

Subject: Bread files

I remember reading in one of the early issues of the Mother Earth News that making sour cream is a bit too complicated for the backwoods kitchen. It was suggested that you try your potatoes with some home made unflavored yogert. Yogert is simple to make at home. Just warm milk to around 100 (I think, gotta look this up) degrees and add some unflavored yogert with live acidopholis. Let sit overnight.

I have been working on bread for a long time. Put simply, my bread sucked. I am getting better and the recipe I posted with the power outage post a couple of weeks ago works pretty good. For what it is worth, the best known bread recipes are simply flour, water, yeast and salt. These are the ingredients in italian and french breads. I was unpacking some of my books and found my Fanny May cooking school book from 1894. It has an entire section on cooking bread in a wood fueled oven. Makes comments on flour when it was from the mill not the stuff in the stores they sell now, When I get the time I will try to post some sections that might be useful.

These files needs a bit of organizing. I was gathering a bunch of information on the use of grain by survivalists. I will get it done eventually but here is some of the stuff since you asked.

Here is the recipe that has been working best for me;

TEAHOUSE DINNER ROLLS

Ingredients:

- * 1/8 cup salt
- * 1/2 cup sugar
- * 1/4 heaping tsp. of dry yeast
- * 1 pint of milk, warmed
- * 1/4 cup vegetable oil
- * 8 cups of flour

Preparation Instructions:

Combine salt, sugar and yeast in warm milk until it is all dissolved and smooth. Add the oil. Next, add the flour and mix well. It will be sticky.

Cover and let dough rise 3 to 4 hours.

Punch down. Roll into balls, about the size of golf balls. Place on nonstick cookie sheet. Don't leave space between the balls.

Bake at 410 degrees about 15 to 20 minutes or until brown.
Makes about 5 dozen rolls.

Begin from my files;

I'm always happy to share my recipes. This is straight from the Fleischmann's Yeast Best-Ever Breads book.

Master Bread Dough (Makes 2 loaves of bread)

6 to 6 1/2 cups all-purpose flour
3 tablespoons sugar
2 pkgs. of yeast or (I use 2 tsps. of yeast bought in bulk)
2 teaspoons salt
1 1/2 cups water
1/2 cup milk
2 tablespoons butter or margarine

In large bowl, combine 2 1/2 cups flour, sugar, undissolved yeast, and salt. Heat water, milk, and butter until very warm (120-130 degrees). Gradually add mixture to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1/2 cup flour; beat 2 minutes at high speed, scraping bowl occasionally.

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With spoon, stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes.

If desired, freeze half or all of dough for later use.

To bake immediately: Place kneaded dough in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 60 minutes. Rapid-Rise Yeast users will have a shorter rising time.

After dough has risen, separate dough into two equal size portions. Take one portion and form it into a loaf for bread, cover with a towel and let rise again. Bake in 400 degree oven for about 30 minutes.

For Focaccia bread: Grease 15x10 inch pan. Roll the other half of master bread dough into a rectangle and press evenly into pan. Cover; let rise in warm, draftfree place until slightly risen, about 20 to 40 minutes. With handle of wooden spoon, make indentations in dough a 1 1/2-inch intervals. Brush dough with 1 1/2 tablespoons olive oil. Sprinkle lightly with salt. Sprinkle with 2 teaspoons dried rosemary leaves and 2 tablespoons grated Parmesan cheese. Bake at 400 degrees for 15 minutes or until done. Let cool on wire rack. Cut into squares to serve.

#2

Baking Bread the Modern Way [NMSU College of Agriculture & Home Economics]
INGREDIENTS FOR GOOD BREAD

Yeast - Available in active dry or compressed form. Yeast plants require moisture, food, and warmth for growth. When growth requirements are satisfied (milk or water, sugar and flour, and warmth) yeast plants grow, producing carbon dioxide gas and alcohol. The gas causes breads to rise. The alcohol passes off in cooking and helps give the characteristic bread aroma

sometimes referred to as the "fragrance of home."

Flour - Wheat flour is used most often in bread making because it contains a necessary material called gluten. When flour is moistened and stirred, beaten or kneaded, gluten develops to give bread "stretch." The elastic framework of gluten holds the gas produced by the fermentative action of yeast. All-purpose flour, a blend of winter and summer wheats, is used most often for breads. Other flours which may be used in combination with wheat flour are rye, oatmeal, and wholewheat. In making yeast breads, home bakers need to become familiar with the proper consistency of a dough, since to use an exact number of cups in a recipe might give a dough too soft or too stiff a consistency, depending on the moisture content of the flour and the atmosphere.

Liquid - Milk and water are the usual liquids used in breads. All forms of milk--fresh, evaporated, or dry--can be used with good results. Fresh raw milk must be scalded to destroy enzymes which can prevent action of yeast. Evaporated milk is sterile in the can and needs only to be diluted for use (half evaporated milk, half water). Dry milk can be mixed with dry ingredients for speedy mixing operation. Milk gives soft crust and creamy white crumb to bread; water makes bread crusty.

Sugar - Sugar is food for yeast and thus aids in the development of carbon dioxide gas which "raises" the bread. Sugar also adds flavor, helps the bread brown, and contributes some food value. In addition to white sugar, brown sugar, molasses, and honey can be used.

Salt - Salt adds flavor to breads. When too much is used, it can slow down the action of yeast.

Fat - Often called "shortening" because it lubricates the strands of gluten and makes them break easily. The more fat, the more tender or "shorter" the bread. Fats which are usable in breads are margarine, butter, hydrogenated shortening, lard, and salad or cooking oils. Fats give a soft silky crust,

help keep bread soft. and add flavor.

Eggs - Give color and flavor to breads, and help produce a fine crumb and tender crust.

Other Ingredients - Various interesting flavors in breads can be obtained by the use of herbs and spices, fruits and nuts.

MIXER METHOD OF MAKING BREAD

Mix active dry yeast with one-third of the flour and all other dry ingredients. Heat liquid and fat until very warm. Blend mixture into dry ingredients with electric mixer, beating slowly until mixed, then increasing speed and beating two minutes to develop the gluten structure. Add flour to make a soft dough. Knead dough until smooth and elastic; let it rise in warm place until doubled; punch it down; and shape it in desired loaves or rolls.

COOL-RISE METHOD OF MAKING BREAD

Dough is mixed, kneaded, and shaped in a single operation that takes only 45 minutes. The panned bread is refrigerated from 2 to 24 hours and baked as desired. Use only special cool-rise recipes for this method.

WHITE BREAD

(Makes 2 loaves)

5 1/2 to 6 1/2 cups unsifted flour
3 tablespoons sugar
3 tablespoons margarine
1 package active dry yeast
1 1/2 cups water
1/2 cup milk
2 teaspoons salt

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In a large bowl thoroughly mix 2 cups flour, sugar, salt, and undissolved active dry yeast.

Combine water, milk, and margarine in a saucepan. Heat over low heat until liquids are warm. (Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 3/4 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch down dough; turn out onto lightly floured board. Cover, let rest 15 minutes. Divide dough in half and shape into loaves. Place in 2 greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Cover; let rise in warmplace, free from draft, until doubled in bulk, about 1 hour.

Bake in hot oven (400 degrees F.) about 25 to 30 minutes, or until done. Remove from pans and cool on wire racks.

SWEET DOUGH

4 1/2 to 5 1/2 cups unsifted flour
1 1/2 teaspoons salt
2 packages active dry yeast
2 eggs, at room temperature
1/2 cup sugar
1/2 cup milk
1/2 cup water
1/4 cup margarine

In a large bowl thoroughly mix 1-2/3 cups flour, sugar, salt, and undissolved active dry yeast.

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Combine milk, water, and margarine in a saucepan. Heat over low heat until liquids are warm. (Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch down; turn out onto lightly floured board. Divide in half and shape as desired according to one of the following shapes.

Variations for Sweet Dough

Coffee Breakers: While dough is rising, prepare pans. Melt 1/2 cup (1 stick) margarine in a saucepan. Add 2/3 cup firmly packed light brown sugar and 2 teaspoons light corn syrup; bring to a rolling boil. Immediately pour into two 15 1/2 x 10 1/2 x 1-inch jelly roll pans. Sprinkle with 3/4 cup chopped pecans.

Roll out half the dough into a 12-inch square. Brush with melted margarine. Combine 1/2 cup firmly packed light brown sugar and 2 teaspoons ground cinnamon. Sprinkle center one-third of dough with one-fourth the cinnamon mixture. Fold one-third of dough over center third. Sprinkle with one-fourth the cinnamon mixture. Fold remaining one-third of dough over to make a three-layer, 12-inch strip. Cut into twelve 1-inch pieces. Hold the ends of each piece and twist in opposite directions, two or three times. Seal ends firmly. Place in prepared pan, about 1 1/2 inches apart.

Repeat with remaining half of the dough and filling. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake in hot oven (400 degrees F.) about 15 to 20 minutes, or until done. Invert rolls

onto wire racks to cool. Best when served warm.

Cinnamon Rolls: Roll each half into an 18 x 9-inch oblong. Brush with melted margarine. Combine 1 1/2 cups sugar, 2/3 cup seedless raisins, and 2 teaspoons ground cinnamon. Sprinkle one-half over each piece of dough. Roll each up as for jelly roll to make 18-inch rolls. Seal edges firmly. Cut each roll into 12 pieces, about 1 1/2 inches wide. Place, cut side up, in two greased 9-inch round cake pans or two greased 8-inch square pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake in moderate oven (350 degrees F.) about 25 minutes or until done. Remove from pans and cool on wire racks. Serve plain, or if desired, frost with confectioners' sugar frosting.

COOL-RISE ONE-BOWL WHITE BREAD (Makes 2 loaves)

6 to 7 cups unsifted flour 1/2 cup (1 stick) margarine 2 packages active dry yeast Cooking oil 2 tablespoons sugar 1 tablespoon salt 2 cups very hot tap water In a large bowl thoroughly mix 2 cups flour, sugar, salt, and undissolved active dry yeast. Add softened margarine. Gradually add very hot tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap, then a towel; let rest 20 minutes.

Punch dough down; divide in half on a lightly floured board, shape into loaves. Place in two greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Brush with cooking oil. Cover pans loosely with plastic wrap. Refrigerate 2 to 24 hours.

When ready to bake, remove from refrigerator. Uncover dough carefully. Let stand, uncovered, 10 minutes at room temperature. Puncture any gas bubbles

with a greased toothpick or metal skewer. Place in hot oven (400 degrees F.) about 30 to 40 minutes, or until done. Remove from pans and cool on wire racks.

ONE-BOWL DINNER ROLLS
(Makes 2 to 3 dozen rolls)

2 3/4 to 3 1/4 cups unsifted flour
5 tablespoons softened margarine
2/3 cup very hot tap water
1 egg (at room temperature)
1/4 cup sugar
1/2 teaspoon salt
1 pkg. dry yeast
Melted margarine

In a large bowl thoroughly mix 3/4 cup flour, sugar, salt, and undissolved yeast. Add softened margarine. Gradually add very hot tap water to dry ingredients, and beat two minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1/2 cup flour, or enough flour to make a thick batter. Beat at high speed two minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down; turn out onto lightly floured board. Proceed according to directions for desired shape. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Carefully brush rolls with melted margarine. Bake in a hot oven (400 degrees F.) about 10 to 15 minutes, or until done. Remove from baking sheets and cool on wire racks.

Variations of One-Bowl Dinner Rolls

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Parkerhouse Rolls: Divide dough in half. Roll each half into a 1/4-inch thick circle. Cut into rounds with a 2 1/2-inch biscuit cutter. Grease each round with dull edge of knife to one side of center. Brush each round to within 1/2-inch of the edges with melted margarine. Fold larger side over small so edges just meet. Pinch well with fingers to seal. Place on greased baking sheet so rolls are almost touching.

Curlicues: Divide dough into two or three equal pieces. Roll out each piece into a 9 x 12-inch oblong. Brush generously with melted margarine. Cut into 12 strips (about 1-inch wide). Hold one end of each strip firmly and wind loosely to form coil; tuck end firmly underneath. Place on greased baking sheets, about 2 inches apart.

Pretzels: Divide dough into two or three pieces, equal size. Then divide each piece into 12 pieces. Roll each into a pencil-shaped 16-inch roll. Shape into pretzels and place on greased baking sheets, about 2 inches apart.

Twists: Roll one-fourth of the dough to a 7 x 16-inch rectangle. Brush half the dough the long way with soft margarine. Fold unbuttered over buttered side. Cut strips 1 inch wide from long side. Twist several times and place a little apart on greased baking sheet. Press down ends. Let rise and bake following general directions.

Knots: Roll dough into an oblong 6 inches wide, 1/2 inch thick. Cut strips 1/2 inch wide and roll into 8-inch lengths. Tie into loose knots, pressing ends down on greased baking sheet. Let rise and bake following general directions.

Crescents: Roll one-fourth of the dough to a 9-inch circle. Cut into eight pie-shaped pieces. Roll each piece of the dough from the wide side toward point, stretching as it is rolled. Place on greased baking sheet and curve ends. Let rise and bake following general directions.

CINNAMON BREAD

(Makes 2 loaves)

4 1/2 to 5 1/2 cups unsifted flour
1 package active dry yeast
1/4 cup margarine
2 eggs (at room temperature)
1 1/2 teaspoons ground cinnamon
1/4 cup sugar
1 teaspoon salt
1 1/4 cups milk
1/3 cup sugar
Melted margarine

In a large bowl thoroughly mix 1 3/4 cups flour, 1/4 cup sugar, salt, and undissolved active dry yeast.

Combine milk and 1/4 cup margarine in a saucepan. Heat over low heat until liquid is warm. (Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Meanwhile, combine 1/3 cup sugar and cinnamon.

Punch dough down; turn out onto lightly floured board. Divide dough in half. Roll 1/2 the dough into a 12 x 8-inch rectangle. Brush lightly with melted margarine. Sprinkle with 1/2 the cinnamon-sugar mixture. Roll tightly from the 8-inch side as for jelly roll. Seal edges firmly. Seal ends of loaf and fold underneath. Place loaf, seam side down, in greased 8 1/2 x 4 1/2 x 2

1/2-inch loaf pan. Repeat with remaining dough. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake in a moderate oven (350 F.) about 30 minutes, or until done. Remove from pans and cool on wire racks.

WHOLE WHEAT BREAD

(Makes 2 loaves)

4 1/2 cups unsifted whole wheat flour
2 3/4 cups unsifted white flour (about)
3 tablespoons sugar
4 teaspoons salt
2 packages active dry yeast
1 1/2 cups water
3/4 cups milk
1/3 cup molasses
1/3 cup margarine

Combine flours; in a large bowl thoroughly mix 2 1/2 cups flour mixture, sugar, salt, and undissolved active dry yeast.

Combine water, milk, molasses, and margarine in a saucepan. Heat over low heat until liquids are warm. (Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping sides of bowl occasionally. Add 1/2 cup flour mixture, or enough flour mixture to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour mixture to make a soft dough. (if necessary, add additional white flour to obtain desired dough.) Turn dough out onto lightly floured board. Knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

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Punch dough down; turn out onto lightly floured board. Divide in half. Shape into loaves. Place in two greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake in hot oven (400 degrees F.) about 25 to 30 minutes, or until done. Remove from pans and cool on wire racks.

#3

Basic Country Loaf

Sponge:

1 envelope (1/4 ounce) active dry yeast
1 1/2 cups warm water (105 to 110)
2 cups unbleached all-purpose flour

Dough:

3/4 cup coarsely ground whole wheat flour
1 cup warm water (105 to 110)
1 tablespoon coarse salt
About 6 1/2 cups all-purpose flour
1 egg white, lightly beaten
Sesame seeds, poppy seeds, cracked wheat or flour, for topping (optional)

Make the sponge about 12 hours ahead: In a large bowl, dissolve the yeast in 1/4 cup of the warm water. Let stand for 5 minutes. Stir in the remaining 1 1/4 cups water and the flour, beating by hand or in a mixer with a dough hook for 1 minute. Cover the bowl with plastic wrap and let the sponge stand at room temperature for 12 to 14 hours.

Make the dough: Stir the whole wheat flour, warm water, salt and about 4 cups of the all-purpose flour into the sponge until the dough becomes hard to work, then turn it out onto a well-floured surface. Let the dough

rest while you clean the bowl. Now start kneading, slapping the dough around, scraping it up, gradually adding about 1 1/2 cups more all-purpose flour and kneading until smooth and elastic, 8 to 10 minutes.

Return the dough to the bowl, cover with plastic wrap and let rise at room temperature until almost tripled in volume, about 2 hours.

Turn the dough out again onto a floured surface, punch it down, and tear off a small hunk (6 ounces) to reserve for the levain (see Note). Divide the remaining dough in half and shape each piece into a 1 1/2 inch thick disk. With the palms of your hands, coax the sides of each disk down and under all around, stretching the gluten cloak and plumping up each loaf into a round shape. Pinch together the seams on the bottom and place the rounds seam-side down on 2 lightly greased baking sheets. Cover loosely with a towel and let rise until doubled in volume, about 1 hour.

Preheat the oven to 450F. Paint the top and sides of the risen loaves with the beaten egg white to glaze. Sprinkle, if you wish, with one of the toppings and place on the middle rack of the oven. Immediately throw a few ice cubes on the oven floor to create steam. Add more ice after 3 minutes and again after 6 minutes. Bake for a total of 15 minutes. Then reduce the oven temperature to 350F and bake for 20 minutes longer, or until the bread sounds hollow when the bottom is tapped. Turn the oven off and let the bread rest in the hot oven for 15 minutes. Remove to a rack and let cool.

Note: Put the hunk of reserved dough (about 6 ounces) in a covered jar with 1 1/2 cups of warm water. This is the levain, which will go into the next loaf. Let stand at room temperature for 12 hours, then refrigerate. The levain will keep for up to 10 days; freeze for longer storage.

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Here is how you make beer bread. If you substitute soda water you make soda bread.

3 Cups Flower
2 to 3 Tbsp baking powder
1/3 cup sugar
12 oz. beer

There is no yeast needed and most store bought beer has no yeast in it.

#5

I make a beer bread that is fantastic..very simple, too..
Beer Batter Bread.
3 cups self rising flour.
3 Tablespoons sugar
12 oz. room temp beer

Mix all together and pour into a regular bread pan..Bake 350 about 30 minutes or until lightly browned on top....Remove when cool enough to handle and place on rack.

Now..seems to me that you can add some cooked well drained veggies to this..I have used herbs and sun dried tomatoes in this bread..I don't see why you couldn't use some dried bell pepper flakes or onions..or even some sauted and well drained zukes or carrots or frozen corn...I would not, however use anything like sweet potato, carrot or pumpkin puree as it is a moist heavy bread to begin with...

#6

Baker's Bread

4 cups all-purpose Flour

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2 cups warm Water
1 tb. Yeast
2 tb. Sugar
1 whole Egg, beaten
4 tb Oil

1. Place half the flour, the sugar, yeast and salt into large bowl. Mix well.
2. Add the warm water, oil and eggs and mix well. Allow to foam for 20-30 minutes.
3. Add remaining flour and more if needed to make a fairly tight dough.
4. Let rise until double in bulk, punch down and rise again. Cut dough into desired sizes and shapes. Place on tray that is dusted with yellow cornmeal.
5. Brush breads with beaten egg (mix egg with a little water). Sprinkle loaves with desired topping ie; rosemary, kosher salt, granulated garlic, cracked black pepper.
6. Baked @ 375 degree oven, 20-25 minutes.

#7

Boboli Type Pizza Crust

Amount	Measurement	Ingredient	Preparation Method
1	cup	water	
3	cups	all purpose flour	
1	teaspoon	salt	
2	tablespoons	olive oil	
1	tablespoon	sugar	
2	teaspoons	Red Star active dry yeast	
1	teaspoon	minced garlic	
2	teaspoons	parmesan cheese	
1/2	teaspoon	Italian seasoning	
		parmesan cheese to sprinkle	

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Add all ingredients (except) second parmesan cheese to breadmaker in order listed by your manufacturer. It is a good idea to put the garlic down inside the flour so it does not slow the yeast. Set breadmaker on dough setting. When complete, form two crusts on pizza pans, sprinkle with parmesan cheese, cover and let rise again. Bake 5-10 minutes at about 450 F until light brown. Cool. Wrap tightly in foil and freeze until you get the pizza urge. Great to have around for easy last minute dinners. Good way for kids to make pizza too.

#8

Buns (Basic Recipe)

24 Buns

1 package dried yeast or 1 cake fresh yeast
1 cup lukewarm water
4 1/2 cups flour
1/4 cup sugar
2 tablespoons Crisco or vegetable oil
1/2 cup boiling water
2 tablespoons sesame seed oil

Directions:

Dissolve yeast in lukewarm water. Add 1 cup of flour. Mix thoroughly. Cover with cloth. Let rise 1 hour, until bubbles appear.

Dissolve sugar and vegetable oil in 1/2 cup boiling water. Stir well. Cool until lukewarm. Pour into yeast mixture. Add 3 1/2 cups flour.

Knead dough on lightly floured board until smooth. Put into extra large, greased bowl in a warm place. Cover with damp cloth. Let rise until double in bulk, about 2 hours.

Divide into 2 portions. Remove first portion and knead 2 minutes. Repeat with second. Roll each into roll 12 inches long and 2 inches wide. Cut into 12 pieces (24 total).

Flatten each piece with palm of hand. Roll with rolling pin into 3 inch circles.

Brush with sesame seed oil. Indent middle of circle with chopstick.

Fold circle in half so that it becomes a half moon. Crimp edges tightly with fork.

Place each roll on separate square piece of foil on steamer tray. Cover tray with towel. Let buns rise to double in bulk, about 30 minutes. Remove towel.

Steam, tightly covered, over briskly boiling water for 10 minutes. Serve with Peking Duck, Crispy Duck, or with any filling you desire.

May be prepared in advance. May be frozen. Thaw out in plastic bag and resteam 10 minutes.

#9

Here's the recipe that I use frequently to make good fresh bread to serve with soup. It's from the September 1995 issue of Veggie Life

Basic Focaccia

1 scant tablespoon yeast (one of those teeny packs)
1 1/4 cup warm water
3 1/1 to 4 cups unbleached flour
2 teaspoons salt
1 Tablespoon olive oil

Topping:

1 Tablespoon olive oil
Coarse Salt
chopped garlic, herbs (optional)

Dissolve the yeast in the warm water and allow it to proof about 10 minutes. Then put the flour in a large bowl and add the other ingredients (except topping) and mix well to form a soft dough (If I'm in a rush, I do this in the food processor). Turn onto a flourer board and knead until (you know the drill) the dough is soft, elastic, and springs back when lightly poked. Cover and let sit until double (up to an hour, but I've let it rise as little as 15 minutes, again, when I'm in a rush).

[if the truth be known, any basic white bread recipe can be used. It's the technique that makes it focaccia]

Preheat oven to 400 degrees. Punch down the dough and press it into a 10X15 cookie sheet (I use 2 or 3 8" cake pans) that has been lightly oiled. With your fingertips, dimple the surface. Brush with oil, sprinkle with salt, garlic and herbs (rosemary, very finely chopped, is nice). Let rise again, covered for a few minutes (while the oven preheats).

Bake in the bottom third of the oven for 20-25 minutes, until golden brown. Cut in wedges and sevrve with butter or olive oil, or split and use for sandwiches.

#10

Hand-made Pasta

Ingredients: (4 servings)

Dough

2 eggs

1 Tbsp. olive oil

15cc water

Salt

200g strong flour

50g butter

30g Parmesan cheese

Dash of salt and pepper

Recipe:

1. Put the egg, olive oil, water and salt in a mixing bowl and mix well. Sift the flour into the bowl and briefly mix. Knead the dough until it forms a single lump. Sprinkle with a little flour over a board and transfer the dough from the bowl to the board. Knead well until the dough is soft and smooth. Cover with plastic wrap and leave in a refrigerator for more than 30 minutes.
2. Roll out the dough to 2mm in thickness with a rolling pin. Set aside until it slightly dries (until a folded edge can be broken off). Cut into 15cm long by 5mm wide strips.
3. Boil a generous amount of water in a sauce pan and add salt to about 1% of the water volume. Cook the pasta for approx. 3 minutes.
4. Transfer the pasta into a mixing bowl and add butter and Parmesan cheese. Briefly mix and add a little of the water in which the pasta was cooked. Sprinkle with salt and pepper to taste.

COLLECTION: Bagels (long)

Bagels

Ingredients:

1 tsp sugar
1 Tbsp flour
2/3 cup lukewarm water
2 eggs
2 sachets (1 1/2 Tbsp) dry yeast
1/4 cup vegetable oil
3 cups flour
2 Tbsp sugar extra
1 1/2 tsp salt

Poaching Liquid:

16 cups water
2 Tbsp sugar

Glaze:

1 egg yolk
1 Tbsp water
poppy or sesame seeds

Instructions:

In a large bowl, combine sugar, 1 Tbsp flour & water, sprinkle in yeast & stand until frothy (2 mins). Stir in eggs & oil. Mix 1 cup flour, extra sugar & salt into yeast mixture. Beat with wooden spoon until smooth. Stir in enough of the remaining flour to make a soft dough. Turn onto a lightly floured surface & knead until smooth & elastic (about 10 mins). Place in a greased bowl, turn dough over in the bowl to grease all over. Cover with plastic wrap, stand in a warm place to

rise (prove) for 1 hour or until doubled in size & imprint remains when dough is pressed. Punch down dough using fist, knead for 2 mins. Divide into 12 equal portions. Shape each piece into a ball (keep dough covered with plastic wrap while shaping). Poke finger through centre of each ball. Twirl around finger to form a ring. Place on floured oven tray & cover. Allow to rise for 15 mins. Bring water to the boil in a large pan. Add sugar. Place half the bagels into the water, cook 1 min. Turn, cook for 1 min longer. Using a slotted spoon, remove bagels to a greased baking tray lined with greased foil. Cook remaining half of bagels in poaching liquid. Combine egg yolk & water. Brush over bagels. Sprinkle with poppy or sesame seeds. Bake in a hot oven (400oF) for 25 mins or until golden. Cool on a wire rack. Makes 12.

Bagels

This recipe, in it's original form, came from Bernard Clayton's Complete book of breads. (Originally titled "Jo Goldenbergs Bagels"). I have since modified it a bit (doubled it) and have typed this in from memory. I can't say enough good things about his book though.

Ingredients:

6 cups of High Gluten Flour* + 1 cup for sprinkling
2 packages of yeast
1/2 cup sugar
1 tbls salt
3 cups hot water (120-130 deg.)
3-4 quarts boiling water w/1 1/2 tablespoon of sugar added
1 egg white + 1 tablespoon cold water

Note:

* High Gluten flour is the secret here! Gluten Flour creates a much sturdier dough which allows it to stand up to the rigors of most commercial mixers. It creates a much chewier product, whether it be a

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bagel, pizza, or bread. I buy a 50lb sack at my local pizzeria for \$10.00. It lasts me about 3 months... I understand the same product can be bought in a regular supermarket called "Bread Flour" *NOT* "all purpose-flour". All-purpose flour is for cakes and muffins and stuff that basically shouldn't strengthen your jaw!

Mixing:

In a large bowl, add 6C flour, and the rest of the dry ingredients. Mix. Add the 3 cups of hot water. (Be careful that the water isn't any hotter or you'll kill the yeast-err towards the cooler side). Mix for as long as you can with a sturdy wooden spoon until it seems like you're going to crack it!

Kneading:

Turn the dough out of your bowl onto your (dry) work surface. Scrape anything clinging to the bowl and just add it to that big old nasty dough blob. Start kneading. Knead for 10 minutes, adding sprinkles of flour to control stickiness. The dough will come together. It's OK if the dough is slightly tacky in the end...just not totally sticky. As you become more experienced with dough making, you can avoid the dough clinging to your hands and counter.. Try to clean the counter with the dough.

First Rise:

Form dough into a ball. Place in a bowl greased with vegetable shortening. Turn the dough around in the bowl once or twice just to get the ball covered with a little shortening. Cover tightly with saran wrap. Let rise for about an hour in a warm place until the dough ball has doubled in size. (If using Rapidrise yeast, you can cut the rise time in half). Get the 3-4 quarts of water w/sugar slowly boiling at this stage.

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Forming:

When the dough has sufficiently risen, turn it out of the bowl onto a floured work surface. Press the air out of the dough with extended fingers. With a dough blade & a scale, cut dough into 4-5 oz segments. (I usually get about 12 segments). Roll each into a smooth ball and let them relax for a few minutes. With the palm of your hand, flatten each ball somewhat. Take each flattened dough and poke a hole right in the center with your finger. With the same motion that you would use if you were rolling a rubber band on your two index fingers, pull the hole open. Try to concentrate on keeping the bagel uniform in thickness. It should quickly look like a bagel, sort of. Place 'em close together on the counter, cover loosely with the saran wrap you just used before to cover the bowl, and let rise for about 10 minutes. Preheat your oven to 400 degrees F.

Boiling:

Drop 3-4 bagels into the boiling water, or as many as you can fit without crowding them. (If the bagel holes have closed up, you may gently pull them open again before you drop them in the water). Try to keep the water at a rolling boil. Boil for about 3 minutes, flipping them over in the water every 30 seconds or so. Place bagels on a towel to drain for a few minutes. Repeat until all bagels have been boiled.

Place bagels on baking sheets which have been greased with vegetable shorting. You can sprinkle cornmeal on it too. I have my best success with insulated baking sheets... Spread bagels out as much as possible.

Toppings:

With a BBQ brush, paint each bagel with egg white/water wash. (I beat this egg wash with a whisk slightly before application, which breaks down

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any big snotty strands). Sprinkle poppy seeds on a few. Sprinkle sesame seeds on a few. Leave a few plain. Kosher salt or Fresh minced Garlic work well too. Ok, wanna get weird, put M&M's on 'em!!!! I don't care ;-)

Baking:

Place baking sheets in oven and bake @ 400 for 25-30 minutes. 2 or 3 times during the baking process, rotate the sheets in the oven to compensate for any oven temperature irregularities. (If using a convection oven, you can reduce the temperature by 25 degrees or so).

(the original recipe suggests that you flip each bagel upsidedown halfway through the baking stage. This apparently helps get rid of the "flat bottom". I don't do this because I simply don't give a sh*t ;-)

Cool on wire racks.

Serving Suggestion:

Serve each half toasted with a thick layer of Cream Cheese, Nova Scotia lox, slices of ripe Jersey Tomatoes, and a thin slice of Bermuda onion.... Obviously!

Or: Cut them in half and freeze while still warm. (Every morning, I defrost one in the microwave for 27 seconds, then toast!)

Bagels

Ingredients

1 package	gradular yeast (dry)
2 cups	warm water
1/4 cup	natural-flavored instant malted milk powder

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2 tbls sugar
2/3 tbls salt
5 3/4 cups unsifted white flour

Water bath:

2 quarts water
2 tbls natural-flavored malted milk powder
1 tbls sugar

Instructions:

1. Place yeast in a warm bowl and add the water, stirring to dissolve. Add malted milk powder and sugar and stir until dissolved. Add salt and flour all at once. Work the dough with fingers and hands, kneading into a stiff dough. Or use a mixer equipped with a dough hook.
2. Turn the dough out onto a lightly floured board and knead until smooth. Shape the dough into a ball and place it in an ungreased bowl. Cover with plastic wrap and let rise in a warm place until double in bulk.
3. Preheat the oven to 400 degrees F.
4. Bring the ingredients for the water bath to a boil.
5. Punch the dough down and divide into 16 equal portions. Roll each portion into a ball. Pierce the center of each ball with thumb and index finger. Using fingers, shape each ball into a ring like a doughnut.
6. If the water bath is boiling, turn off the heat. When the bagels are dropped into it, the water should be just below the boiling point.

7. Drop the bagel rounds into the just-under-boiling water and let them cook for about 20 seconds on each side. Remove the rounds from the water using a slotted spoon.

8. Place the bagel rounds on an ungreased cookie sheet and bake for 15-17 minutes or until lightly browned.

Eat fresh or store in freezer.

Bagels (Moirra Carlson)

From: Barry_Carlson@mindlink.bc.ca (Moirra Carlson)

The dough used for bagels is basically a bread dough recipe. The secret is that you boil the bagels before baking them in the oven.

Ingredients:

4 1/2 cups all-purpose flour
2 tsp salt
3 tsp sugar
2 tsp vegetable oil
2 tsp yeast
1 egg
1 cup warm water

Instructions:

In a bowl put the warm water, yeast and sugar. Let stand for 10 minutes until the yeast is working. Add the salt, egg, oil and flour and stir everything together. Dump the dough out on a floured board and knead until everything is of one consistency. (Exactly like making bread). Put the dough into a warm bowl and put (covered) in a draft-free place for about 1 and 1/2 hours or until the dough has doubled in size. Punch

down the dough and divide it into 20 pieces. Shape each piece into a ball. Then roll each ball into a rope (like you would plasticine) about 7 inches long. Press the two ends of the "rope" together to give you the basic bagel shape. Put the bagels on a floured board, cover with a tea towel, and leave for about an hour to rise. During the last part of the rising time, put a pot on the stove and fill it with boiling water. Also turn the oven on to 375 Degrees F. Dump about 5 bagels at a time into the boiling water. They will fall to the bottom of the pot and then rise. When they rise turn them over. Boil them for a total (including time at bottom of pan) of 2 minutes. Lift the bagels out of the water with a slotted spoon and leave them to drain while you do remaining bagels. Put all the bagels on a cookie sheet and put them in the oven to bake for about 15 minutes (Until they turn brown). Enjoy.

Vegan Bagels

4 1/4 to 4 3/4 cups	of all purpose flour.. I use bread flour.
1 package	yeast. (I use bulk yeast about a tablespoon. You can never have too much yeast!)
1/4 cups	of sugar
1/1/2 cups	of warm water.

Instructions:

The water I use is actually hot water. I turn the tap and let it go almost as hot as it can get. It needs to be fairly warm to activate the yeast. I was always paranoid about killing the yeast and used water that was too cold and so the dough didn't rise enough. So go ahead and use hot water. Add the yeast to the water with 3 tablespoons of sugar and stir it around a little. In about 30 seconds the whole thing should start to foam. If it doesn't you probably didn't use hot enough water.

The instructions say to add the flour a little at a time. I don't bother - I just pour all the flour in. I figure if it's too stiff I'll

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add a little water, if it's too wet I'll add a little flour. Kneading is really important so knead it well. I figure that I shouldn't skimp on kneading the dough because it's good exercise for giving long massages right? So I try to do a hard knead for 15 minutes. By this time dough should be elastic with no crumbs of dry flour embedded in it. If it's a little sticky it doesn't really matter that much. If it's dry though it's hard to knead. I'm lazy so I'd rather have it a little wet.

At this point I diverge from the recipe. The recipe has all sorts of complicated instructions about 10 minutes rest etc etc. I just divide the dough into bagel shapes starting with a ball of dough then poking a hole in the middle. Then I let it sit for about 45 minutes until it has risen. The bagels should be nice and puffy. If you were to bake the bagels now you would get bagels with the consistency of bread. But we all like chewy bagels. So the trick is to boil the bagels. So heat up some water to boiling and drop the bagels in and boil each side for about 3 mins.

The recipe says to use x amount of water with sugar in it. I don't bother. So really I only use the 3 tablespoons of sugar. Or a little more if I want my bagels sweet. Drain the bagels on paper towels (or don't bother). And bake them until they are brown at 375 degrees for about 25-30 mins. If you like the glossy sheen use eggs to coat the outside. Otherwise they are kind of ugly.

By the way... when I make french bread I use a pan of water in the oven and it makes the french bread chewy. I was thinking that I could do this with the bagels too. Use a cup or 2 of boiling water in a pan while the bagels bake. The french bread gets chewy so I would think the bagels would too. I'll have to try it next time.

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BASIC PANCAKES

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Ingredients:

2 cups flour
3 tsp baking powder
1/2 tsp salt (very important)
1/4 cup sugar
2 eggs (or equivalent egg beaters)
2 tblsp oil
1 cup milk

Instructions:

Sift (I never do) dry ingredients in bowl and stir in liquid ingredients with wire whisk or spoon until mixed. Do not beat. Rub griddle or fry pan with oil. Heat until water dropped from your hand bounces around. Drop about 1/2 ladle/1 large mixing spoon for each pancake. Cook until bubbled all over the top and brown on bottom. Flip, cook until brown on other side. Keep your griddle very hot at all times.

Variations:

1. Substitute 1 cup whole wheat flour for white flour.
2. Substitute buttermilk for whole milk and 1 tsp baking SODA for 1/2 tsp baking powder.
3. Put some pecan or walnut pieces in with your dry ingredients (this keeps them from sinking). Or put in some blueberries .. also with dry ingredients.
4. Increase your eggs. This will make them a little more like a crepe. Top with sliced apples, brown sugar and cinnamon and fold in half.

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BEER-BATTER MIX

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Ingredients:

1 (12 oz) can warm beer
2-1/2 cups pancake mix
oil for deep frying

Instructions:

Combine beer with pancake mix in a large mixing bowl. Mixture should be the consistency of pancake batter. Heat oil to 375°. When the oil is fully heated, drop batter-dipped fish/shrimp/vegetable/etc. into oil. Cook til golden brown. Remove the cooked pieces to a plate lined with paper towels which will absorb excess oil. *Try different combinations of brand beers and pancake mixes.

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CHURROS

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(about 15 or so)

Ingredients:

1 cup water
1/2 tblsp oil
dash salt
1 cup flour
(oil for frying; granulated sugar for sprinkling)

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Instructions:

Bring water, oil, and salt to boil in a saucepan. Add the flour all at once, reduce heat, then stir (vigorously) with a wooden spoon until it forms a ball. Let cool a bit, then put into a pastry bag with 1/2 in. star tip. Heat 1/2 in. oil for frying. Squeeze dough into oil in 4 in strips. (Do a few at a time.) When golden on one side, turn over. Drain on paper towels, then sprinkle in sugar.

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CORNDOG BATTER RECIPE

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Ingredients:

equal amounts of pancake mix and cornmeal
enough water to desired consistency

Note:

When you dip your hotdogs in the batter, make sure the end is covered with batter (no hotdog showing) or the batter will "peel" off the dog in the grease.

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CORN PANCAKES

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Ingredients:

1 regular sized can of creamed corn

6 eggs
12 saltine-type crackers crunched up (about a pencil eraser diameter)

Instructions:

Whisk together and fry like pancakes. Eat with butter, salt & pepper.

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GERMAN (OR DUTCH) BABIES

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Ingredients:

3 eggs, room temperature
1/2 cup milk
1/2 cup all-purpose flour
1/2 tsp salt
2 tblsp butter, melted
2 tblsp lemon juice
confectioner's sugar

Instructions:

Butter either one 12" ovenproof skillet, or four 6" ovenproof skillets (pie or cake pans may be substituted). Beat the eggs until thoroughly mixed. Add the milk and blend well. Sift together flour and salt, and add slowly but continuously to the egg mixture, whisking as you do so. Add the melted butter, and whisk til batter is smooth. Pour into pan or pans and bake at 450 for 15 minutes.

The four small German babies will be done at this point. The one large one requires another 10 minutes of baking, with the oven reduced to 350. After removing from the oven, sprinkle with the lemon juice and dust

with confectioner's sugar. Serve at once while hot.

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GERMAN PANCAKES (aka DUTCH BABIES)

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Ingredients:

1/3 cup margarine/butter
4 eggs
1 cup flour
1 cup milk
dash fresh nutmeg

Instructions:

Preheat oven to 425 degrees.

In large, heavy, round pan w/sides approx. 2-2 1/2 inches high (I use a paella pan) place margarine in pan and into oven to melt. While margarine is melting, blend the eggs in your blender for 1 minute (or until light yellow if by hand). While motor is running, slowly add milk then flour. Add nutmeg if desired. Pour over melted margarine and bake for 20-25 minutes until golden brown and puffy. Serve immediately.

I got this recipe out of a Sunset magazine many years ago and we probably have it about twice a month. I typed it in from memory so I hope the directions are clear.

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PALATSCHINKEN MIT FRUECHTEN (PANCAKES WITH FRUIT)

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(serves 2)

Ingredients:

Dough:

4 tblsp butter
100 g flour
1 pinch salt
1/8 l milk
4 tblsp soda water
1 egg

Filling:

1/4 banana
250 g strawberries or any other fruit you like
2 tsp honey
vanilla or chocolate ice cream
fruits for garnish

Instructions:

Melt butter, let cool. Stir together flour with salt, milk and soda water. Stir egg (to combine white and yolk thoroughly). Add egg and 1 tblsp of butter to the dough.

For filling:

Clean and dice fruits. Steam together with honey in a small pan for about 2 minutes at medium heat. Put aside.

Put 1/2 tsp butter in pan (1/2 tsp for every pancake) and bake 6

pancakes one after the other for about 2 minutes each side so that they are golden brown.

Puree steamed fruit roughly. Put on pancakes and roll them together.

Put 3 pancakes each on a plate and serve with ice cream and fresh strawberries.

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PANCAKES

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Ingredients:

2 cups	flour (I use all whole wheat; 50/50 whole wheat and unbleached white; 66/33 w.w. and buckwheat or cornmeal -- If you use cornmeal, add some cooked corn kernels too)
2 tblsp	baking powder
0.5 tsp	salt
3	eggs
2 cups	milk
0.5 cup	oil or butter (melted)
0.25-0.5 cup	honey or molasses (or 1-2 T brown sugar)

Instructions:

I assemble with a blender -- eggs first, then the rest of the liquids, and then the salt and baking powder. I put the flour in a bowl and add the liquids, stir for 20 seconds or so -- not too much. Cook on a medium hot griddle until the bubbles pop and don't fill in, then turn.

If you want a lighter pancake, you can separate the eggs and beat the

whites, then fold in at the end of the mixing.

Also, raisins, nuts, and other fruits can be added.

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PANCAKES

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(makes ca. 8 4" ones)

Ingredients:

1 cup loosely packed flour
1 tblsp baking powder
1 egg
1/2 cup milk
1/2 cup water
1 tblsp oil (canola seems to be the healthiest)

Instructions:

1. Whisk flour and baking powder (I sift 'em together, but if you don't have a sifter, no problem).
2. Whisk egg, oil, milk and water together (seems to mix better if mix egg, oil and milk first, then add water).
3. Stirring liquid, slowly whisk in flour and baking powder mix. Don't over whisk, as this'll toughen the pancakes. A few lumps are okay. Slowing adding flour and baking power mix makes this step a bit easier.
4. Pour on a hot griddle (see below on determining temp.). I use about 1.5 spoonfuls of a large serving spoon and use the back of the spoon to spread out the mixture a bit so its not so thick that they don't cook

through. Turn when bottom is turning dark (too bad they don't make clear pancake griddles). Using the corner of the turner, knock several holes in the pancakes. Done when bottom is turning dark. Only turn once.

5. Stack for a minute or two when done so the tops warm so butter will melt. Stack too long, and they'll get soggy.

Determining correct griddle temperature:

On my stove, medium high does fine.

Make sure water sizzles on it and small drops evaporate in just a few seconds.

The pancakes should get quite brown (actually close to black) when on the griddle for just a few minutes (2 or 3?) and the edges on the top should thicken. A few bubbles should form on the middle of the top.

I cooked 'em at too low a temperature for years and a hot griddle really helps I've found; don't worry if you incinerate a few in the process of figuring out the correct setting on your stove; that's what kitchen trash cans are for.

Hints for lighter, fluffier pancakes:

Before mixing liquid and powder mixture, heat the liquid to room temperature (microwaves are great for this; just thought of it, but maybe hot water w/ cold milk & egg might work too).

After mixing liquid and powder, let sit for 5 or 10 minutes and mix no more you'll see it rise a bit and bubbles form).

The water/milk as opposed to all milk ingredients helps here too (got

this from Usenet's rec.food.cooking).

Note on batter thickness:

The batter should, well, be not too thick or thin. I judge this by how it pours on the griddle; I find I need to spread the batter around a bit with the back of a spoon. If too thin, next time add a tablespoon or two of flour. Note that I call for somewhat packed flour above as this seems to give me the correct amount of flour for proper consistency (flour can be compacted to some degree).

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PANNEKOEKEN (DUTCH PANCAKES)

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Ingredients:

500 gr wheat flour
1 l milk
4 medium eggs
1 tsp salt
1 tblsp oil
1 tsp sugar

Instructions:

It can be hand mixed or put in a blender. For a blender, combine all ingredients and blend. Hand method: Put flour in a bowl, make a little hole in the middle. Pour in some milk in the hole and start stirring. gradually pour in all milk, making a smooth batter. mix in the eggs, one by one, add salt, sugar and oil and mix again until the batter is smooth and not lumpy. The pancakes should be baked in a large wide frying pan (a french crepe pan is ok too) preferably in butter (or oil,

if you don't like cholesterol). The butter should be very hot. Pour in some batter (about 2 or 3 tabelspoons) and bake. Turn the pancake when the upper surface is dry and bake the reverse side for approx. the same amount of time.

You can use anythind you like as a filling, use your imagination. Savoury pizzatype fillings are nice and can be put on top of the pancake after it's baked.

Classic fillings are bacon and syrup pancakes and apple pancakes. For the baconpancakes you have to fry the bacon first and then pour over the batter. They are served with dutch syrup, which has a thicker consistancy than american syrup. Here in Australia they sell cane molasses, and that tastes almost the same as dutch pancake syrup.

Apple pancakes the same : first bake some fine chunks of apple and pour over the batter. These pancakes are great with applesyrup, but I'm not sure that't available in the States. Normal syrup or sugar and cinnamon will do as well I reckon.

My favourite is a pancake with bacon and salami and syrup, but I think that's an acquired taste.

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POPOVERS

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Ingredients:

1 cup milk
2 eggs
1 cup flour
3/4 tsp salt

1 tblsp butter or oil

Instructions:

Mix ingredients together, put in cupcake cups, popover pan, or pryex cups bake at 375 degrees F for for 40-45min.

This recipe suggests that after 40mins, removing the popovers form the oven, cut a slit in each one to let the steam out the returning them too the oven for 10min or until tops are very firm and crisp brown.

However, I prefer to have them on the softer side.

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REIBEKUCHEN (GERMAN POTATOE PANCAKE)

=====

Ingredients:

1.5 kg potatoes (a sort that stays "hard" - not the one you use for
mashed potatoes)
1 big onion
2 eggs
1 tsp salt
a bit flour (Buchweizen (wheat flour or oat flakes)
Oil

Instructions:

Grate the potatoes over a sieve, so that the water can leave. Don't use a to fine grater, you don't want to make mashed potatoes.

Squeeze the potatoes - so that more water is going out of it.

Grate the onions fine on the grater and put them to the potatoes, like the other ingredients and mix them carefully.

Depending on how wet the dough is, put some flour or oat flakes to it, so that you get a not to solid dough.

Put oil into a pan and when it is really hot, take with a (soap) spoon abit from the dough and put it into the pan and push it to a flat cake.

They have to be "golden" from both sides (you have to turn them after awhile) - the border of that pancake has to be real crisp.

Eat them hot to (or on) a slice of bread (Schwarzbrot (that is dark bread)) with butter and put Ruebenkraut (sugar-root syrup) or Apfelkraut (apple syrup) on it.

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SAVORY INDIAN PANCAKES

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(Makes 18 to 20 pancakes)

Ingredients:

2 cups dry mung beans
3/4" cube of peeled, fresh ginger root.

For every one cup of soaked beans, add:

1/2 cup water
1/2 tsp Spike or other vegetable-seasoned salt
1/2 tsp asafetida or 1 clove garlic
1/4 tsp baking soda

1/8 tsp cayenne
1/8 tsp black pepper

Instructions:

Soak mung beans overnight to soften. The next day, mung beans must be ground, so drain the beans to prepare for grinder. Grinding can be done in a food processor or a blender. If in a food processor, do the whole batch of beans and multiply the other ingredients by 4. If in a blender, do 1 cup of beans at a time with the amount of the other ingredients as listed _per_batch_. Whether in a blender or a food processor, first drop chunk of ginger root in and allow it to get chopped up. Add soaked, drained mung beans and run machine till beans are fairly ground up (in a blender you can only do 1 cup at a time to avoid burning out the motor.) Add the next six ingredients and grind to a smooth, fluffy paste. The batter is now ready to be made into pancakes, which takes mastering a light touch on the spoon. Just remember --- practice makes perfect.

Heat a non-stick skillet or griddle over a medium flame and pour 1/2 to 1 teaspoon of oil into the skillet or griddle. With a spoon, mix batter thoroughly (batter must be mixed before each pancake is poured because it separates very quickly) and scoop out 1/3 to 1/2 cup of batter. Pour batter into the middle of the skillet and place the rounded bottom of a broad spoon very lightly in the center of the batter. Then use a slow, gentle and continuous spiral motion to spread the batter outward with the back of the soup spoon until the pancake is about 7" to 8" in diameter. If batter is sticking to the spoon and making holes in the pancake as you spread, you are either pressing too hard or you didn't begin pressing soon enough and the batter was semi-cooked before you attempted to spread it. Just try to spread with the spoon immediately and lighten the touch.

Cover and cook for 2 minutes, or till the pancake turns a reddish-brown

color. Remove cover and drizzle a tiny bit of oil over the pancake. Flip to cook on other side and cook uncovered till reddish spots begin appearing on the second side. Continue cooking all the batter in the same way.

These are delicious served plain with side dishes of vegetables, chutneys and yogurt; or you may want to stuff the pancake by placing filling inside and folding it over to form a turnover shape. This recipe makes 18 to 20 pancakes.

SCHMARRN
=====

Ingredients:

3 large eggs
1/4 cup milk (actually, a 1/3 cup might be better)
1/4 cup flour
salt & pepper to taste.
Maple Syrup to drizzle

Instructions:

Whisk (with wire whisk) all ingredients (starting with eggs) together until very smooth (no lumps). The mixture should have the consistency of heavy cream.

Add about a table spoon each of butter/oil to a large fry pan and let melt/heat up. About medium/high. If you don't have a large fry pan you may have to make two batches. By large, I mean about 10-12 inches across.

Here is where it gets hard to describe...

Pour mixture in all at once. As the sides start to set, push the set parts into the center so that more of the liquid pours into the "canal" and has a chance to set also. Cut/Push "openings" into the batter to expose pan surface and swish the liquid into that so it can set.
etc....

When most of it has set and there is only a very little liquid left (it should still be a "whole" piece the size of the pan at this point) I cut it into four and flip each section over. I then wait a few seconds and then start cutting up everything so that it resembles scrambled eggs. The goal is to have small, thick (1/4 inch?), bite sized pieces when you're done. (The best tool for this is a stiff spatula/egg flipper :-)

After its cut up, stir and cook it for a while. Don't be afraid of over cooking it. I never have so far. You want it "browned" somewhat. I eat it with maple syrup poured over top but have had it with jam mixed in. Anything sweet would do, I imagine.

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SOPAIPILLAS (HOT FRIED PUFFS)

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Ingredients:

1/4 cup	warm water
1 pkg.	yeast
1	egg
1 1/2 cup	milk
1/3 cup	melted butter
1/3 cup	sugar
1 tsp	salt

1 tblsp cornmeal
5 cups flour

Instructions:

1. Mix warm water and yeast in electric blender, until thoroughly mixed.
2. Blend in remaining ingredients except 3 cups flour.
3. Put dough in a large bowl. Cover and let stand in warm place about one hour.
4. Add remaining flour.
5. Knead into soft dough.
6. Cover, let rise until double in bulk.
7. Punch down and store in plastic bag in refrigerator.
8. Roll out thick. Cut triangularly or equilaterally.
9. Heat oil to 400 F.
10. Fry until golden. Makes 8 dozen.
11. Serve piping hot with butter and honey and/or sprinkle with sugar and cinnamon.
12. Dough may be kept in refrigerator for two weeks.

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PRETZELS (8 pretzels)

Ingredients:

1 cup whole milk
4 teaspoons sugar
1/4 oz yeast
2 teaspoons salt
1 tsp shortening
3 cups flour
Pretzel or kosher salt for sprinkling
Lye dip

Instructions:

The lye dip is an essential part of this recipe. To prepare it, get a sealable container, perhaps a tupperware sort of thing, and fill it with a gallon of cold water. Wearing latex gloves and protective eye gear, *slowly* add 6oz of (caustic soda alias lye alias NaOH) pellets, stirring carefully with a metal spoon until the pellets are dissolved. Seal the container until you are ready to use it. Notes:

1. This stuff is not only poisonous, it is extremely... well, caustic. It will eat a hole in your hand if you let it, so don't play any games with it & keep it far away from kids. Flush any unintentional contact with water.

2. I didn't quite have 6oz when I made the dip. In fact, I don't know how much I had for sure.. maybe 3oz or so, and I used less water, and everything came out fine. I don't think the recipe is particularly sensitive to the exact proportions of lye to water, so don't worry too much about this.

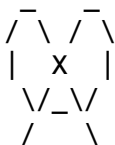
Procedure (about 2 hours from start to finish):

1. Warm the milk somewhat and dissolve the sugar and yeast into it. (I usually zap the milk for about 45 secs. The warming part might not be necessary.)

2. Add the salt and shortening.

3. Gradually add the flour. As soon as you can work on it with your hands, move it to a pastry board and knead in enough of the flour to make a good stiff dough. It shouldn't be sticky at all when you start forming the knots.

4. Form the knots: chop off a tenth or so of the dough. Using both hands, roll it into a rope with tapered ends and a relatively thick middle. Tie the characteristic pretzel knot shape:



Transfer the pretzel to a baking pan or something and cover it with a damp cloth to keep it fresh.

5. When you have them all formed, put them somewhere warm 80-90F) to rise for 1/2 hour or less. (I turn my electric oven on to 150F for a minute, turn it off, and let the pretzels rise there.)

6. When they have risen, they will be somewhat bumpy, sweaty, and ugly. Remove the covers and let them cool for 10 minutes or so in front of a fan or in the refrigerator until the outer skin has become tough and can take some handling.

7. You are now ready to dip and bake them. My biggest problem with

this recipe is keeping the pretzels from sticking when I bake them. Dipping them in liquid on the way into the oven makes them want to stick to just about every surface I have tried, even when I toughen the bottoms as well in step 6. The best solution I have is to use bread stones with gobs of cornmeal. I hope someone in netland has a better idea! Heat the oven to 400F.

8. Remove your heated baking surface from the oven and place it close to your lye dip and ready-to-bake pretzels. Don't burn your counter! Wearing your protective gear, individually dip the pretzels and place them on the baking surface. Be careful: the pretzels become fragile after being dipped. After you have dipped them all, sprinkle salt on the thick part and bake them for about 15 minutes. Note: Steve's original recipe called for 30 minutes at 400F. I really can't explain the discrepancy, although I've never calibrated my oven. Perhaps it's running hot.

9. Many people like them as is or with mustard. In Swabia Germany), they are sliced about half-way through from the thick end to the thin (as if you were opening a clam), smeared with butter, and eaten as a little sandwich. Of course, they're great with a fine beer.

These pretzels are fun to make and great to eat, but they don't keep very long. After 10 hours or so, the sprinkled salt will begin to seep back into the dough and vanish entirely, leaving hideous warts, and the dough will toughen.

PRETZELS

(12 soft pretzels)

Ingredients:

1 pkg yeast

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3 cups bread flour
1/2 tsp sugar
1 cup warm/hot water (whatever temperature you use for yeast breads)
1 egg yolk
1 Tbsp water (any temperature)
coarse salt

Instructions:

Mix 1st four ingredients, knead, and let rise. (Okay, what *I* do is stick the whole mess in my handy-dandy DAK Turbo IV on the White-Manual-Turbo cycle, and let it do the dirty work. It doesn't do the baking, though.)

Separate dough into 12 equally-sized blobs. Mix egg yolk & Tbsp water in a bowl. For each blob, roll into cylinder about 18 inches long, shape into a pretzel (this is harder than you might think ...) brush with egg stuff, sprinkle with coarse salt, and put on greased cookie sheet.

Note: Feel free to use egg substitute instead of the egg, or just skip the egg, and brush with only water (to help the salt stick). Or, leave off the glaze and the salt entirely.

Let pretzels rise again for 30 minutes. (Very impatient and/or hungry people can omit this step. I often do.)

Bake for 10-12 minutes in preheated 475 deg (F) oven. Eat as soon as possible.

Remark:

I've been making lots of (soft) pretzels lately. I've generally been quite happy with how they turn out, and all my friends love 'em. They

taste just *perfect*, but they don't look right, i.e., they come out an off-white "bread color", not the smooth dark brown "pretzel color" that every pretzel I've ever bought had.

PRETZELS

Ingredients:

1 pkg active dry yeast
1 cup of warm water
2 3/4 cups flour
2 tblsp soft butter
1/2 tsp salt
1/2 cup baking soda
more water

Instructions:

Proof 1 package active dry yeast in 1 cup of warm water.

In a food processor or mixer, place: 1 1/2 cups flour 2 tablespoons soft butter 1/2 tsp salt

Add the yeast and beat or process for several minutes (longer than you think you should - you can start with cooler water if using the food processor, as it heats the dough up quite a bit.)

Add 1 1/4 cups flour, and knead until the dough is no longer sticky. Let rise in a covered greased bowl until doubled in bulk, about 1 hour. Punch down and divide into 12 pieces. Keep them under a towel until you are ready to shape them. Shape each piece into a large pretzel, and place on a greased sheet to rise for about 20 minutes.

In the meantime, in a large non-aluminum skillet, heat a lot of water with about 1/2 cup baking soda in it. If you have a bread baking stone

or tile (recommended) place it in the oven to preheat to 500 degrees (yes, 500). With a slotted spoon, carefully lower each pretzel into the simmering baking soda water, turn it to coat it, and then put it back onto the pan (or on the stone, whichever you are using). Sprinkle each pretzel with coarse salt.

Bake about 10-15 minutes. The pretzels will get a very shiny brown, thanks to the baking soda. For extra crispness, let them bake the last 5 minutes directly on the lowest oven rack.

COLLECTION: Rolls

BEST-EVER YEAST ROLLS

Ingredients:

2 pkg	dry yeast
2/3 cup	sugar, divided
1 cup	warm water (105-115 degrees F)
1 tsp	salt
1/2 cup	butter or margarine, softened
1/2 cup	shortening
1 cup	boiling water
2	eggs, beaten
6 - 7 cups	all-purpose flour, divided

Instructions:

Dissolve yeast and 1 teaspoon sugar in 1 cup warm water; let stand about 5 minutes.

Combine remaining sugar, salt, butter, and shortening in a large bowl. Add boiling water, stirring until butter and shortening melt. Cool

slightly. Add dissolved yeast, stirring well. Add eggs and 3 cups flour, beating at medium speed of an electric mixer until smooth. Gradually stir in enough remaining flour to make a soft dough. Place in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85 degrees F), free from drafts, 1 to 1 1/2 hours or until doubled in bulk.

Punch dough down; turn dough out onto a well-floured surface, and knead several times. Shape into 2-inch balls, and place in 3 greased 9-inch round pans. Cover and let rise in a warm place (85 degrees F), free from drafts, 30 to 40 minutes or until doubled in bulk. Bake at 325 degrees F for 20 to 25 minutes or until golden. Yield: 3 dozen.

Note:

I'm only posting the basic recipe: the original had a number of variations, including Sweet Yeast Braid, Sweet-Filled Yeast Loaves, and Sweet Pinwheel Rolls. The article also gave recipes for a number of fillings such as Cinnamon-Cheese Filling, Orange-Cheese Filling, and Chocolate-Cheese Filling; and one topping, Sugar Glaze. Check the magazine (or one of the yearly cookbook compilations) if you're interested in them (you can usually get the Southern Living cookbooks on sale at bookstores for about \$7.95, and IMHO, they're well worth the money!).

REFRIGERATOR POTATO ROLLS

Ingredients:

1	medium potato
1 tbls	active dry yeast
1 tsp	granulated sugar
1/4 cup	butter or margarine
2 tbls	shortening (melted)

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1/4 cup honey
1 large egg
1 1/2 tsp salt
4-4 1/2 cups bread flour (I use Gold Medal brand)

Instructions:

Cook potato in boiling water to cover until tender. Drain and reserve 1/2 cup of the liquid. Cool to between 105- to 115-degrees. Stir in the yeast and sugar. Let stand 5 minutes.

Mash the potato to make 1/2 cup (after mashing) and put in mixing bowl. Add the butter, melted shortening, honey, egg, salt, yeast mixture and 1-1/4 cups of the flour. Beat at medium speed for 2 minutes. Gradually stir in flour until dough is no longer sticky and feels silky smooth. I add about 3 cups of flour initially and add "sprinkles" of flour, kneading in between, until the dough is soft and silky feeling and no longer sticky. Humidity plays a BIG part in breadmaking; on humid days you'll need more flour because the flour will have picked up moisture from the air...on dry days you'll need less flour. Trust your fingers, they'll tell you when the dough is "RIGHT". It'll take you about 6-8 minutes. in 2 greased 8-inch round pans (DO NOT use larger pans or the ones in the middle won't get good and done).

Cover and refrigerate up to 4 days. Cover and let rise in a warm place 1-1/2 hours or until doubled.

Bake in a preheated 375-degree oven for 15-20 minutes, or until golden brown.

DAVID'S SOUR CREAM ROLLS

Ingredients:

1/4 cup water, warm (105 to 110 degrees)
1/4 cup margarine
1 cup sour cream or plain yogurt (my fav)
3 cup flour
1 pkg active dry yeast
2 tbls sugar
1 tsp salt
1 egg

Instructions:

Put in a small pan 1/4 cup water, warm (105 to 110 degrees) and 1/4 cup margarine. Heat to melt margarine but do not boil, then add 1 cup sour cream or plain yogurt (my fav).

Heat until quite warm (110-120 degrees)

In a bowl mix together: 1 cup flour, 1 pkg active dry yeast, 2 tbls sugar and 1 tsp salt.

Mix thoroughly - then pour liquid over and beat vigorously by hand or electric mixer.

Add 1 egg and beat again vigorously. While beating add up to 2 cups flour or until you get a dough stiff enough to handle. (dough should be soft, but no longer sticky--smooth as a babys' behind). Flour picks up moisture from the air, so the day you make bread, the amount of flour could vary quite a bit. Just add sprinkles" of flour toward the end and knead until the dough is no longer sticky and feels silky smooth.

Oil top of dough, cover bowl with plastic wrap and proof till nearly double (about 50 minutes to an hour).

Place dough on a floured board and pat out to about 1/2 thick and cut

and shape as you wish. Let rise 15-30 minutes.

Bake at 375 degrees about 20 minutes. Butter the tops when they come out.

Note:

These can be turned in to "brown and serve" rolls and frozen and are great when you just need "one or two" rolls. Just bake until barely "ivory" in color cool and freeze. When you want to serve later, place in a pre-heated oven and bake till nicely browned.)

FRENCH FANTAN ROLLS

Ingredients:

1 cup milk, scalded
1/2 cup butter or margarine
1/2 cup sugar (use 1/4 cup if you'd like)
1 tsp salt
2 tbls active dry yeast
1/4 cup water (105 to 115-degrees -- use thermometer)
4 large eggs, beaten
1/2 tsp imitation butter extract (do not omit!)
1/8 tsp lemon extract (optional)
6 cups bread flour (approximately)
1/4 cup butter, melted (optional)

Instructions:

Combine the milk, 1/2 cup of butter, sugar and salt in a saucepan. Heat until butter melts; cool until temperature is between 105 and 115-degrees. It's very important that you use a thermometer. If the mixture is too hot it'll kill the yeast, if it's not hot enough it won't

activate the yeast.

Dissolve the yeast in the water in a large bowl (or use a Kitchenaid mixer with a dough hook). Stir in the milk mixture, eggs, lemon extract and imitation butter extract. Gradually stir in the flour to make a soft dough (I added about 5 cups all at once and then sprinkled in enough flour until the dough Turn dough out onto a floured surface and knead until smooth and elastic (or use your KA mixer), about 5 minutes. The dough will be VERY soft...don't add too much flour.

Place dough in a well-greased bowl, turning to grease the top. Cover and let rise in a warm place free from drafts, 1 hour or until double in bulk. (Watch closely, it usually doubles in no time at all).

Punch dough down and divide in half. Turn dough out onto a lightly floured board. Now, you can either make Fantan rolls out of this (a little tricky) or you can make any shape roll you'd like. Roll 3 round walnut-size balls and put them into your muffin tins or whatever you'd like. If you'd like directions for making the fan-shaped rolls, let me know and I'll post it--they're a bit of work, so I never make them. Be sure to use LARGE muffin cups because this recipe makes HUGE rolls. Brush on additional butter if you'd like.

Cover and let rise in a warm place free from drafts for 30 minutes. Bake in a preheated 425-degree oven for 10-12 minutes.

Daily Bread

- * 1 teaspoon yeast
- * 1 teaspoon sugar
- * 1 cup warm water

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- * 2 1/4 to 2 3/4 cups King Arthur Unbleached All-Purpose Flour
- * 1 1/2 teaspoons kosher salt

You can make this bread dough in a number of different ways. The simplest, by far, is in a food processor using the plastic dough blade. Pour the warm water into the processor and sprinkle the yeast and sugar on top. Put the lid on the processor and pulse for a split second, just to wet the yeast. Add 1 cup of the flour, process for 10 seconds, and let rest for 10 minutes. This gets the yeast going, lets the flour start to absorb the liquid, and is a good time to do the breakfast dishes.

Add the remaining flour, between 1 1/4 and 1 3/4 cups, and process for 1 minute. You'll need about 1 1/4 cups in the winter, 1/3 cups in the summer, and 1 1/2 cups in the spring or fall; because flour absorbs moisture from the air, and the air is moister in summer than winter, the amount of flour you'll need in your bread recipes will be less in winter, more in summer. You're trying to attain a very slack dough, one which will barely form a rough ball in the food processor.

Remove the dough from the food processor bowl, place it in a large, lightly greased bowl, and cover with lightly greased plastic wrap. Set aside and go on about your work.

You can also make this dough in a mixer, such as a Kitchen Aid, or even a smaller stand mixer, using either a dough hook or dough "beaters." Follow the same procedure outlined above.

Guess what? You can even do this in your bread machine. Simply put all the ingredients in at once, let the machine go through its first knead (25 minutes or so), then take the dough out of the machine and put it into a lightly greased bowl. Reset (turn off) the machine.

Finally you can do this with - gulp! - your hands. I'm strictly a machine person myself, but I did do this recipe once by hand, just to make sure it

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worked. I combined the ingredients with a spoon, then kneaded it with my hands in the bowl for 1 minute.

Ten or 12 hours later, or when you get back to it, take the dough out of the bowl and make it into whatever you want. You'll have enough dough to make eight rolls, eight chewy, substantial breadsticks, one Italian style loaf or baguette, one round loaf, or a 12 inch focaccia. I usually opt for the focaccia, drizzling it with olive oil, then sprinkling it with a healthy amount of black pepper, a bit of salt, and some rosemary.

Let the dough rise again, for an hour or so, until whatever you've shaped is good and puffy. Preheat the oven to 450°F about half an hour before you want to bake the bread.

Bake the bread for 15 to 20 minutes, misting the inside of the oven with cold water from a clean plant mister three or four times during the first 5-8 minutes of baking, if you're after a very crisp crust. Remove the bread from the oven when it's golden brown, and cool it on a wire rack. or bring it to the table and eat it immediately

Dinner Rolls

Never Fail Dinner Rolls

Yield approx 48

In a large bowl (6 qt) mix 1 1/2 cups lukewarm water and 1 tsp sugar until dissolved. Sprinkle in 1 1/2 Tbsp yeast. Let work until bubbly (10-15 minutes).

Meanwhile, scald 1 1/2 cups milk and add:

1 1/2 tsp salt

1/2 cup sugar

1/2 cup vegetable oil/melted butter/melted shortening

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3 well beaten eggs (straight from the refrigerator to cool the milk for the next step)

Stir yeast mixture and add milk mixture.

Gradually add 8 cups all-purpose flour until soft dough is formed. (If not using Canadian all-purpose flour, you may wish to use bread flour or add some gluten to the US a-p flour) Turn onto a well floured board and work with finger tips to start and then knead *gently* for approx 10 minutes until dough is elastic.

Rinse out the large bowl, butter or oil it and put the dough back into it, cover and let rise until doubled. Punch down dough, turn over in bowl and let rise again, covered, until doubled. Punch down. Cut into golf ball sized pieces and put onto buttered pans (16 inch by 14 inch cookie sheets work well). Butter hands well while forming the dough into balls. Let rise until doubled (approx 1 hour). Heat oven to 375 deg F. Bake rolls 15-20 minutes until light brown. (After 10 minutes turn pan 180 degrees to allow all to brown evenly.)

Dusty Potato Bread

To soften yeast, in a large mixing bowl combine:

2 cups warm potato water (water in which peeled potatoes have been boiled)

1 scant tbsp (or 1 packet) active dry yeast

Allow yeast to proof. Stir in:

3 tbsp sugar

1 tbsp salt

3 cups unbleached all purpose flour

Beat well to develop gluten. Stir in:

2 tbsp. melted shortening, cooled until just warm

To make a soft dough, gradually add:

2-1/2 to 3 cups unbleached all-purpose flour

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Turn out on a floured surface and knead until smooth. Place in a greased bowl, turning dough once to grease the top. Cover and let rise until doubled in bulk, 1 to 1-1/2 hours. Knead dough down in bowl. Divide dough in half. Shape into balls and place in well-greased round pans. Cover and let rise until almost doubled, 45 to 60 minutes. Before baking, dust loaves lightly with flour. Bake at 400F for 35 to 40 minutes. Cool on wire racks. Makes 2 loaves.

*_*_*

My own comment: don't be fooled by that "knead until smooth" stuff. It gets smooth VERY quickly, it comes out smooth before you even knead it! So knead the heck out of it or it won't rise.

Hawaiian Bread

This is for a 1 1/2 lb loaf

Mash 1 overripe banana in a 1 cup measuring cup. Finish filling with crushed pineapple.

1 egg

1/4 cup milk

4 tbsp margarine

1 tsp coconut extract

1/2 tsp salt

1/3 cup sugar

1/2 cup potato flakes

3 cups bread flour

1 1/2 tsp quick yeast

Bake in bread machine on light.

King Arthur Flour's Hearth Bread

This recipe, also known as "The Easiest Loaf of Bread You'll Ever Bake",

appears on the back of some of the King Arthur Flour bags.

Ingredients

- * 1 tablespoon (1 packet) yeast
- * 1 tablespoon sugar
- * 1 tablespoon salt
- * 2 cups warm water (not over 110°F)
- * 5 1/2 to 6 cups King Arthur Unbleached All-Purpose Flour
- * cornmeal
- * boiling water

Mix It

Mix together the first four ingredients. Let this stand until the yeast, sugar and salt are dissolved. Gradually add the flour to the liquid and mix thoroughly until the dough pulls away from the sides of the bowl. Turn the dough out onto a floured surface to knead. (This may be a little messy, but don't give up!)

Knead It

Fold the far edge of the dough back over on itself towards you. Press into the dough with the heels of your hands and push away. After each push, rotate the dough 90°. Repeat this process in a rhythmic, rocking motion for 5 minutes sprinkling only enough flour on your kneading surface to prevent sticking. Let the dough rest while you scrape out and grease the mixing bowl. Knead the dough again for 2 to 3 minutes. (Until the original mess is bouncy and smooth!)

Let It Rise

Return the dough to the bowl and turn it over once to grease the top. Cover with a damp towel and keep warm until the dough doubles in bulk, about 1 to 2 hours.

Shape It

Punch down the dough with your fist and briefly knead out any air bubbles. Cut the dough in half and shape into two Italian or French style loaves. Place the loaves on a cookie sheet generously sprinkled with cornmeal. Let the loaves rest for 5 minutes.

Bake It

Lightly slash the tops of the loaves 3 or more times diagonally and brush them with cold water. Place on rack in a cold oven with a roasting pan full of boiling water on the oven bottom. Bake at 400°F for 35 to 45 minutes until the crust is golden brown and sounds hollow to the touch.

For a lighter, crustier bread, let your shaped loaves rise for 45 minutes. Preheat the oven and roasting pan with water to 500°F for 15 minutes. Brush the loaves with cold water, place in the oven and bake for 10 minutes. Lower the temperature to 400°F and bake for 10 more minutes. Remove from the oven, let cool and devour!

For a heartier, more nutritious bread, substitute 2 cups of King Arthur Stone Ground Whole Wheat Flour for 2 cups of King Arthur Unbleached All-Purpose Flour.

Kartoffelpfannkuchen (Potato Pancakes)

Servings: 4

2-1/2 cups potatoes, grated (2 Large)

1 large egg, beaten

3 cups water

2 tb milk

1 ts lemon juice

1/2 ts salt

1 potato, boiled and mashed

Vegetable oil as needed

Grate raw potatoes into water to which lemon juice has been added.

Place potatoes in a strainer or cheese cloth and drain off liquid. Drain well.

Beat raw and cooked potatoes with egg, milk, and salt to form a batter.

Using 3 tb oil for each batch, drop batter for 3 or 4 pancakes at a time in hot oil in a large frypan. When firm on the bottom side, loosen edges and turn. Brown on other side. Remove, drain on paper towel, and keep warm.

Continue until all batter is used. Serve immediately.

NOTE: Sprinkle with sugar if served with applesauce.

Kentucky Yeast Rolls

Yield: 2 dozen

1 c Milk

5 tb Sugar

1 ts Salt

4 tb (1/4 c) shortening

5 c Flour (approx)

1 pk Yeast, dissolved in 1/4 c

-warm (105-110 deg F) water

1 Egg, slightly beaten

Warm milk, sugar, salt, and shortening in microwave for 1-2 min. Let cool. Shortening need not be melted. Set aside. Put 2 cups flour in bowl. Add yeast, egg and liquid ingredients. Using electric mixer, beat well. Add flour, 1/2 c at a time until mixer can no longer turn. Then stir with wooden spoon. Let dough rest 15 mins on floured board. Knead 15-20 times. Coat dough by rolling in butter-greased bowl. Cover and refrigerate until ready to use. On floured board, knead 10 times. Make balls. Place in greased pan. Let rise 1-2 hrs or until

dough doubles. Bake at 400 for 10-15 mins or until golden brown.
Remove from oven, butter top of rolls. Serve hot.

SWEDISH CARDAMOM BRAID

Servings : 12

Categories :Breads Swedish Low-Cal Vegetarian Ethnic

2 tablespoons Active Dry Yeast

1/2 cup Lukewarm Water (105 to 110, degrees)

1/2 cup Milk, scalded

1/4 cup Sugar

1/2 teaspoon Salt

1/4 cup Vegetable Oil

1 Egg

3 1/2 To 4 c Flour

1 teaspoon Ground Cardamom

1/2 cup Raisins, dark or golden

Combine the yeast and the lukewarm water. Let stand until dissolved. Pour the hot milk over the sugar to dissolve it. Pour the hot milk over the sugar to dissolve it. Add the salt and vegetable oil. Cool. Stir in the yeast mixture, egg, 3 cups of the flour and the cardamom into the sugar mixture.

Add the raisins and extra flour. Beat until smooth. Turn the dough onto a lightly-floured surface. Knead until smooth and elastic. Transfer to a lightly-oiled bowl, cover with a damp towel and let rise in a warm place until doubled, about 1 hour. Punch down the dough and transfer to a lightly-floured surface. Divide into thirds. Roll each part into a 10-inch-long strand. Braid loosely. Place on a lightly-oiled baking sheet. Cover and let rise in a warm place until doubled, about 1 hour. Bake in a 350-degree oven for 30 to 35 minutes.

SWEDISH CARDAMOM BRAID

Servings: 12

Categories: Breads Vegetarian

2 tablespoons Yeast

1/2 cup Lukewarm Water (105 to 110, degrees)

1/2 cup Milk, scalded

1/4 cup Sugar

1/2 teaspoon Salt

1/4 cup Vegetable Oil

1 Egg

3 1/2 To 4 c Flour

1 teaspoon Ground Cardamom

1/2 cup Raisins, dark or golden

Combine the yeast and the lukewarm water. Let stand until dissolved. Pour the hot milk over the sugar to dissolve it. Pour the hot milk over the sugar to dissolve it. Add the salt and vegetable oil. Cool. Stir in the yeast mixture, egg, 3 cups of the flour and the cardamom into the sugar mixture. Add the raisins and extra flour. Beat until smooth. Turn the dough onto a lightly-floured surface. Knead until smooth and elastic. Transfer to a lightly-oiled bowl, cover with a damp towel and let rise in a warm place until

doubled, about 1 hour. Punch down the dough and transfer to a lightly-floured surface. Divide into thirds. Roll each part into a 10-inch-long strand. Braid loosely. Place on a lightly-oiled baking sheet. Cover and let rise in a warm place until doubled, about 1 hour. Bake in a 350-degree oven for 30 to 35 minutes.

SWEET POTATO BISCUITS

Servings: 16

Categories: Breads Vegetarian

1 1/4 cups Whole wheat flour

1/2 cup Unbleached white flour

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2 teaspoons Baking powder

1/2 teaspoon Salt

3 tablespoons Margarine

1/3 cup Apple juice

1 cup Well mashed, cooked sweet potato

3 tablespoons Honey

1/3 cup Finely chopped walnuts or, - pecans

Preheat oven to 425F.

In a mixing bowl, sift together the flours, baking powder & salt. Work in the margarine till the mixture resembles coarse breadcrumbs. Add apple juice, potato, honey & nuts & work till it resembles a soft dough. Turn dough out onto a well-floured board & knead enough extra flour to make the dough lose

its stickiness. With floured hands, divide dough into 16 equal parts. Shape into small balls & arrange on a lightly oiled cookie sheet, patting them down a bit to

flatten them. Bake for 12 to 15 minutes. Serve hot with Creamy Mushroom Soup.

WHITE CLOUD INN BAKED NUT LOAF

Servings : 6

Categories : Vegetarian Breads

1/2 cup Chopped onion

1/2 cup Diced celery

1 tablespoon Oil

1 cup Chopped nuts (walnuts and Cashews), finely chopped

1 cup Cottage cheese

1/2 teaspoon Salt

1 cup Bread crumbs

2 Eggs, lightly beaten

1/4 teaspoon Poultry seasoning

1 1/4 teaspoons Onion powder

2/3 cup Water

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From: The Thanksgiving Book "This hearty vegetarian standard takes the place of roast turkey at White Cloud Inn, in the Pocono Mountains of Penn." Preheat oven to 375. Saute onion and celery in oil. Put all ingredients into a greased 11-3/4 " x 7-1/2" baking dish and bake until just firm and slightly brown on top, about 35 to 40 minuets. Serve with you favorite sauce or gravy. The Inn uses a mushroom sauce, but the dish is also good with a tomato sauce or onion gravy.
Yield: 5 to 6 servings.

WHOLE WHEAT BURGER BUNS

2 packages Baking yeast
1/4 cup Warm water
1 teaspoon Molasses
2 cups Soymilk
1/2 cup Molasses
4 tablespoons Dairy-free margarine, melted
3 cups Unbleached flour
3 cups Whole wheat flour

Add yeast and 1 teaspoon molasses to warm water; stir and let sit until bubbly. To a large bowl add soymilk, 1/2 cup molasses, melted margarine and salt. Stir in yeast mixture. Next add flour, one cup at a time. (Mix white and whole wheat flour together before adding). Stir well with each addition. Turn out dough on flat surface and knead about 5 minutes or so until smooth and elastic, adding more flour, as necessary. Place dough into a greased container and cover. Let rise about one hour, in a warm location. Form into buns and let rise about 30 or 40 minutes on greased cookie sheets. Cover with plastic wrap that has been sprayed with non-stick spray. Bake in 350-degree oven about 20 minutes. Cool on wire racks. Note: Or form into two large loaves and bake 30 to 35 minutes. While bread is hot, brush tops with melted margarine or spray tops with PAM, if desired.

WHOLE WHEAT FLATBREAD (CHAPATI)

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Servings : 14

Categories: Breads Indian Vegetarian

2 1/4 cups Durum flour

1/2 teaspoon Sea salt

1 tablespoon Canola oil

2/3 cup -Very warm water

Combine flours and salt in a large mixing bowl. Mix in oil and water to form a stiff dough, adding more water if necessary. Remove dough from bowl and knead on a lightly floured surface until smooth, about 5 minutes.

Return dough to bowl, cover with a towel and set aside in a warm place for one hour. Turn dough out onto a lightly floured surface and divide into 14 equal portions. Roll each piece into a ball and cover with a damp towel.

Heat an ungreased griddle or large frying pan over medium heat. Working with one ball of dough at a time, flatten it, then roll into a 6" circle, using only enough flour to keep dough from sticking. When griddle is hot, pick up dough, shake off excess

flour and place it on a hot pan. Cook until brown spots appear, about one minute. Flip dough over and cook on other side. (Chapati may puff up while cooking.)

Cover and place in a warm oven while cooking remaining chapatis.

HINTS: Substitute durum flour with 1-1/2 cups whole wheat flour and 1 cup unbleached all-purpose flour.

Spread with margarine or butter after cooking to maintain moistness.

WHOLE WHEAT TORTILLAS

Servings : 6

Categories : Breads Mexican Vegetarian

1 1/2 cups Unbleached All-Purpose Flour

1 1/2 cups Whole Wheat Flour

1/4 teaspoon Baking Powder

1 cup Warm Water (110 F)

2 teaspoons Vegetable Oil

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1/4 teaspoon Salt

These tortillas are lower in saturated fat, with no cholesterol and higher in fiber than traditional tortillas prepared with lard and white flour.

Cornstarch, for dusting the tortillas Stir together the first 6 ingredients. On a floured board knead until smooth. Divide dough into 12 equal balls. Dust lightly with cornstarch. Roll into a circle as thin as possible on a lightly- floured board. Drop onto a very hot ungreased griddle. Cook until brown spots appear on one side. Turn and cook on second side.

Yield: 12 large tortillas

2 cups bisquick=AE baking mix

1/2 cup yellow corn meal

1 teaspoon baking powder

1/2 cup sugar

1 stick butter

1 cup milk

2 whole eggs

Melt butter in black skillet in oven. Mix all ingredients and add melted butter. Mix well.

Bake in black iron skillet or 9x9 inch pan greased. 325 - 350 degrees (30-35 minutes)

NOTES : Wonderful sweet cornbread, almost like cake. Really good with honey-butter.

Just one of the 63314 recipes available on
SOAR - the Searchable Online Archive of Recipes
(<http://soar.Berkeley.EDU/recipes/>)

Marvelous Whole Wheat Bread

INGREDIENTS

whole wheat flour
water
non-instant powdered milk
7 grain cereal
rolled oats
wheat flakes
rye flakes
honey
yeast
salt (optional)
ginger

YIELD: 2 loaves

The following recipe routinely takes between 3 hours 15 minutes and 3 hours 30 minutes from the beginning until the bread comes from the oven. It involves a total of four risings, one as the sponge, two as the dough, and one as loaves.

IMPORTANT! In order to bake bread successfully there are two things to remember:

1. All ingredients must be warm, that is, not too cool and not too hot. Yeast requires an environment of 85 to 105 degrees Fahrenheit in which to work;
2. The only two ingredients which should be carefully measured are the water and yeast. The water determines the overall quantity of bread and the yeast determines the speed at which rising takes place and the amount of air in the bread. Too little will result in a good bread, but one which tries your patience; too much will result in a large air hole running the length of the bread which is a definite embarrassment to the baker. C=:-(

METHOD

1. Take the flour from the fridge or other cool spot and half fill a 13" x 9" x 2" pan. Put the pan in the oven and slowly turn the dial until the oven just comes on. Turn on the oven light too.
2. Take out 2 beer mugs, a coffee cup, a 1 cup measuring cup, large bowl, a tablespoon, a teaspoon, measuring spoons and a whisk. Take the yeast and oil from the fridge. Also take out the honey, 7 grain cereal, rolled oats, wheat flakes and rye flakes.
3. Fill one beer mug with hot tap water and let sit for just a moment. Empty the hot water and refill 1/3 full with tap water that is warm, but not hot, to the wrist, (like baby's milk), and stir in a teaspoon of honey and 1/4 teaspoon of ginger.
4. When the honey has mostly dissolved, stir in a level tablespoon of yeast and stir immediately. Cover with a damp tea towel and let rise until at least double in bulk. This should take about ten minutes.
5. In the meantime, fill the second beer mug three quarters full of non-instant powdered milk. Put a large tablespoon of honey in the bowl. This "tablespoon" probably contains 1/4 to 1/2 cups honey. Add 2 1/2 coffee cups of warm-to-the-wrist water. Add the non-instant powdered milk and beat well with a whisk. As you beat, the phrase "non-instant" in non-instant powdered milk will take on real meaning. If there are a few lumps remaining, don't worry, they won't survive the next steps.
6. Add a handful of rolled oats, a handful of wheat flakes, a handful of rye flakes, and a handful of seven grain cereal. Beat lightly with a whisk to moisten.

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7. By now the yeast should have risen to within an inch of the top of the beer mug. Using the teaspoon, give it a good stir for about 5 seconds and pour it into the bowl with all the other stuff.
8. Take the flour from the oven and turn the oven off! <-- IMPORTANT! Leave the oven light on as it will be the only heat source required for the risings. Add flour to the bowl one handful at a time and beat vigorously with the whisk. You are done when it's kinda hard to add more flour and the resulting mixture can best be described as thick mud. Adding the flour with the whisk only takes about 3 minutes.
9. Using a rubber scraper, clean the sides of the bowl, cover with a damp tea towel and put in the oven to rise. This rising will take about 30 minutes. At this stage, the bread with half the flour added is called the "sponge."
10. Pour 1/4 to 1/3 cup oil into the coffee cup and put it into the oven to warm. Also, half fill the 13" x 9" x 2" pan with flour again and put it in the oven to warm. Put the measuring spoons over to where you will be working next and get out the salt now so you don't forget.
11. Wash everything else and put it away. By now you should have about 25 minutes to do other things like have a beer, do FreeNet, or both.
12. When the sponge has risen to within 3/4 of an inch of the top of the bowl, or until double in bulk, remove from the oven.
13. Sprinkle 3/4 of a tablespoon of salt on top if you wish. If you would rather not add salt, omit this step. Your bread will be just a little sweeter, that's all.
14. Slowly pour most of the oil around the edge of the bowl. Save an ounce or so of oil in the cup. Using the rubber scraper, fold the

sponge down so that it is almost its original size before rising.
This process should take no longer than 2 minutes.

FOLDING? It goes like this. Grab the bowl with your left hand at the ten o'clock position and insert the scraper with your right hand at the twelve o'clock position. While turning the bowl counter clockwise with your left hand, bring the scraper clockwise around the edge of the bowl with your right hand. When you left hand and right meet at the 6 o'clock position, that's 6:30 in Newfoundland, flip the dough across the bowl back to the twelve o'clock position. Try to keep the sponge together as a whole.

15. Sprinkle a handful of flour on top of the bread and fold it in. Sprinkle additional flour around the edge of the bowl and fold it in too. When the folding gets tough, stop.
16. Sprinkle a handful of flour on the counter. Pour the dough onto the counter. Using the rubber scraper, clean the bowl the best you can, Pour the remains on top of the dough. Nothing gets wasted here. Using the bit of oil remaining in the cup, oil your hands and the bowl.
17. Knead the bread until three consecutive kneads don't stick to the bare counter.

KNEADING? It goes like this. Grab the far side of the dough and bring it towards you, thus folding the dough in half. Using the heels of your hands, push the dough away from you. Using your left hand, give the dough a quarter turn, grab the far side, bring it towards you, thus folding the dough in half, and push the dough away from you. Using your left hand, give the dough a quarter turn, ... , et cetera.

18. Put the dough, good side down, in the bowl, remove, and put it back in the bowl good side up. If there is any noticeable accumulation of oil in the centre, rub it to the outside with your hand. Cover the

dough with a damp tea towel, return to the oven and let rise about 30 minutes or until double in bulk.

19. This step is called "punching down." Take a moment, close your eyes and picture someone who you would like to punch, if even, playfully. Punch the dough down by first nailing it right in the centre and pushing all the way to the bottom of the bowl. Punch down the rest working from the centre to the outside of the bowl. Finish off by punching the centre again. This punching down process should take no more than 25 - 30 punches. I like this part!
20. Again, cover the dough with a damp tea towel, return to the oven and let rise about 25 minutes or until double in bulk.
21. Punch down as before, this time when you are done roll the dough out onto the counter.

NOTE: If you are a bit pressed for time, one of these intermediate risings can be omitted with negligible effect on the final product. If, however, you are a perfectionist like me, you'll do all risings, time permitting.

22. Using a sharp knife and a good eye, cut the dough in two. Using four or five folds each, form the two pieces of dough into loaves, cover with a damp tea towel and let rise for a few minutes while you perform the next step. Please note: in this step don't be too concerned about the shape of the loaves, the actual final shaping comes in Step 24.
23. Grease two loaf pans with butter.
24. Using four or five folds each, form each loaf and place good side up in the loaf pan. Cover the loaves with a damp tea towel, return to the oven and let rise 15 to 20 minutes. If your risings so far have

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corresponded to the times mentioned above, use 15 minutes in this step. If they have been five or so minutes longer, use 20 minutes.

25. Remove the covered loaves from the oven and turn the oven on to 350 degrees Fahrenheit. It will take about 5 minutes to warm up.
26. Uncover the loaves and put into the oven. Bake for 50 minutes or until the loaf rapped on the bottom gives a nice hollow sound.
27. Remove the loaves from the pan by giving each pan a gentle twist. Put the loaves to cool for about eight hours. An oven rack makes a good cooling rack for bread.
28. Clean the loaf pans immediately with a paper towel. If you use soap and water on loaf pans, it should only be on the outside for appearance sake.

Nana's Yeast Rolls

This recipe is direct from my 88 year old grandmother who still prepares them on Thanksgiving and Christmas:

1/4 C sugar
1 tsp salt
1/2 C Crisco
1/2 C hot water
1 pkg yeast
1/2 C warm water
3-1/2 C plain flour
1 egg.

Dissolve sugar, salt & Crisco in hot water. Dissolve yeast in warm water. Mix all ingredients and let rise to double. Shape into rolls and bake at 425.

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Pita Bread

1 package active dry yeast, or equivalent
1 1/4 cup warm water
3 cups flour
2 tsp salt

Dissolve yeast in water. Stir in flour and salt. Knead on a floured surface until smooth (about 5 minutes). Divide into six balls and knead each until smooth and elastic. Flatten each to 1/4" thick and 4-5 inches in diameter. Cover with a damp towel and let rise for 45 minutes. Place upside down on a cookie sheet and bake at 500 degrees for 10-15 minutes, until light brown. These work well with whole-wheat flour too.

Reibekuchen (german potatoe pancake)

1 big onion
2 eggs
1 teespoon salt
a bit flour (Buchweizen (wheat flour) or oat flakes
Oil

Grate the potatoes over a sieve, so that the water can leave. Don't use a to fine grater, you don't want to make mashed potatoes. Squeeze the potatoes - so that more water is going out of it. Grate the onions fine on the grater and put them to the potatoes, like the other ingredients and mix them carefully. Depending on how wet the dough is, put some flour or oat flakes to it, so that you get a not to solid dough. Put oil into a pan and when it is really hot, take with a (soap) spoon abit from the dough and put it into the pan and push it to a flat cake.

They have to be "golden" from both sides (you have to turm them after awhile) - the border of that pancake has to be real crisp. Eat them hot to

(or on) a slice of bread (Schwarzbrot (that is dark bread)) with butter and put Ruebenkraut (sugar-root syrup) or Apfelkraut (apple syrup) on it.

-----schnipp-schnapp-----

Pottkuchen (pot-cake - made of Potatoes)

10 big potatoes

2 - 3 spoons wheat flour

2 eggs

salt

some slices of ham (not the cooked ham)

250 g dried plums (something like raisins but made of plums)

2 - 3 smoked sausages

Grate the potatoes and mix them with the flour and the eggs and the salt (not to much - because of the smoked sausages and the ham). Take a castiron pot, put the ham slices in it and melt them out, after that take the slices out. Now fill layer potatoes in the pot, then a layer dried plums, again potatoes, then slices from the smoked sausage and again potatoes. Put the pot in the oven (225 Celsius) for 1 hour.

You can eat it warm or later cut in slices and baked in a pan or cold with Apfelkraut (apple syrup).

-----schnipp-schnapp-----

Eifeler Scholes (Eifler Scholes :-) you can not translate it I guess)

The eifel is an area in Germany (where the famous Nuerburg Ring is, something like hmmm the Hockenheim Ring or Daytona (; -)), where car and motorbikes races are) between Luxemburg, Belgium, Holland and the rhine area (Cologne, Bonn).

1.5 kg potatoes

3 rolls

50 g durchwachsener Speck (that is ham that is "red and white" red from the meat - and white from the fat) It is here abit smoked

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1 little onion
4 eggs
salt
pepper

Grate the potatoes and onion. Cut the ham into little cubes and melt/bake it out. Put the rolls into water, so that they soak water and press them out. Mix that all together (potatoes, ham and the mashed rolls) with the eggs. Put the dough in a form (like the one you use for lasagne for example), which is greased with butter, and put it for 90 minutes into the oven (180 Celsius) untill it is "golden" on the top.

Old English Inn Route 66 Rolls
(Tulsa)

1/2 cup shortening
1/2 cup sugar
2 cups homogenized milk
1/2 cup mashed potatoes
1 cake yeast
2 Tbsp. warm water
2 eggs, beaten
4 cups sifted flour
2 Tbsp. baking powder
1 Tbsp. soda
2 Tbsp. salt
2 cups sifted flour

Warm shortening, sugar and milk in saucepan until shortening is melted. Add mashed potatoes and cool. Dissolve yeast in 2 Tbsp. warm water and add to beaten eggs. Add this to the first mixture. Sift 4 cups flour with baking powder, soda, and salt. Stir liquid mixture into these dry ingredients. Put into large bowl and let rise in warm surroundings to twice bulk. This is a

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sponge. Cover overnight with light cloth. The next morning add remaining 2 cups of sifted flour to the sponge and knead until satiny. Put the dough in a greased bowl and let rise in warm surroundings. Knead on lightly floured board. Form into rolls, Place these rolls on a greased pan and let stand 5 minutes in warm surroundings until double in size. Bake 15 minutes at 425 degrees. Serves 10.

Soft Pretzles

3 pkg. yeast

3 3/4 cup warm water

3 pinches sugar

6 tsp. salt

12-15 cups flour

Knead 10 minutes. Place in greased bowl and let rise until it doubles.

Make ropes 18 inches long and twist into pretzle shape.

Boil: 4 cups water

4 tsp. baking soda

Drop 3 pretzels in and boil 1 minute or until they float. Remove, drain, and place on cookie sheet. Sprinkle with coarse salt.

Bake @ 475 degrees for 12 minutes.

Can be frozen. Reheat when room temp @ 200 degrees for a few minutes
(or frozen @ 350 degrees for 5 minutes)

Spaetzles

I have worked with a dozen recipe books and have combined all of their ideas into a simple recipe which has turned out rather simple. It is all based on 1 cup of flour

1 cup flour

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1 egg
1/2 cup milk
1/2 tsp salt

combine the dry ingredients (add nutmeg to taste if doing it for German Cooking, omit if for Hungarian)
Add the milk and egg and let it form into a batter of sorts.

Meanwhile, have a wide pan of water with salt boiling.

Take the batter and put it into a spaetzle maker, or I used a french fry basket, and rubbed it with the bottom of a spatula to break it up.

When the spaetzles float, use a slotted spoon and put them into a colander. The above were used in sauer-braten, chicken paprikash, and fried in butter.

TORTILLAS

The whole wheat flour you get in the supermarket should do OK for this. If you live near any Indian Food shop, ask for Chapati Atta (Chapati = Tortilla, Atta = Flour). Take a couple of cups of this atta, and after adding a pinch of salt, add room-temperature water (not warm, not cold, inbetween) slowly, as you knead the dough, till you form a nice smooth, not too soft dough. If you use a food processor kneading attachment, its probably less messy. (we use our hands to knead the dough, this way you get a feel for the dough which you do not, with a fork/spoon) Heat a non stick pan. Take a portion of the dough smaller than say the size of a kiwi-fruit (I was going to say, a lemon-size portion of dough, but lemons in your part of the world are double our lemon size...). Flour a rolling board nicely, and roll out an thin (1-2 mm ie about 1/10th of an inch for all the non-metric) circle, evenly. Make sure the edges are not thick. When the pan is properly hot, reduce the heat, and put thhe tortilla in it after

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dusting off excess flour. Allow light spots to develop on the lower side of the tortilla, and then turn it over in the pan. Let this side of the tortilla cook a bit less . Now remove the tortilla, with a pair of non-piercing tongs, remove the pan from the fire, and put the tortilla with one surface straight on to the Gas fire (you need gas burners for this). Turn up the burner. You will see the entire tortilla balloon up . Quickly remove from fire, remove air by lightly piercing the surface, and lay on a plate. Make many such tortillas and pile them in a plate. These may be eaten hot with any vegetable dish, and you need no butter. This business of putting the tortilla on the fire and blooming is very quick, but it tastes so good when hot, that a cook normally has a hard time keeping up with the demand. The blooming of the tortilla, implies optimum cooking , just right. This hot , off the fire tortilla tastes absolutely fantastic with salsa !!!

This recipe works GREAT! First time I tried it, no problems except make sure you roll the tortillas as thin as possible! Best used same day as they are made as they do get hard if you cool & save for several days.

Fat Free Flour Tortillas

3 C flour

2 tsp baking powder

3/4 tsp salt

1 C warm water

Stir together flour, baking powder and salt. Gradually stir in enough warm water to form a crumbly dough; then work dough with your hands until it holds together. Turn out onto a board and knead until smooth. Divide into 12 pieces and shape each into a smooth ball. Cover lightly with plastic film and let rest about 15 minutes. For each tortilla, flatten one ball into a 4 or 5-inch patty, then roll into a 9-inch round, rolling from center to edges. Turn tortilla often, stretching dough as you carefully

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peel it off board. Make sure these are PAPER thin, the thinner, the better! As each tortilla is shaped, place on preheated, dry, heavy griddle or heavy wide frying pan over medium-high heat. On a preheated electric griddle set at medium-high heat or about 375 degrees. Almost immediately, tiny blisters should appear. Turn tortilla and immediately start pressing a wide spatula directly on top of it-- press gently but firmly all over the top. Blisters will form over most of surface as you press. Turn tortilla and press all over other side until blisters turn a golden brown; tortilla should remain soft. If tortillas stick or brown too quickly, reduce heat. Stack tortillas as cooked inside a folded cloth towel within a plastic bag; close bag and let tortillas steam and soften until all are cooked. Serve tortillas as soon as they are soft; or cool, remove from bag, wrap in foil, and refrigerate or freeze. Makes 1 dozen 9-inch flour tortillas.

Whole Wheat Tortillas

3 cups whole wheat flour

1 teaspoon salt (or to taste)

1 1/2 cups warm water

Mix the flour and salt in a bowl. Add the water and mix into a nice dough. Knead until soft and elastic. At this point, you can let the dough rest for an hour or so, but it isn't really necessary. Pinch off a chunk of dough, roll into a smooth ball (golf-ball size) with your hands, then flatten on a floured surface. With a rolling pin, roll into a thin circle. Be generous with the flour to avoid sticking. Cook on a medium hot griddle until delicately beige and specked with brown. It may take some practice to get the griddle the right temperature. You don't have to use any oil on the griddle. My only problem with these tortillas is keeping them around! My kids eat them with beans, or with fruit or jam, or just plain. They make a great quick pizza crust --- add tomato sauce and toppings and put under the broiler. We love them for burritos and quesadillas. Besides being tasty and nutritious, they are also cheap --- this recipe makes about a dozen for around 20 cents

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White Yeast Bread

Yield: 2 Loaves

2 1/4 ts Yeast
1/2 c Water
1 3/4 c Milk
2 tb Sugar
2 ts Salt
2 tb Shortening
6 c White Lily Bread Flour

Dissolve yeast in warm water (105F.); set aside. Heat milk, sugar, salt and shortening to 115F. Stir into yeast mixture. Beat in 2 1/2 cups flour. Stir in enough of remaining flour to make a fairly stiff dough. Turn out onto lightly floured surface. Knead 10 minutes, slowly add flour a tablespoon at a time, as needed, to prevent sticking. Place dough in greased bowl, turning to greased surface is on top. Cover with damp towel and let rise in a warm place (such as an oven with a pan of hottest tap water on rack below) for an hour or until doubled in size.

Punch down dough. Turn out onto lightly floured surface. Divide dough in half. Shape each half into smooth ball. Cover with damp towel. Let rest for 10 minutes. Flatten to remove air bubbles. Roll into two 14x8" rectangles. Roll up tightly (jelly roll fashion from short side. Seal seam and ends. Place in 2 greased 8 1/2 x 4 1/2" loaf pans. Let rise in warm place until sides of loaf are even with top of pan.

Bake in preheated oven at 375F. for 45 minutes. Cover with foil last 15 minutes. Remove from pans and cool on wire racks.

Guide E-207

While we may think that the term "sourdough" originated in Alaska, the history of sourdough breads goes back almost 6,000 years to the Egyptians. For centuries, the accepted method of leavening bread was with sourdough "starter." Early bread makers may have found that moistened flour, when exposed to air, fermented and expanded. It may have been another accident that caused the thrifty housewife to use a bit of this fermented mix in the making of another batch of bread. Since it made the bread "light," she formed the habit of saving a portion which became the "start" of another batch of dough. And so the "starter," that sourish fermentation of flour, water, and yeast used to leaven a variety of baked goods, came into being.

Sourdough is often associated with the prospectors swarming over the California gold fields in '49 and later moving to the Klondike. Sourdough products, baked over camp fires, along with beans and pork, constituted the main diet of the strapping men who pioneered the virgin country, found its riches, and survived to triumph over the harsh and demanding environment. Men who carried a crock of starter in the miner's gear were called "sourdoughs."

"Starters" were treasured gifts of the early prospectors and adventurers and were treasured items during the rugged frontier days. Many families handed down the starter through several generations, always passing with the starter the directions for its care and preservation. Pottery was the preferred container, loosely covered to allow the gas to escape.

It is said that miners and Indians from the Thlinget tribe or Hooch-in-noo in southeast Alaska extracted a drink from the liquid rising to the top of a batch of sourdough allowed to complete its fermentation. "Hooch," also known

as beewack, was reputed to be a highly volatile mixture, causing a hangover of sledge-hammer proportions the following day.

Cowboy cooks usually kept their starter in five-gallon crocks which they sometimes took to bed on chilly nights to keep the cold from halting fermentation. Legend says that if all else failed, the successful cook would coax his starter to perfection with tender looks of love.

Sourdough's unique flavor has remained in the minds and hearts of many and has doubtlessly contributed to the renaissance of making sourdough breads.

You may make your own starter-which you may keep going for years, perhaps perpetuating it as an heirloom for your family to pass down-or you may purchase the starter in dry form and proceed as directed. For good results, use glass or pottery containers and keep your starter loosely covered with waxed paper. The starter is meant to be used at least every two weeks. It can be kept in the refrigerator for that time without replenishing, or indefinitely if used daily. The liquid will separate from the batter when it stands several days, but this doesn't matter. Just remember to feed your starter with one cup flour and one cup water for every cup of mixture you take out.

Before use, starter should be left out at room temperature until the mixture bubbles-at least 18 hours or over night. Treat your starter with love and affection, and it will provide you with the same tempting treats that sustained and satisfied American pioneers, prospectors, and a host of westward-bound frontiersmen.

RECIPES

SOURDOUGH STARTER

2 cups enriched flour
2 cups warm water

1 pkg. dry yeast

Combine ingredients in large mixing bowl (not metal). Mix together until well blended. Let stand uncovered in warm place (80 to 85 degrees) for 48 hours; stir occasionally. Stir well before use. Pour out required amount and replenish remaining starter by mixing in 1 cup each flour and warm water. Let stand uncovered in a warm place a few hours until it bubbles again before covering loosely and refrigerating. Use and replenish every two weeks.

SOURDOUGH PANCAKES

2 cups enriched flour
1/4 cup oil
2 cups starter
1 tablespoon baking powder
1 cup milk
1 teaspoon salt
2 eggs, beaten
1 teaspoon baking soda
1/4 cup sugar

Measure flour, starter, and milk into large mixing bowl (not metal); beat until smooth. Cover loosely with waxed paper and let stand in a warm place (80 to 85 degrees) at least 18 hours. Add remaining ingredients and stir until smooth. Bake on lightly greased preheated 400 degree griddle, using one tablespoon of batter for each pancake.

SOURDOUGH BREAD

3 cups enriched flour
1 teaspoon baking soda
1 cup starter
3 1/2 cups enriched flour (about)

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2 cups warm water
Corn meal
2 tablespoons sugar
Melted butter
1 tablespoon salt

Measure 3 cups flour, starter, water, sugar, salt and baking soda into large mixing bowl (not metal); beat until smooth. Cover loosely with waxed paper and let stand in warm place (80 to 85 degrees) at least 18 hours. Stir batter down. Mix in more flour to make a moderately stiff dough. Turn onto lightly floured surface and knead until smooth and satiny, about 8 to 10 minutes. Shape dough, place on greased baking sheets that have been sprinkled with corn meal; brush with butter. Cover and let rise in warm place until doubled, about 1 1/2 hours. Bake in preheated 400 degree oven 40 to 50 minutes, or until done. Brush with butter.

SOURDOUGH BISCUITS

1/2 cup enriched flour
2 teaspoons baking powder
1 cup starter
1 teaspoon baking soda
2/3 cup milk
1 teaspoon salt
1 tablespoon sugar
1/2 cup shortening
1 1/2 cups enriched flour

Measure 1/2 cup flour, starter, milk and sugar into mixing bowl (not metal); beat until smooth. Cover loosely with waxed paper and let stand in warm place (80 to 85 degrees) at least 18 hours. Stir batter down. Stir together 1/2 cups flour, baking powder, baking soda and salt. Cut in shortening until mixture resembles course crumbs. Blend in starter mixture. Add more flour if necessary to make a soft dough. Turn onto lightly floured surface and knead

gently 30 seconds. Roll out 1/2-inch thick. Cut out biscuits with floured cutter. Place on ungreased baking sheet. Bake in preheated 450 degree oven 10 to 12 minutes.

SOURDOUGH ITALIAN BREAD

2 cups enriched flour
3-3 1/2 cups enriched flour
2 cups warm water
1 pkg. dry yeast
1/3 cup starter
2 teaspoons salt
2 tablespoons sugar
1 1/2 teaspoons baking soda

Combine 2 cups flour, water, starter and sugar in mixing bowl (not metal); beat until smooth. Cover loosely with waxed paper and let stand in warm place (80 to 85 degrees) at least 18 hours. Stir batter down. Stir together 1 cup flour, yeast, salt and baking soda. Add to starter mixture and beat until well blended. Stir in more flour to make a moderately stiff dough. Turn onto lightly floured surface and knead until smooth and satiny, 10 to 15 minutes. Divide dough in half. Shape into balls and place in two greased 2-quart round baking dishes. Make diagonal cuts on top. Cover and let rise in warm place until doubled, about 1 1/2 hours. Brush loaves lightly with water. Place shallow pan on bottom rack of oven; fill with boiling water. Bake loaves in preheated 400 degree oven 40 to 45 minutes, or until done. Brush loaves with water twice during baking. Remove from baking dishes immediately; cool.

SOURDOUGH CORN BREAD

1 cup starter
2 tablespoons sugar
1 1/2 cups yellow cornmeal

1/4 cup melted butter, warm
1 1/2 cups evaporated milk
1/2 teaspoon salt
2 eggs, beaten
About 3/4 teaspoon soda

Thoroughly mix the starter, cornmeal, evaporated milk, eggs, and sugar in a large bowl. Stir in melted butter, salt, and soda. Turn into a 10-inch greased frying pan and bake in a hot oven (450 degrees) for 25 to 30 minutes. Serve hot.

SOURDOUGH CHOCOLATE CAKE

1/2 cup starter
1/2 teaspoon salt
1 cup water
1 teaspoon vanilla
1 1/2 cups flour
1 teaspoon cinnamon
1/4 cup non-fat dry milk
1 1/2 teaspoons soda
1 cup sugar
2 eggs
1/2 cup shortening
3 squares melted chocolate

Mix starter, water, flour, and non-fat dry milk and let ferment 2 to 3 hours in a warm place until bubbly and there is a clean sour milk odor. Cream fat, sugar, flavorings, salt, and soda. Add eggs one at a time, beating well after each addition. Combine creamed mixture and melted chocolate with sourdough mixture. Stir 300 strokes or mix at low speed until blended. Pour into two layer pans or one larger pan. Bake at 350 degrees F. for 25 to 30 minutes. Cool and frost with icing of your choice.

SOURDOUGH RYE FRENCH BREAD

2 cups warm water (about 110 degrees)
1 cup sourdough starter
About 7 1/2 cups all-purpose or unbleached flour, unsifted
2 cups rye flour
2 tablespoons light molasses
2 tablespoons light molasses
2 teaspoons salt
1 tablespoon caraway seed
1 teaspoon soda
Cornmeal
1 teaspoon cornstarch mixed with 1/2 cup water

In a large bowl stir together the water, starter, and 4 cups of the all-purpose flour. Cover bowl with clear plastic film and let stand in a warm place (about 85 degrees) until very thick, bubbly, and spongy looking, 6 to 8 hours or overnight.

Stir in the rye flour, molasses, salt, caraway seed, soda, and enough of the remaining flour (about 1 1/2 cups) to form a stiff dough.

Turn dough out onto a board coated with part of the remaining 2 cups flour and with well floured hands, knead until smooth, about 15 minutes. Add more flour if needed to prevent dough from sticking.

Place dough in a greased bowl, turn over to grease top, cover and let rise in a warm place until double in bulk, about 2 to 2 1/2 hours.

Punch down dough and divide in half. Knead each piece gently on a lightly floured board just until dough has a smooth surface.

Shape each piece of dough into an oblong or round loaf and place on cornmeal-covered baking sheet.

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Cover each loaf lightly with clear plastic film and let rise in a warm place until puffy and almost double, about 1 hour to 1 1/2 hours.

Adjust oven racks so they are on the two lowest positions. Place a baking sheet on top rack as the oven preheats to 400 degrees. Just before bread is ready to bake, place a rimmed baking pan on the lowest rack, and fill with about 1/4-inch boiling water.

Meanwhile, heat cornstarch and water to boiling, stirring; cool slightly. With a razor blade or sharp knife cut 1/2-inch-deep slashes in tops of loaves. Cut 3 slightly slanting slashes in oblong loaves or cut 4 slashes in a crisscross pattern in round loaves. Then brush each loaf evenly with the cornstarch mixture, making sure to moisten sides of loaves.

Bake at 400 degrees for 10 minutes; then brush each loaf evenly again with the cornstarch mixture. Bake 20 to 25 minutes longer or until loaves are richly browned. Cool bread on wire racks. Makes 2 loaves.

SOURDOUGH POTATO BREAD

(Faster to make because of added yeast)

1 package active dry yeast.

About 5 3/4 cups regular all-purpose or unbleached flour

1/4 cup sugar

2 teaspoons salt

Instant mashed potatoes (amount for 2 servings)

3/4 cup milk

1/4 cup melted butter or margarine

2 eggs

1 cup sourdough starter

1 egg white beaten with 2 tablespoons water

Poppy seed (optional)

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In the large bowl of a regular or heavy-duty electric mixer, combine the yeast, 2 cups of the flour, sugar, and salt.

In a saucepan prepare 2 servings of instant mashed potatoes according to package directions using the amounts of water, milk, butter, and salt called for on the package. Then stir in the 3/4 cup milk, the 1/4 cup melted butter, eggs, and starter; stir until blended.

Add potato mixture to dry ingredients and beat for 2 minutes on medium speed, scraping bowl occasionally. Add 1 1/2 cups more flour and beat at medium speed for 2 minutes longer. With a heavy spoon, stir in enough of the remaining flour (about 1 1/2 cups) to form a stiff dough.

Turn dough out onto a board coated with part of the remaining flour and with well floured hands, knead until smooth, about 8 minutes. Add more flour if needed to prevent dough from sticking.

Place dough in a greased bowl, turn over to grease top, cover, and let rise in a warm place until double in bulk, about 1 1/2 to 2 hours.

Punch down dough and divide in half. For round loaves, shape dough into smooth balls; then lift up and smooth each top by pulling down and pinching a lengthwise seam underneath. For braids, divide each half into thirds. Roll each piece to form a rope about 18 inches long. Place 3 ropes on a lightly greased baking sheet; pinch tops together and loosely braid, pinching ends together and tucking underneath. Repeat for second loaf.

Cover loaves lightly with clear plastic film and let rise in a warm place until almost double, about 45 minutes.

With a razor blade or sharp knife cut 1/2-inch-deep slashes in tops of round loaves in a crisscross pattern. Brush loaves evenly with egg white mixture and sprinkle braided loaves with poppy seeds if used.

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Bake in a 350 degree oven for about 35 minutes or until richly browned. Cool on wire racks. Makes 2 large loaves.

SOURDOUGH DATE LOAF

1/2 cup starter
1 1/2 cups unsifted flour
1 cup undiluted evaporated milk
2 tablespoons sugar
1/2 cup quick-cooking rolled oats
2 eggs, beaten
1/4 cup butter or margarine
1 teaspoon baking powder
3/4 cup brown sugar
1/2 teaspoon each, soda and salt
1 cup chopped dates
1 cup chopped walnuts

The night before, combine starter, flour, undiluted evaporated milk, and sugar; partially cover and leave at room temperature overnight. The next day, cream butter and brown sugar. Add dates and nuts; set aside. Combine eggs, rolled oats, baking powder, soda, and salt; stir into the sourdough mixture with date mixture. Turn into a greased loaf pan (5 by 9 inches) and let rise about 1 hour. Cool for 10 minutes in pan, then remove from pan to cooling rack. Serve warm or cool. Makes 1 loaf. Bake at 350 degrees F. for about 50 to 55 minutes.

SOURDOUGH DROP COOKIES

1/2 cup starter
1 egg, beaten
1 cup undiluted evaporated milk
1/2 teaspoon each, salt and soda

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3 cups corn flakes, crushed
2 cup flour
3/4 cup chopped walnuts
1 cup butter or margarine
1 1/4 cups dark brown sugar

3/4 cup shredded coconut (optional)

Stir starter, milk, and 1 1/2 cups flour together in a large bowl; set aside for 2 hours. Meanwhile cream butter with sugar; blend in egg, and a mixture of 1/2 cup flour, salt, and soda. Stir in corn flakes, walnuts, and coconut (if used). Blend both mixtures together. Drop batter from a teaspoon onto a greased cookie sheet, placing mounds 2 inches apart. Bake in moderately hot oven (375 degrees) for 15 minutes. Makes 5 dozen.

SOURDOUGH ENGLISH MUFFINS

1/2 cup starter
3/4 teaspoon salt
2 3/4 cups flour
1/2 teaspoon soda
1 cup milk
3 tablespoons cornmeal
1 tablespoon sugar

Mix starter, about 2 cups of the flour and milk in a large mixing bowl (not metal). Cover and let set overnight. In the morning mix 1/4 cup flour with the sugar, salt, and soda. Sprinkle over the dough and mix in thoroughly. Add more flour if needed to make a stiff dough. Knead on a lightly floured board until no longer sticky. Roll out dough to 3/4-inch thickness and cut out with a 3-inch biscuit cutter or a large glass. Place muffins 1 inch apart on a cookie sheet which has been sprinkled with cornmeal. Sprinkle more cornmeal on top. Cover loosely and let rise until almost double (3/4 to 1 hour). Transfer to a lightly greased hot griddle (275 degrees for an electric griddle) and bake approximately 8 to 10 minutes on each side.

Yield: 12 muffins.

SOURDOUGH PIZZA

Use basic recipe for sourdough bread, adding enough flour to form a stiff dough. Knead for 5 to 10 minutes. Roll or stretch dough to fit greased pizza pans or cookie sheets. Dough may be thick or thin as desired. Brush with olive oil and cover with favorite pizza toppings--tomato sauce, seasoning, cheese, mushrooms, onions, peppers, sausage. Bake thin-crust pizza immediately at 475 to 500 degrees F. Allow thick crust pizza to rise for 30 to 45 minutes before baking.

BUTTERMILK BREAD

2 tsp. active dry yeast

1/2 cup warm water

3/4 cup very hot water

1/4 cup honey

1 1/4 cups cold buttermilk

5 1/2 cups whole wheat flour

2 tsp. salt

3 Tbsp. cold butter, cut into bits

Dissolve the yeast in the 1/2 cup warm water. Mix the hot water with the honey and add the buttermilk. The temperature of the combined liquids should be

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slightly warm. Stir the flour and salt together, making a well (hollow area) in the center. Pour the yeast mixture and buttermilk mixture into the well and stir from the center outwards, incorporating all the flour. Test the dough* to see whether more flour or water is needed and adjust accordingly. The bread is lightest if the dough is slightly soft. For rolls, it should be quite soft. Knead** about 20 minutes, adding the cold butter in bits at the end of the kneading time.

Form the dough into a ball and place it smooth side up in a bowl (don't grease the bowl). Cover and keep it in a warm (80 to 90 degrees), draft-free place. I use a large, Tupperware bowl with a lid -- it works perfect for this. The lid keeps the dough from drying out. I heat the oven up for a couple of minutes while I'm getting everything ready,

then TURN THE OVEN OFF, and place the bowl of dough inside. The temperature should be warm but not hot. The oven will help hold the heat in and keep the temperature more steady. After about an hour and a half, wet your finger and gently poke the center of the dough about 1/2-inch deep. If the hole fills in, it has not finished rising. If the hole doesn't fill in at all, it is ready for the next step.

Flour your hands, press the dough flat in the bowl, and put it on the counter. Do not punch the dough down -- this can break the gluten strands. Form into a "round" as follows: With the sides of your hands, press the edges under and in toward the center, turn the dough 1/4 turn, press under and in again, and keep repeating until the gluten strands are stretched across the top of the dough. Place back in bowl, cover, and let rise again.

The second rising will take half as long as the first. It is important to let the dough rise this additional time; as it is rising, the gluten is developing even more. If you do not let it rise this time, your bread will not rise as high or be as light and tender.

Press the dough flat and divide in two. Round it as directed above,

cover lightly so it won't dry out, and let rest 10-15 minutes until the dough is relaxed and softer. Press flat, pressing bubbles to edge of dough and out. When the dough is about as wide as your pans are long, roll the dough up crosswise, then pinch the edge to seal.

Place in greased loaf pans, seam side down. The reason for flattening the dough and rolling it up rather than simply shaping into a loaf pan is that it stretched the gluten strands, strengthening the structure of the dough, and the bread will rise higher. Cover loaves lightly with a sheet of plastic wrap to keep the dough from drying out. Let rise in warm place until the dough slowly returns a gentle fingerprint; don't wait until the fingerprint stays.

When you first place dough in the oven, something will happen called ³oven spring.² This means that in the heat, the dough rises very quickly until the yeast is killed by the heat. If you wait on this third rising until the fingerprint stays, you won't get as much oven spring and the bread might even collapse a little bit.

Your bread will be much better if you preheat the oven when the dough still has just a little bit of rising to do. It can only spring so much before the yeast dies, though, so don't bake it too soon.

With a little bit of experience, you'll know just when to put it in the oven.

Preheat the oven to 325°, and bake the bread about 35-40 minutes***.

When the crust is as browned as you like it, if the bread isn't done yet you can lay a piece of foil across the top to help prevent the crust from browning further.

Remove the bread from the pans and cool on wire racks. I brush the top and sides with a little bit of butter while it's warm.

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*TESTING DOUGH: Test the dough like this: "Clean your hands and moisten them slightly. Pick up the dough and squeeze it. Feel deep into the dough, not just the surface. It's sure to be sticky and wet, but is it soft, or is it stiff? A soft, pliable dough makes lighter bread.

Does the dough resist your touch? Does it strain the muscles in your fingers when you squeeze it? If so, it is too stiff. On the other hand, the dough must have enough flour to hold its shape.

Does it feel waterlogged, as if the flour is not contributing much substance to it?

Does it have a runny, liquid quality? If so, it is too slack. Remember, even perfect dough will be moist and sticky at this stage." After you make bread a time or two, you will begin to learn what the dough feels like when it has enough flour.

**KNEADING: It would take a whole page to completely explain kneading, and you probably already have the basic idea. However, if you add too much flour to keep it from sticking, you'll end up with dry or crumbly bread. One way to do it is with a dough cutter (see description under equipment). You keep it in your dominant hand, scraping the dough up off the counter. With your other hand, you push at the dough, mostly with the heel of your hand, folding it and working it any way that works best for you. From time to time, scrape the sticky dough off your hand with the dough cutter. You can also knead it similar to the usual way, but with a different technique (see next paragraph).

Anyway, as you work the dough you are developing the gluten, which is the stringy, elastic strands in the dough. These elastic strands are what will support the structure of the bread as it rises. It takes about twice as long to knead whole grain bread as white bread. Under-kneading is often the cause of heavy whole wheat bread. Another major reason is not letting it rise three times.

ALTERNATE KNEADING TECHNIQUE:

The usual kneading technique requires you to continually add flour, which will result in bread that is dry and crumbly, and maybe hard. Instead of continually folding the dough over, which exposes new, sticky dough from the center of the ball, try this method. Press the dough down in the middle with the heel of your hand. Turn the dough a quarter turn, lift the side of the dough that is farthest away from you until the piece of dough is standing on the end that was closest to you. Again, push the dough down in the center, which means you'll be pushing the top end down into the middle. Turn dough a quarter turn and repeat. You will have to add flour from time to time as the dough absorbs what is on the counter, but you will not have to add as much as if you kneaded the traditional way. With this method, sticky dough is not exposed with each kneading action. The whole point of kneading is to develop the gluten.

You should only add enough flour to get the dough to the correct texture and consistency. When I try to explain this technique to someone without being able to demonstrate it in person, I ask them to think of a pillow.

Don't fold the pillow in half like you've probably been taught to knead dough. Raise the pillow onto its end and push the other end down to the counter to meet it. Turn 1/4 turn, lift it onto the end again, and repeat. I hope that's clear enough for you to figure it out.

I normally start kneading with my hand and the dough cutter while the dough is sticky. The blade part of the dough cutter gets pretty messy at first, along with your other hand. From time to time, I scrape the dough off the scraper and off my hand. At first, it is all one sticky glob.

At this stage, you add flour pretty quickly to get the dough more manageable. After I've added some flour and the gluten is developing, I start kneading by hand using the above method. I probably change about half-way through the kneading process. When I showed the ladies how to make w.w. bread last month, they were amazed at how the "feel" of the dough developed. They took turns

kneading, but I had each of them feel it as it developed, so they could see how the dough felt. I also had them pick up the dough and stretch it, so they could see how the gluten was developing. Those strands you can see in the dough are the gluten strands. When you stretch the dough at the beginning, it breaks apart immediately and the strands are not very long -- almost non-existent.

As you knead it, the strands get longer and the dough gets more elastic.

***BAKING TIME:

The book says 1 hour at 325°. This is one disagreement I have with The Bread Book -- an hour is way too long. 35-40 minutes is usually just right, especially if you're using 4x8 pans. The old test is to remove the bread from the pan, thump the bottom, and it's supposed to be done when it's hollow-sounding. That's so subjective and I could never figure that out. You just have to learn from experience. I go mainly by the color of the bread. If you've let it rise sufficiently and are baking at the correct temperature, it will be a rich golden brown color when it is done, but not dark brown.

EVALUATING THE BREAD:

If the bread is flat or sunken on the top, you probably didn't add enough flour. Another possibility is that it was over-risen and collapsed in the oven.

If the loaf is rounded on top but is short and dense, with an even crumb, it probably wasn't allowed to rise enough, or didn't contain enough liquid.

If it doesn't rise enough, possible causes are: not enough liquid, too cool an environment to rise in, surface of dough dried out and it couldn't rise well, and possibly was not kneaded enough. If the loaf was well-risen, the crust is golden brown, the center is done just right, and it has a fine crumb and good texture, congratulations and remember how you did it!

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YEAST:

I buy my yeast through the co-op.

You can use the packets from the store, but that's the most expensive way to buy it and sometimes it's old and doesn't work well. I have always had much better luck with the co-op yeast.

. If you choose to buy it in bulk, store in the freezer or refrigerator whatever you won't use within a few weeks. I have kept yeast in the freezer for more than six months and it still worked fine when I took it out. I don't know what the maximum time is that it can be stored in the freezer.

FLOUR:

The amount of flour you use depends on how much moisture it contains. It could vary by as much as a cup or more. That is why bread recipes always give an approximate amount of flour. As you gain experience, it will be easier to tell when you've added enough flour. Different crops of wheat contain different amounts of moisture. Sometimes when I open a new bucket of wheat, the first loaf of bread from it isn't so great. I adjust the amount of liquid depending on what the bread looked like, and then I can use those proportions for the rest of the bucket.

Good whole wheat flour will start going rancid within a few weeks, so it should be stored in the refrigerator or freezer. I grind several weeks worth at a time and store most of it in the freezer in Rubbermaid 8.5²x12²x3² containers. I take out one container at a time and store it on the bottom shelf of the refrigerator, out of the way. If you're making bread by hand, you'll need to get the flour out ahead of time so it will be room temperature when you start. I store my pastry flour (ground from soft wheat) in Rubbermaid containers that are

similar, but square.

If your family is not used to whole wheat bread, you might want to try to get Prairie Gold flour - it's a different wheat with a lighter taste than regular (red) wheat. (This used to be called Golden 86.) This is what I use. I used to buy both kinds and mix them, but it was too much trouble. Bread made from red wheat is still good, but it will be heavier and have a stronger flavor. Some people prefer that, but many do not, especially if they're trying to get used to whole wheat bread.

There is another alternative that might be good to start with if your family is not used to whole wheat bread. Heartland Mills makes a flour called ³Golden Buff sifted whole wheat flour.² They sift SOME of the bran out of their stoneground whole wheat flour. This makes the bread lighter in color, flavor, and texture. It makes a very lovely loaf of bread. It does still need to be stored in the refrigerator, or for long-term in the freezer, because it does contain the wheat germ (the part of wheat that will go rancid after milling into flour). This is what I started making bread with, before I got my grinder.

However, if your family won't eat bread made from complete whole wheat flour, this can be good for a period of transition.

WHOLE WHEAT PASTRY FLOUR:

There is another kind of whole wheat flour, which is milled from soft wheat instead of hard wheat. You cannot use it for bread, for the reasons I'll explain below. You don't have to worry about buying it accidentally, because it is always clearly marked as whole wheat pastry flour. Hard wheat (used for making yeast breads) contains a sufficient amount of protein. Protein is what forms the gluten strands and supports the structure of the bread. Pastry flour has much less protein, and therefore would make a very flat, heavy loaf of bread (otherwise known as a brick!). However, when baking muffins, cookies, biscuits, pancakes, and anything else that is not a yeast bread, the pastry flour works much better. Some people claim that it works fine to just grind their hard wheat

on a fine grind, but it is most definitely not the same. The higher amount of protein in hard wheat makes these other baked goods tougher. In addition, items made with pastry flour are lighter in color, lighter in texture, and less whole-wheaty tasting.

Again, you cannot use pastry flour in yeasted breads. Because it does not have enough protein, the structure of the bread will not be supported and it will be flat and heavy. However, when I am making yeasted dough for things like pizza, dinner rolls, and cinnamon rolls that do not have to rise as high as a loaf of bread, I often use half w.w. bread flour and half w.w. pastry flour. Since these items don't have to rise as high, the structure doesn't need to be as strong. In these instances, using half pastry flour works fine for me. We don't care for some of these items made from 100% whole wheat bread flour, but we like them fine made with half bread flour and half pastry flour. To us, it tastes the same as using half bread flour and half unbleached flour.

HOME-MILLED FLOUR:

This is something I've learned on my own but have never read anywhere else. When you grind your flour at home, it will be more or less super sifted. Therefore, a cup of it will be fluffier than a cup of purchased whole wheat flour. Because of this, if you use home-milled flour in recipes you will probably find that there is too much liquid proportionately. When I first began grinding my own flour and all my recipes were flopping from too much liquid, I decided to try tapping the measuring cup full of flour 8 or 10 times with the spoon. You will see the flour settle down, and will have to add more to get a full cup. I know this goes against everything you were ever taught as a cook, but it really does work. If you don't do it, you'll probably need to add more flour to the recipe. By the way, whole wheat flour absorbs more liquid than white flour, so if you're converting a recipe to whole wheat flour, you'll have to add more liquid (usually a tablespoon or two; maybe more, depending on the quantity of flour in the recipe). However, whole wheat pastry flour does not absorb as much liquid as regular whole wheat flour. It absorbs about the same amount of liquid as white flour.

BUTTERMILK:

The buttermilk makes the bread keep longer, gives it a tender texture, and a rich flavor. This bread can be made with plain yogurt instead of buttermilk -- it gives a slightly different flavor, but the same results.

Alternatively, a person can also use powdered milk and water. But I believe the buttermilk makes a big difference. Sometimes we get tired of the rich flavor and I use just water for awhile.

PANS:

Most bread pans sold are 5.5 x 8.5 inches, or even larger. If you can find 4x8 pans, they work better for whole grain bread. The larger pan requires the gluten to stretch across a wider expanse, which does not allow the bread structure to be as strong. (That explanation is not scientific, but I explained it to the best of my ability.) Whole grain bread is more likely to collapse before baking, plus it is more difficult to get the inside of the bread done before the outside is too done. I read this in the Bread Book, and have found it to be true in personal experience. When I got rid of those big pans I was using and starting using 4x8 pans, my bread rose high and lovely.

DOUGH CUTTER:

This tool is called by a variety of names: dough scraper, dough cutter, and chopper are three that I've heard. It is a piece of strong, thin, flat stainless steel about 4²x6². One side is like a blade (not sharp), and is used to scrape the dough (or chop nuts). The opposite edge is rounded, or has a plastic or wooden handle to grasp. If you get one, you'll wonder how you ever got along without it! If you're like me, you use a spatula or pie server to scrape and clean your counter off when you've been cooking. My mother sent one to me a number of years ago and I had no idea what it was for, but quickly learned that it worked great for cleaning off the counter. When I got the Bread Book, I

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learned how it can be used for kneading. I also use mine all the time to cut dough into smaller portions. They're available in cooking supply stores for about \$7 or \$8.

For French bread, buy a French bread pan. It is about 17 inches long, and most will bake two loaves of bread at a time. If you look at it from the end, it is shaped like a rounded ³W.² French bread is one thing I make with half whole wheat bread flour and half unbleached flour.