the mixer comes in handy). Add the softened yeast and caraway seed; mix well. Reserving some of the unbleached flour for kneading, add enough of the remainder to make a soft dough (this should be done by hand unless you have a dough hook). Cover; let rest 10 minutes. Turn out on a lightly floured surface and knead until smooth and satiny--about 10 minutes. Place dough in a lightly greased bowl, turning dough once to grease the surface. Cover; let rise in a warm place until doubled (about 1½ to 2 hours, or longer).

Punch down. Turn out on a lightly floured surface and divide into 2 portions. Round each piece of dough into a ball. Cover and let rest for 10 minutes. Pat balls of dough into round loaves (2) and place on opposite corners of a greased baking sheet which has been sprinkled with cornmeal. Cover and let rise in a warm place until almost double (about 1½ to 2 hours).

Bake in a moderate oven (375° F.) for 25 to 30 minutes. (Bread is done when loaf sounds hollow when tapped.) Remove from oven; place loaves (removed from baking sheets) onto a wire rack; brush tops with melted margarine (run stick over crust--heat from bread will melt it) and cover with clean towel to make soft crust.

ZUCCHINI CRACKED WHEAT BREAD

Diane Amussen

--This is the loaf to serve when you want bread that is an equal partner in your meal!--

½ c. boiling water	½ c. milk
½ c. cracked or bulgar wheat	3 T. margarine
1 pkg. dry yeast	3 T. brown sugar
¼ c. lukewarm water	1 egg
2 c. coarsely grated zucchini	1 tsp. salt
3½ to 4 c. unbleached flour	

Pour boiling water over cracked wheat or bulgar and set aside. In a large mixing bowl dissolve yeast in lukewarm water for 5 minutes. Press excess liquid from zucchini.

Heat milk with margarine and sugar. When milk is cooled to lukewarm, beat in egg and salt.

Combine this with yeast and stir in 1 c. of flour. Beat well with hand or electric beater, then stir in remaining flour, cracked wheat and zucchini. Turn dough out on a well-floured board and knead for 4 to 5 minutes (dough will be sticky). Place in an oiled bowl, cover and let rise in a warm place for an hour or until doubled in bulk.

Punch down and place in a well greased, 9-inch, round cake pan. Cover again and let rise for ½ hour. Preheat oven to 425° F. and bake for 10 minutes, then reduce heat to 350° F. and continue to bake 40 to 50 minutes, or until golden brown. Cool on a wire rack. Makes 2, 8-inch loaves.

Hints: For a hard crust on bread or rolls, put a pan of boiling water on the bottom of the oven during baking or bake longer at a lower temperature. For a soft crust, brush the top lightly with melted shortening when it's fresh out of the oven.

REFRIGERATOR YEAST ROLLS

Lyn Jenks Newberry

1 c. hot tap water	2 eggs, beaten
1 c. shortening	½ tsp. soda
½ c. sugar	2 tsp. salt
2 pkg. yeast	1 c. cold water
½ tsp. baking powder	6 c. flour

Combine first three ingredients and stir until dissolved. Let cool. Add yeast and cold water. Stir and dissolve. Add remaining ingredients and mix. Place in large bowl in refrigerator. Let rise two hours or so, until double. Punch down thoroughly. Thereafter punch down daily (dough lasts at least 1 week).

To make rolls: Pinch off desired amount. Roll out on a floured board. Cut out rolls. Brush with butter. Stretch roll; fold over. Let rise 1½ to 2 hours until double. Bake at 425° F. for 12 to 15 minutes until browned.

BUTTERHORNS and other Rolls

Jody McPherson

1 pkg. dry yeast	2 c. sugar
½ c. warm water	¾ tsp. salt
½ c. milk, scalded	1 egg, beaten
½ c. butter or margarine	4 c. flour
¼ c. wheat germ, (opt.)	

Sprinkle dry yeast on ½ c. very warm water (105 to 115° F.). Let stand a few minutes, then stir to dissolve. Pour hot milk over butter, sugar, and salt, and stir. Cool to lukewarm. Add dissolved yeast, beaten egg, and half the flour (with the wheat germ stirred into flour, if desired). Beat well. Add enough more flour to make a dough that will not stick to the bowl. Turn out on a floured surface and knead lightly. Put in a greased bowl, turn, cover with a damp cloth, and let rise until doubled (about 1 hour).

Unraised dough may be refrigerated overnight; let stand at room temperature to soften enough to roll.

BUTTERHORNS: Divide raised dough in halves. Roll each half out on floured board to form a circle 12 inches in diameter. Cut each circle into 12 pie-shaped pieces. Roll up from wide end, and put onto greased baking sheets pointed side down. Let rise until doubled (about 30 minutes). Bake in hot oven (400° F.) for 15 minutes.

CLOVERLEAF ROLLS: Cut raised dough into 24 pieces; cut each of these pieces into thirds and roll into balls. Put 3 balls in each of 24 greased 2-¼ inch muffin cups. Let rise until doubled (about 30 minutes). Bake in hot oven (400° F.) for 15 minutes.

PAN ROLLS: Roll out raised dough to ¼-inch thickness. Cut with 2½ to 3-inch round cutter. Make a crease near center of each circle, brush with melted butter, fold larger half over smaller half. Press edges together. Place fairly close together in greased 9x13 inch pan. Let rise until doubled. Bake at 400° F. for 15 minutes.

FANTANS: Divide raised dough in halves. Roll each half into a 9x14-inch rectangle. Cut each rectangle lengthwise in 6 strips. Pile the 6 strips on top of each other. Cut the pile in 1½ inch lengths, making 9 pieces. Place cut side down in buttered muffin tin. Cover and let rise until doubled. Bake at 400° F. for 15 minutes.

CINNAMON ROLLS: Divide raised dough in halves. Roll each half into a 9x14-inch rectangle. Spread with 2 T. melted butter. Sprinkle each half with ¼ c. sugar mixed with 1 tsp. cinnamon. Roll up from long side. Cut each roll into 1-inch slices. Place cut side down in buttered 8-inch square pan. Let rise until doubled. Bake at 325° F. for 20 to 25 minutes. Spread with powdered sugar icing when warm, if desired.

TEA RING: Make a filling of 1 c. walnuts, ½ c. sugar, 1 T. cinnamon by whirling in a blender until finely ground. Set aside. Roll raised dough into a 24x20-inch rectangle. Brush with ¼ c. melted butter; spread walnut filling evenly over surface. Starting at the long side, roll up as for jelly roll; pinch to seal seam. Place on large cookie sheet to form large ring, fitting ends together and sealing. With hands, gently squeeze ring to make it even all around. With sharp knife make crosswise cuts in top of dough just to filling and about 3 inches apart. Brush with 1 slightly beaten egg white and sprinkle with 2 T. sugar. Let rise in warm place until doubled (1 hour). Bake at 350° F. for 25 minutes or until golden.

ROYAL RYE ROLLS

Jody McPherson

2 pkg. yeast	4 c. stirred rye flour
¼ c. water	2 T. caraway seed
½ c. sugar	2 eggs, slightly beaten
3 T. margarine	3 c. unbleached or bread flour
½ T. salt	coarse salt
2 c. milk, scalded	

Soften yeast in water, following package directions for warmth of water. In large bowl, combine sugar, margarine and salt. Add hot milk, stirring to melt margarine. Add rye flour and beat well (with electric mixer if possible). Add softened yeast, eggs, and caraway seeds; mix well. Reserving some bread flour for kneading, add enough for a soft dough. Knead lightly. Place in greased bowl, turning once to grease surface. Cover* and let rise until doubled. Punch down; let rest 10 minutes; shape into 36 oval rolls. Let rise in warm place till doubled (at least an hour). Brush with water; sprinkle with coarse salt. Bake at 375° F. for 20 to 25 minutes.

* Dough may be refrigerated at this point. In that case, remove it from refrigerator 3 hours before serving and proceed as above.

MIDDLE EASTERN BREAD (PRESTO PITA)

Peter Orbeton via Susan Gilpin

5 to 6 c. flour	1 pkg. or 1 T. dry yeast
1 T. sugar	2 c. warm water
2 tsp. salt	

Mix 2 c. of the flour and the other dry ingredients with 2 c. warm water. Beat well. Add ¾ c. flour and beat. Add remaining flour. Knead. Let rise until doubled (about 1 hour). Punch down. Let rise ½ hour. Cut into 8 sections. Roll each section into a ball, then into a circle 7 inches in diameter. Bake at 450° F. for 5 to 8 minutes.

ROTI

Jim Quinn

--An Indian flat bread from a Guyanese cook to serve with curries--

2½ to 2-¾ c. unbleached white flour

1 tsp. salt

1½ tsp. baking powder

5 T. chilled butter, cut into bits (or 5 T. coconut oil)

¼ c. clarified butter or ghee (or 2 T. each, butter & oil)

Sift 2½ c. of the flour, salt and baking powder together. Cut in the butter or coconut oil to get a mealy looking mixture. Add 10 T. cold water or enough to make a kneadable, but not sticky dough. On a floured board knead the dough for 5 minutes. Place it in a bowl for 30 minutes, covered, in a warm place. Dough does not rise like a yeast bread. Knead the dough until smooth and shiny, an additional 3 to 4 minutes. Divide the dough into 6 equal parts. Form balls and then flattened disks and set aside for another half hour.

Roll each disk into a circle with about a six-inch diameter. If dough is very elastic, let it rest longer. Brush on melted butter and sprinkle on a thin dusting of flour. Fold the circle in half, then in quarters. With your fingers, reshape the dough into a round disk and then roll it out on a floured board to about a 9-inch diameter. Repeat with each piece.

Brush a thick griddle with oil and heat until a drop of water will dance on the surface. Cook each roti over medium-high heat until the top bubbles and there are spots of brown on the bottom (about 1 minute). Oil the griddle again and turn the roti to brown on the other side. If large air bubbles form, pound them down with a spatula.

Stack each roti in a cloth napkin (or aluminum foil) as it is finished and keep them warm until needed. (To be authentic you can also clap each roti between your hands before putting it in the napkin - but be careful not to burn your hands!) You can reheat the roti in a 250° F. oven if it cools off.

Kneading the Dough: The earliest known news story about Methodists, published in the Maryland Gazette in Annapolis on January 31, 1765, was not exactly glowing. It recounted how a Methodist meeting in Hadley, England, had been bilked by a man posing as a collection taker. Seeming "remarkably affected" by the sermon, the man passed his hat until he got near the door, pocketed the proceeds, and told the shouting preacher before he ran for his horse that he was poor, and the people had freely given him the money.

GLAZED RAISIN LOAF BREAD

Donna Argenbright

1 pkg. dry yeast or 1 cake yeast
¼ c. water
1 c. seedless raisins
¼ c. soft butter or margarine
1 tsp. salt
1½ c. sugar
½ c. buttermilk or milk, scalded
3-¼ to 3½ c. sifted flour
2 eggs, beaten

Soften yeast in lukewarm water. Combine next 5 ingredients. Add hot milk, stir to dissolve sugar. Cool to lukewarm. Add 1 c. of the flour; mix well. Add yeast and eggs. Beat well. Stir in remaining flour, mixing well. Turn out on lightly floured surface. Cover; let rest 10 minutes. Knead until smooth and elastic (8 to 10 minutes). Place in lightly greased bowl; turning once to grease surface. Cover, let rise (1½ to 2 hours) until double in bulk.

Punch down; cover and let rest 10 minutes. Shape into loaf. Place in greased 9½x5x3 inch loaf pan. Cover; let almost double (45 to 60 minutes). Bake in moderate oven (375° F.) about 25 to 30 minutes. Remove from pan; cool. Glaze with confectioners' sugar icing.

Hint: For a soft glaze on a loaf of bread: before putting the loaf in the oven, brush the top with an egg white beaten with a tablespoon of water. For a shiny crust, brush the top with an egg beaten together with a tablespoon of milk.

CINNAMON ROLLS

Susan Gilpin

--An old Pennsylvania specialty!

2 c. milk	5 c. flour
3 T. melted butter	1 cake or pkg. yeast
2 T. sugar	1 c. flour
1 tsp. salt	brown sugar, raisins, nuts
butter	

Scald milk and add butter, sugar and salt. Cool to lukewarm and add flour and yeast, dissolved in some water. Cover and let rise for 3 hrs. Add remaining flour and knead like bread dough. Let rise for 2 more hours. Punch down and roll into 2 rectangles. Spread with butter, brown sugar and raisins. Roll like a jelly roll and cut into pinwheels. Put more brown sugar and butter in two round cake pans. Sprinkle with nuts. Arrange rolls on top. Rise 20 minutes. Bake at 350° F. for 20 minutes. Serve upside down!!!

ITALIAN EASTER BREAD

Susan Gilpin

--the Portuguese place one Easter egg in their traditional holiday bread; this modern Italian version has half a dozen! Greeks also claim this festive bread as theirs. Color the eggs first or nestle them plain into the bread.

2 pkg. dry yeast
½ c. warm water (105-115° F.)
½ c. milk, scalded and cooled
½ c. sugar
½ c. shortening
1 tsp. salt
grated peel of 2 lemons (about 2 T.)
12 uncooked eggs
4½ to 5 c. flour
1 egg yolk
1 T. water
Multicolored decorators'
candies
2 eggs

Dissolve yeast in warm water in large mixing bowl. Stir in milk, sugar, shortening, salt, 2 eggs, the lemon peel and 2 c. of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1½ hours (dough is ready if an indentation remains when touched). Punch down dough; let rise again until almost double, about 30 minutes. Divide dough into 4 equal parts. Roll each part into a rope 36 inches long. Place 2 ropes side by side on greased baking sheet; twist gently and loosely and shape into ring. Pinch ends to fasten. Twist remaining 2 ropes into another ring. Let rise until double, about 40 minutes. Heat oven to 350° F. Insert 6 eggs between ropes in each ring. Do not let eggs touch baking sheet; if they do they will turn brown in that spot. Beat 1 egg yolk and 1 T. water slightly; brush over bread. Sprinkle with candies. Bake until bread is brown, about 25 minutes. Allow 1 egg for each serving. Store leftover bread in refrigerator.

Note: Color eggs if you wish. Mix 2 cups cold water, 1 tsp. vinegar and ¼ tsp. food color. Place eggs in mixture 30 minutes. Drain; let stand until completely dry.

PLUCKIT BREAD

Mittie Quinn

1 c. scalded milk	4½ to 5 c. flour
½ c. sugar	¼ lb. butter
½ c. shortening	1 tsp. cinnamon
1 tsp. salt	1 c. sugar
2 pkg. dry yeast	1 c. raisins
2 eggs, beaten	

In a sauce pan, slowly heat milk, sugar, shortening and salt until shortening melts. Let cool. Dissolve yeast in mixture and stir in beaten eggs. Stir in enough flour to desired consistency. (Dough will be soft.) Knead on floured surface for 10 minutes. Place in greased bowl, cover with wet towel. Let rise until double in bulk. Punch down and let rest for 10 minutes. Melt butter. Mix spice and sugar together. Roll dough into walnut-sized balls, coat with butter, then with sugar-cinnamon mixture. Place in greased angel food pan in spiral fashion; make each layer in mosaic order, sprinkling the raisins over each layer and on top. Let rise until double. Bake at 350° F. for about 55 minutes. (Uncovered - for 25 minutes, then covered with foil for 30 minutes). To serve, invert pan on large plate. Pluck out a bun or two, before passing to guests.

SAFFRON BABA

Susan Gilpin

--Polish Easter Cake-recipe from the Polish-American Arts Society of Washington, D.C.---

10 c. flour	pinch of saffron
1½ c. lukewarm milk	scant tsp. salt
3 oz. yeast	6 oz. melted butter, cooled
1 c. sugar	½ c. raisins
8 egg yolks	1 oz. candied orange peel
4 egg whites	
rind of 1 lemon, soaked for 3 hours in glass of brandy	

To 2½ c. of the flour, add milk and yeast. Leave this in a warm place for an hour, covered with a cloth, until it grows nicely. Combine and beat sugar, yolks, whites, lemon rind, and saffron. Add this to the yeast mixture and stir thoroughly. Add 7½ c. of the flour and salt and knead the dough by hand for 30 minutes.

Into the kneaded dough, pour melted butter, raisins and orange peel. Knead the dough by hand until it does not stick to your hand or to the bowl. Now place it in a buttered Bundt pan. Allow the dough to rise and when it fills the pan, place the baba in a 350° F. oven. The baking time is a little over 60 minutes. Test with a wooden skewer. If it comes out clean, the cake is done. Sprinkle the warm baba with castor sugar or cover with icing.

ST. LUCIA BUNS

Susan Gilpin

--to serve on St. Lucia Day- December 13--

Mix together:

1 c. flour

1 pkg. dry yeast

1 tsp. salt

½ c. sugar

Add:

¼ c. shortening

1 c. milk, scalded and cooled

1 egg, beaten

½ tsp. saffron, dissolved in 1 tsp. hot water

Add another: 2½ c. flour

Knead. Let rise for 1½ hours. Punch down and let rise another ½ hour. Roll to ¼-inch thick. Cut strips ½inch wide by 4 inches long. Place on greased baking tray in a cross. Curl the ends and decorate with raisins. (Finished shape looks like crossed "S's") Raise 20 minutes. Bake 15 minutes at 400° F. Ice with 1 c. powdered sugar mixed with about 1 T. milk.

Dough may also be braided and made into a ring. Traditionally, the oldest daughter in the family serves these on St. Lucia Day.

Basic Sourdough Starter

Let 1 c. of milk stand (in glass or crock) on counter for 24 hours. Add 1 c. flour and let stand 2 to 5 days until sour and bubbly. Use as needed. Replenish with equal parts of water or milk, and flour. Leave uncovered for several hours until bubbly. Cover and refrigerate. Try to maintain 1½ cups. Best if used once a week and replenished with 1 c. milk and 1 c. flour. If not used for 2 to 3 weeks, throw away half and add 1 c. milk and 1 c. flour.

Sourdough Waffles or Pancakes

4½ c. basic sourdough starter
¼ c. oil (1/8 c. for making pancakes)
¼ c. milk
1 tsp. soda
1 tsp. salt
2 T. sugar

Mix starter, oil and milk. Mix dry ingredients separately and then fold into batter. It will foam up quite a bit. Rest batter about 5 minutes before using. Fry on griddle as with any waffles, adding a tad more oil if batter sticks.

Sourdough Banana Bread

2 c. shortening
2 c. flour
1 c. sugar
1 tsp. salt
1 egg
1 tsp. baking powder
1 c. banana, mashed
½ tsp. baking soda
1 c. basic sourdough starter
¾ c. walnuts

Cream shortening and sugar. Mix in egg; add starter and banana. Sift together flour, salt, baking powder and soda. Add dry ingredients and walnuts to creamed mixture. Mix until just blended. Pour into 9x5-inch greased tin. Bake at 350° F. for 1 hour, 5 minutes. Remove from pan and cool.