

October 2011 Recipes: Breads

No Knead Rolls, Coffee Cake or Doughnuts

1pkg. YEAST
1 cup warm WATER
1 stick MARGARINE, melted
3 EGGS
½ cup SUGAR
1 tsp. SALT
4 cups sifted FLOUR

Soften YEAST in warm WATER. Add melted BUTTER and EGGS. Stir in remained of the ingredients. Do not knead. Put in refrigerator for 1 ½ hours. Shape and let rise until double. Bake at 400 degrees until brown. Will keep in refrigerator for several days. Roll out and use as needed.

I use butter in all my baking now – the flavor is much better.

I also use up to 1 ½ cups of whole wheat flour in place of the same amount of regular flour. A previous edition of this recipe did not require that the flour be sifted. I've done it both ways and can't tell the difference. Of course, you only can sift the white flour.

Strawberry Nut Bread

2 (10 oz.) pkg. frozen sliced STRAWBERRIES
4 EGGS
1 cup cooking OIL
2 cups SUGAR
3 cups ALL-PURPOSE FLOUR
1 Tbsp. CINNAMON
1 tsp. BAKING SODA
1 tsp. SALT
1 ¼ cup CHOPPED NUTS

Defrost STRAWBERRIES. Beat EGGS in a bowl until fluffy. Add COOKING OIL, SUGAR, and defrosted STRAWBERRIES. Sift together FLOUR, CINNAMON, SODA and SALT into a mixing bowl and add strawberry mixture. Mix until well blended. Stir in NUTS. Pour into 2 greased and floured 9 ½ X 5 X 3 in. loaf pans. Bake in 350 degree oven for 1 hour and 10 minutes or until done. Cool in pans for 10 minutes, then turn out of pans and cool on racks. Makes 2 loaves.

This bread slices best when chilled. May be sliced and warmed to serve with butter for breakfast or brunch, or sliced thinly, spread with whipped cream cheese or used for tea sandwiches.

Tender Sandwich Rye Bread

2 cups King Arthur Unbleached ALL-PURPOSE FLOUR
1 cup WHITE RYE FLOUR

¼ cup POTATO FLOUR or POTATO FLAKES
1 Tbls. CARAWAY SEEDS
1 ½ tsp. each YELLOW and BLACK MUSTARD SEEDS
1 ½ tsp. SALT
1 Tbls. SUGAR
2 tsp. INSTANT YEAST
¼ cup sour PICKLE JUICE or DILL PICKLE JUICE
1 can SAUERKRAUT, drained and wrung dry
¼ cup VEGETABLE OIL
2/3 cup WATER
Additional MUSTARD SEEDS to sprinkle on loaves

Combine all of the ingredients, and mix and knead to form a smooth (though sticky) dough. Let the dough rise in a lightly greased bowl until it's almost double in bulk, 60 minutes or so.

Turn the dough out onto a lightly oiled or lightly floured surface, and shape it into a log. Place the log in a lightly greased 8 ½ X 4 ½ in. loaf pan, cover the pan with a proof cover or greased plastic wrap, and allow the loaf to rise till it's reached the edge of the pan. This will take 1 to 2 hours.

Bake the bread in a preheated 350 degree oven for 50 minutes, or until it's a deep, golden brown and its internal temperature registers 190 degrees on an instant-read thermometer. (If the bread appears to be browning too quickly, tent it with aluminum foil, shiny side up, for the final 15 minutes of baking.) Remove the bread from the oven, take it out of the pan, and allow it to cool on a wire rack.

Zesty Ham and Cheese Bread Squares

1 (16.3 oz.) can and 1 (10.2 oz.) can refrigerated BUTTERMILK BISCUITS
1 ½ cups SALSA
2 cups shredded MONTEREY JACK CHEESE
1 cup diced cooked HAM
3 SCALLIONS, sliced

Preheat oven to 375 degrees F. Coat a 9 X 13 in baking dish with cooking spray.

Separate BISCUIT DOUGH into a total of 13 biscuits. Cut each biscuit into 6 pieces. Place in a large bowl and add salsa; toss to coat well.

Spoon mixture into prepared baking dish. Sprinkle with CHEESE, HAM, and SCALLIONS. Bake 35 to 40 minutes, or until edges are golden and center is set.

Remove from oven let stand 15 minutes before cutting into squares.

Pumpkin Muffins

1 (18 oz.) box of SPICE CAKE MIX
1 (15 oz.) can of pure PUMPKIN
½ cup applesauce (unsweetened)

Mix all ingredients together until smooth. Spoon into muffin tins, either lightly sprayed or lined with

Cornbread

1 cup uncooked yellow CORNMEAL
1 (14 oz.) can of CREAMED CORN
2 tsp. BAKING POWDER
1 cup ALL_PURPOSE FLOUR
½ tsp. BAKING SODA
2 packets of SPLENDA SWEETENER
1 tsp. SALT
½ cup reduced fat BUTTERMILK
2 large EGG WHITES
2 tsp. CORN OIL

Preheat oven to 400 degrees. Coat an 8 in., square cake pan with non-fat cooking spray or butter. Combine CORNMEAL, FLOUR, BAKING POWDER, SPLENDA, SALT, and BAKING SODA in a large bowl. Mix well with a fork and set aside. Combine CREAMED CORN, BUTTERMILK, EGG WHITES and OIL in a medium bowl; mix until blended. Fold mixture into dry ingredients and blend. Pour batter into prepared pan. Bake until a wooden pack inserted near the center comes out clean, about 20 minutes. Allow to cool in pan on a wire rack for 10 minutes. Remove from pan and let cool completely. Cut into 8 squares.

Challah

The secrets to good challah are simple: Use two coats of egg wash to get that laquer-like crust and don't overbake it. Joan Nathan, who this recipe is adapted from, adds that three risings always makes for the tastiest loaves, even better if one of them is slowed down in the fridge.

Time: about 1 hour, plus 2 1/2 hours' rising

Yield: 2 loaves

1 1/2 packages active dry yeast (1 1/2 tablespoons)
1 tablespoon plus 1/2 cup sugar
1/2 cup olive or vegetable oil, plus more for greasing the bowl
5 large eggs
1 tablespoon salt
8 to 8 1/2 cups all-purpose flour
1/2 cup raisins per challah, if using, plumped in hot water and drained
Poppy or sesame seeds for sprinkling.

1. In a large bowl, dissolve yeast and 1 tablespoon sugar in 1 3/4 cups lukewarm water.
2. Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading, but be careful if using a standard size KitchenAid—it's a bit much for it, though it can be done.)

3. Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees then turned off. Punch down dough, cover and let rise again in a warm place for another half-hour.

4. At this point, you can knead the raisins into the challah, if you're using them, before forming the loaves. To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1 1/2 inches wide. Place the 6 in a row, parallel to one another. Pinch the tops of the strands together. Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move second strand from the right over to the far left. Start over with the outside right strand. Continue this until all strands are braided. For a straight loaf, tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way. Place braided loaves on a greased cookie sheet with at least 2 inches in between.

5. Beat remaining egg and brush it on loaves. Either freeze breads or let rise another hour.

6. If baking immediately, preheat oven to 375 degrees and brush loaves again. Sprinkle bread with seeds, if using. If freezing, remove from freezer 5 hours before baking.

7. Bake in middle of oven for 30 to 40 minutes, or until golden. (If you have an instant read thermometer, you can take it out when it hits an internal temperature of 190 degrees.) Cool loaves on a rack.

Note: Any of the three risings can be done in the fridge for a few hours, for more deeply-developed flavor. When you're ready to work with it again, bring it back to room temperature before moving onto the next step.