Apple Bran Muffins

1 1/4 cups whole wheat flour
1 cup oat bran
1/3 cup packed brown sugar
2 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1 cup buttermilk
2 egg whites
2 tablespoons cooking oil
3/4 cup apple, shredded & peeled

Mix flour, oat bran, brown sugar, baking powder, baking soda, salt, nutmeg and cinnamon. In another bowl mix the buttermilk, egg whites and oil; add to dry ingredients. Stir until dry ingredients are moistened; add apple. Store, tightly covered, in the refrigerator for up to 5 days.

To Bake: Spray muffins cups with Pam or other nonstick coating spray. Put about 1/4 cup batter into each muffin cup. Bake at 375 degrees for 18 to 20 minutes (a toothpick inserted near center should come out clean).
Applesauce Bread

1 1/3 tablespoons sugar
1 tablespoon butter
1 1/3 cups applesauce
2 1/2 teaspoons yeast
2 cups bread flour
1 cup whole wheat flour
1 1/3 teaspoons cinnamon
1 1/3 teaspoons salt

Follow manufacturer's instructions for placing ingredients into bread pan; select bake cycle, and start machine.
Banana Bread -1

2 cups sugar
1 cup applesauce
8 ounces Egg Beaters. 99% egg substitute
2 teaspoons vanilla
6 Bananas -- mashed
4 cups flour
2 teaspoons baking soda

Cream together sugar and applesauce. Add egg product and mix well. Add vanilla and bananas and mix well. Sift flour with soda, add gradually until all blended in. Bake both loaves at 325 for about an hour. (With both loaves in the oven at the same time it usually takes a little longer.
Banana Bread - 2

1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
2/3 cup sugar
1/4 cup reduced calorie margarine
1 egg
2 egg whites
1 cup banana, mashed
1/4 cup water
1 2/3 cups all-purpose flour

Heat oven to 350 degrees. Spray loaf pan, 8-1/2 X 4-1/2 X 2-1/2 or 9 X 5 X 3 inches, with nonstick cooking spray. Beat sugar and margarine in medium bowl on medium speed, scraping bowl constantly until light and fluffy, about 30 seconds. Beat in egg, egg whites, bananas and water on low speed until well blended, about 30 seconds. Stir in remaining ingredients just until moistened. Pour into loaf pan. Bake until wooden pick inserted in center comes out clean, 8-inch loaf 60 minutes, 9-inch loaf 45 to 50 minutes; cool 5 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely before slicing.
Banana Muffins

3/4 cup sugar
1 1/4 cups flour
3/4 teaspoon baking soda
1 teaspoon salt
1/4 cup egg substitute
3 bananas, mashed

Mix dry ingredients. Add wet ingredients. Bake at 350 for 30 minutes or until a toothpick comes out clean.
Banana-Nut Wheat Bread

1 package yeast
3 cups whole wheat flour
1 teaspoon salt
3 tablespoons maple syrup
1 teaspoon Maple extract, (optional)
1/2 cup pecans
1 whole ripe banana, sliced
1 cup warm water

Follow manufacturer's instructions for placing ingredients into bread pan; select bake cycle, and start machine.
Basil & Sun Dried Tomato Bread

2 1/4 teaspoons dry yeast
3 cups bread flour
3 tablespoons wheat bran
1/3 cup quinoa grain
3 tablespoons Nonfat dry milk powder
1 tablespoon dried basil
1/3 cup chopped sun-dried tomatoes
1 teaspoon salt
1 1/4 cups water

Pour boiling water over sun-dried tomato halves. Soak 10 minutes, drain and cool to room temperature. With a scissors, snip into 1/4 inch pieces. Do not use tomatoes that are reconstituted and packed in oil for this recipe. Add all the ingredients in the order suggested by your bread machine manual and process on the basic bread cycle according to the manufacturers directions. Or knead by hand (or by machine), let rise in bowl lightly sprayed with vegetable spray, punch down, let rise in loaf pans (lightly sprayed with vegetable spray), and then bake till browned and done in a 350 oven (approximately 20-25 minutes.)
Black Bean Cornbread Squares

3 cups Bisquick Reduced Fat Baking Mix
1 cup cornmeal
3/4 cup cooked black beans
3/4 cup lowfat cheddar cheese
1 cup skim milk
1 cup egg beaters, or egg whites
2 tablespoons vegetable oil
1/2 teaspoon chili powder
1/8 teaspoon ground cumin
1 1/2 cups tomatoes, drained & chopped
1 4 oz. can chopped green chilies, drained

Heat oven to 375° Grease bottom only of square pan, 9x9x2 inches; dust with flour or baking mix. Mix all ingredients; beat 30 strokes. Spread in pan. Bake 50 to 55 minutes or until toothpick 0inserted in center comes out clean. Cool 5 minutes. Cut into squares. Serve immediately. 16 servings
Blueberry Muffins

1/2 cup all-purpose flour  
1/4 cup sugar  
1 1/2 teaspoons baking powder  
1/4 teaspoon salt  
2 egg whites  
2/3 cup orange juice  
2 tablespoons cooking oil  
1 teaspoon vanilla  
1 cup fresh or frozen blueberries

Mix together the first 4 ingredients in a medium-size bowl. In a small bowl beat egg whites, orange juice, oil and vanilla; add to dry ingredients until just moistened. Fold in blueberries. Fill muffin cups (sprayed with nonstick cooking spray) about half full. Bake at 400 degrees for 17 minutes or until golden brown. Cool before serving.
Bran Refrigerator Muffins

2/3 cup whole bran cereal
1/3 cup oat bran
2/3 cup boiling water
1/2 cup skim milk
2 egg whites, beaten
2 tablespoons cooking oil
1 cup all-purpose flour
1/4 cup packed brown sugar
1 1/2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon salt

Stir together bran cereal and oat bran in boiling water. Stir in milk, egg whites and oil. In another bowl stir together flour, brown sugar, baking powder, cinnamon and salt; add to cereal mixture until just moistened. Can be stored in a covered container in the refrigerator for up to 1 week. Spray muffin cups with nonstick cooking spray. Fill muffin cups 2/3 full and bake at 400 degrees for 20 minutes or until a toothpick inserted comes out clean. Remove from pans.
Buttermilk Biscuits

1 teaspoon baking powder
1/8 teaspoon baking soda
1/8 teaspoon salt
1/3 cup buttermilk, or sour milk
2 tablespoons cooking oil
1 cup all-purpose flour

Stir together flour, baking powder, baking soda and salt in a medium bowl. Stir together buttermilk and oil then pour over flour mixture and mix well. Knead dough gently on a lightly floured surface 10 to 12 times. Roll or pat dough to 1/2-inch thickness. Cut with a 2-inch biscuit cutter, dipping cutter in flour between cuts, and put on an ungreased baking sheet. Bake at 450 degrees for 10 to 12 minutes or until golden. Serve warm. Note: If desired, substitute 1/4 cup whole wheat flour or oat bran for 1/4 cup of all-purpose flour.
Buttermilk Honey Wheat Bread

2 teaspoons yeast
1 cup whole wheat flour
2 cups bread flour
1/2 teaspoon baking soda
1 1/2 teaspoons salt
3 tablespoons honey
1 tablespoon butter
1 1/2 cups buttermilk

Follow manufacturer's instructions for placing ingredients into bread pan; select bake cycle, and start machine.
Cheese And Chive Biscuits

12 servings

1 1/4 cups all-purpose flour
1/2 cup oat bran, unprocessed
1 tablespoon minced fresh parsley
1 baking powder
2 teaspoons minced fresh chives
1/8 teaspoon dried whole oregano
2 tablespoons unsalted margarine, softened
3/4 cup low-fat cottage cheese
2 egg whites, lightly beaten
1 tablespoon all-purpose flour
1 tablespoon cornmeal

Combine first 6 ingredients in a large bowl. With a pastry blender, cut in margarine until mixture resembles coarse meal. Stir in cottage cheese and egg whites just until dry ingredients are moistened. Sprinkle 1 tablespoon flour evenly over work surface. Turn dough out onto floured surface and knead lightly 3 to 4 times. Roll dough to 7/8 inch thickness. With a 2-inch biscuit cutter, cut rounds and place on a baking sheet sprinkled with cornmeal. Bake at 400 degrees for 10 to 13 minutes or until golden brown. Serve warm.
Cheesy Onion Muffins

1 1/2 cups reduced fat baking mix
1/2 cup all-purpose flour
3 tablespoons grated Parmesan cheese
1 tablespoon dried minced onion
2 tablespoons snipped fresh parsley
1 egg white
3/4 cup skim milk

In a medium mixing bowl stir together biscuit mix, flour, Parmesan cheese, dried onion and parsley. Beat egg whites with milk and stir into dry ingredients until just moistened. Fill muffin cups half full (should have been sprayed with nonstick cooking spray first). Bake at 400 degrees for 15 to 20 minutes. You should be able to stick a toothpick in the center and have it come out clean.
Chipotle Cornbread

1 cup cornmeal, coarsely ground yellow
1 cup all-purpose flour
1 teaspoon sugar
1 teaspoon salt
1 1/2 teaspoons baking powder
4 egg whites, beaten until lightly stiff
1/2 cup buttermilk
1/2 cup skim milk
6 teaspoons applesauce
1 chipotle chile, pureed

Coat muffin cups or cast iron skillet with cooking spray. Preheat oven to 450 degrees F and preheat cast iron skillets or muffin cups in the oven for 20 minutes. In a mixing bowl, combine the cornmeal, flour, sugar, salt and baking powder. Fold in the egg, buttermilk, milk, apple sauce, and pureed chipotles. Pour in the batter, approximately three-fourths of the way up. Bake for 25 minutes, or until the cornbread is brown around the edges and firm. Cut each cornbread into 8 wedges.
Chocolate Banana Bread

1/2 cup fatfree sour cream
2 teaspoons baking soda
1 1/2 cups sugar
2 tablespoons margarine, softened
1/4 cup applesauce
1/2 cup Egg Beaters
3/4 teaspoon salt
3 cups flour
3 bananas, medium, mashed
1 teaspoon vanilla
12 ounces chocolate chips
1/2 cup nuts, chopped

Heat oven to 350F. Lightly spray two 9x5x3-inch loaf pans with non-stick vegetable cooking spray. In small bowl, stir together sour cream and baking soda; set aside. In large bowl, beat sugar and margarine on medium speed of electric mixer until well blended. Add egg substitute and salt; beat well. Gradually add flour to sugar mixture, beating until well blended. Add sour cream mixture, banana and vanilla; beat until smooth. Fold in chips and nuts. Pour batter evenly into prepared pans. Bake 45 to 55 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes. Remove from pans to wire rack; immediately wrap in plastic wrap. Cool completely before slicing.
Country Rye Bread

2 cups bread flour
1 1/4 cups rye flour
1 cup water
1 tablespoon caraway seeds
3 tablespoons honey
1 tablespoon vegetable oil
1 teaspoon salt
1 package dry yeast

Follow manufacturer's instructions for placing all ingredients into bread pan; select bake cycle, and start bread machine.
Cranberry Bread

2 cups sifted flour
1 1/2 teaspoons baking powder
1 cup sugar
2 tablespoons margarine, melted
1/2 cup orange juice
2 tablespoons hot water
1 cup cranberry, coarsely chopped
1/2 teaspoon salt
1/2 teaspoon soda
2 egg whites, beaten

Sift dry ingredients together. Beat egg and add shortening, orange juice and hot water. Combine with dry ingredients. Add nuts and cranberries. Bake 1 hour and 10 minute at 325 degrees. Brush bread with butter; wrap in waxed paper while hot and place in refrigerator for 3 hours. Remove paper; wrap in towel and put back in refrigerator.
Cranberry Cornbread

1 cup White Flour -- Unbleached
1 1/3 cups yellow cornmeal
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup Dried Cranberries
1/2 cup egg beaters
1/4 cup honey
1 cup nonfat milk
1/2 teaspoon sunflower oil

Preheat oven to 400 deg F and lightly spray an 8 inch square baking pan. In a mixing bowl, whisk together flour, cornmeal, baking powder, and salt. Stir in cranberries and set aside. In another bowl, whisk together eggs, milk, honey and oil. Add to dry ingredients and mix just until blended. Pour batter into prepared pan and bake until top is lightly browned and a toothpick inserted in the center comes out clean, about 30 minutes.
Currant Scones

1 cup currants
1/4 cup fresh orange juice
2 cups flour
1 cup lowfat buttermilk
1 tablespoon baking powder
1 teaspoon baking soda
3 tablespoons canola oil
1/4 cup sugar
1 teaspoon vanilla extract

Soak currants in orange juice for 1 hour. Preheat oven to 350 degrees. Lightly spray 2 baking sheets. In medium bowl, place dry ingredients and mix well. Add buttermilk and stir with fork until just blended. Add soaked currants and juice. Mix lightly. Drop dough in 2 tbs. measures, spaced 1 1/2” apart on sheets. Bake for 10 to 12 minutes until golden brown.
Double Dill Bread

1 package yeast
1/4 cup water, warm
1 cup low-fat cottage cheese
1 tablespoon sugar
1 tablespoon reduced calorie margarine
1 teaspoon dill seeds, crushed
2 teaspoons fresh dill weed, minced
1 teaspoon dried onion flakes
1/2 teaspoon salt
1/2 teaspoon baking powder
2 egg whites
2 1/4 to 2 cups whole wheat flour

Dissolve yeast in warm water. Heat cottage cheese until lukewarm. Remove from heat and add sugar, herbs, margarine, onion, salt, soda, egg whites, and yeast/water. Mix. Add flour gradually to form a stiff dough. Spray a 1-1/2 quart casserole dish with vegetable coating spray. Turn dough into casserole dish and allow to rise in a warm place for 30 to 40 minutes. (Should double in size.) Bake at 350~ for 40 to 45 minutes. Serve warm.
Fat Free Corn Bread

1 1/2 cups yellow cornmeal
1/2 cup flour, or whole wheat flour
1 tablespoon baking powder
2 egg whites, or equivalent egg substitute
1 cup nonfat milk
1 16 oz. can cream style corn
1/4 cup chopped onion
2 tablespoons red bell peppers, chopped
1 4 oz. can green pepper
1 teaspoon jalapeno, chopped

Mix all wet ingredients in small bowl. Mix all dry ingredients in medium bowl. Add wet ingredients to dry ingredients and stir to just blend together. Bake 425 degrees for 35 - 40 minutes in a 8 inch square pan or 15 - 20 minutes in muffin pans.
Five-Grain Cereal Loaf

1 cup 5-grain cereal
1 1/2 cups nonfat buttermilk
2 egg whites, beaten
2 tablespoons brown sugar
2 tablespoons vegetable oil
2 cups unbleached flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt

Stir together cereal and buttermilk and let stand 5 minutes. Add egg whites, sugar and vegetable oil, mixing well. Combine the rest of the ingredients in a large bowl, stirring well. Add to cereal mixture and stir until dry ingredients are moistened. Spoon batter into an 8 1/2 x 4 1/2 x 3-inch loaf pan that has been sprayed with a vegetable cooking spray. Bake at 350 degrees for 45 to 50 minutes; a wooden pick inserted in center should come out clean. Cool 10 minutes in pan before removing.
Fruit Muffins

1 1/2 cups all-purpose flour
1/2 cup wheat germ
1/4 cup sugar
3 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
1 cup blueberry
1/2 cup corn syrup, or honey
3/4 cup skim milk
1 cup applesauce
1 cup bran flakes cereal, crushed
2 egg whites

FOR BANANA VARIATION: follow recipe, but use 1 cup milk and 1 mashed banana. If the mixture is a little dry, add a little more milk. Preheat oven to 400 degrees F. Coat 12 muffin cup with nonstick spray. In a large mixing bowl, combine flour, wheat germ, sugar, baking powder, salt, cinnamon, and blueberries. In small bowl, combine corn syrup, milk, applesauce, branflakes, and egg whites. Stir liquid ingredients into dry ingredients just enough to moisten, about 20 strokes. Pour into muffin cup and bake for 20-25 minutes or until brown and a toothpick inserted comes out relatively clean. Let cool for one minute and remove from muffin cup. Then, let cool completely.
Fruity Breakfast Bars

1/4 cup honey
1/4 cup brown sugar
1 teaspoon vanilla
1 3/4 cups whole wheat flour
1/2 cup raisins
1 tablespoon oil
1/4 cup applesauce
2 egg whites
1 8 oz. can crushed pineapple
1/2 cup old-fashioned rolled oats
confectioners sugar

Preheat oven to 350 degrees. Grease and flour 13 x 9 x 2-inch pan. In bowl, beat together honey, brown sugar, vanilla, applesauce, oil and egg until well blended. Fold in undrained pineapple, whole wheat flour, 1/4 cup oats, raisins and nuts. Turn into pan. Sprinkle with remaining oats. Bake 18 to 20 minutes or until center is just firm. Sprinkle with confectioners sugar.
Garlic & Basil Bread

2 cups baking flour  
1 cup water heated to 105 degrees F.  
1 packet yeast  
1 teaspoon sugar  
1 teaspoon salt, (or less)  
3/4 teaspoon basil, (we haven't tried fresh)  
3/4 teaspoon garlic powder

Follow manufacturer's instructions for placing ingredients into bread pan; select bake cycle, and start machine.
Gingerbread Scones with Lemon Breakfast Cream

1/4 cup sugar
1 3/4 cups flour
3/4 cup oats
4 teaspoons baking powder
1 teaspoon ginger
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon ground cloves
1/3 cup margarine
1/3 cup skim milk
1/3 cup currants
2 egg whites
2 tablespoons molasses

Lemon Breakfast Cream
3/4 cup part-skim ricotta cheese
2 tablespoons frozen lemonade concentrate

Preheat oven to 425 degrees. Reserve 1 teaspoon of the sugar and combine remaining sugar with next seven ingredients, mixing well. Cut in margarine until mixture is crumbly. In separate bowl, combine milk, egg whites, molasses and currants. Combine all ingredients until just moistened. Turn dough out onto a lightly floured surface and knead gently 5 to 10 times. Pat dough into a 3/4" thickness. Cut with 2 1/2" biscuit cutter into 10 scones (or pat into a circle and cut into 10 pie shaped wedges). Place on an ungreased cookie sheet. Sprinkle tops with reserved sugar. Bake 9 to 11 minutes or until golden brown. Combine ricotta cheese and lemonade concentrate in blender or food processor. Serve with warm scones.
Good-for-Toast Wheat Bread

1 2/3 cups bread flour
1 1/2 cups whole wheat flour
1 cup water
3 tablespoons sugar
1 tablespoon vegetable oil
1 1/2 teaspoons dry yeast
1 1/4 teaspoons salt

Follow manufacturer's instructions for placing all ingredients into bread pan; select bake cycle, and start bread machine.
Gooey Cheese Loaf

16 servings

1/2 cup finely chopped red onion
1 pound loaf Italian bread
12 ounces low-fat mozzarella cheese
1/4 cup low-fat mayonnaise
1 teaspoon dried marjoram, or basil

Heat oven to 350 degrees F. Slice loaf into 16 equal parts cutting through to within 1/2” of bottom of loaf. Combine remaining ingredients; mix to blend. Spread cheese mixture on cut surfaces of bread. Loosely wrap loaf in foil. Bake at 350 degrees F., 25 minutes or until heated through.
Low Fat Banana Walnut Muffins

2 teaspoons baking soda
1 teaspoon salt
2 cups sugar
1/2 cup prune, pureed, or use baby food prunes
1/2 cup plain nonfat yogurt
2 tablespoons oil
1 tablespoon vanilla
2 cups bananas, mashed
1/2 cup banana, diced
5 egg whites
1/8 teaspoon cream of tartar
1/3 walnuts, finely chopped
4 cups all-purpose flour
1 tablespoon baking powder

Combine flour, baking powder, soda and salt, set aside. With a mixer, blend together 1 3/4 cups of the sugar, prune puree, yogurt, oil and vanilla. Fold in mashed and diced bananas. In a clean bowl with clean beaters, beat egg whites, and cream of tartar until whites are foamy. Gradually add remaining sugar, beating until whites form soft peaks. About 4 minutes. Gently fold whites into banana mixture, then fold in flour mixture until just blended. Don't overmix or muffins will be tough. Line muffin pans with liners. Fill to top; evenly distribute walnuts over tops. Bake in 350 until muffins are just firm to the touch and edges are golden, about 25 minutes.
Mama's Oatmeal Bread

3/4 cup boiling water
1/2 cup quick-cooking oats
1/4 cup firmly packed brown sugar
1 tablespoon margarine, melted
1 teaspoon salt
3 cups bread flour
1/4 cup water
2 egg whites, lightly beaten
1 package yeast

Combine first 5 ingredients in a bowl; stir well. Let cool slightly.
Follow manufacturer's instructions for placing oat mixture and remaining ingredients into bread pan; select bake cycle, and start bread machine.
Mexican Corn Bread

#1

1 cup whole wheat flour  
1 cup cornmeal  
4 teaspoons baking powder  
1/2 teaspoon chili powder  
1/4 cup honey  
2 teaspoons Egg Beaters Real Egg Product  
4 tablespoons water  
2 tablespoons applesauce  
1/3 cup water  
1/4 cup onion, chopped fine  
1/4 cup green bell pepper, chopped fine  
2 tablespoons pimiento strips, chopped  
3 tablespoons chopped green chilies

Mix dry ingredients together. Mix moist ingredients together, along with chopped vegetables. Add dry ingredients to wet ingredients. Mix. Place in lightly oiled or non-stick 8 inch square baking pan. Bake at 400 degrees for 30 minutes.

#2

6 ounces lowfat cheddar cheese, shredded  
3/4 cup buttermilk  
1 tablespoon oil  
1/4 cup applesauce  
4 egg whites  
1 8 oz. can cream style corn  
2 tablespoons jalapeno chiles, slices chopped (from a jar)  
1 cup cornmeal  
1 cup flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt

Heat oven to 375 degrees. Spray a 1 1/2 quart casserole or muffin cups with cooking spray. Combine cheese, buttermilk, oil, applesauce, egg whites, corn and chilis. Mix well. Mix flour with remaining dry ingredients. Add to liquid ingredients and stir just until dry ingredients are moistened. Pour into greased pan or into muffin cups. Bake at 375 degrees for 40 to 50 minutes or until golden brown and toothpick inserted in center comes out clean.
Oat Scones

2/3 cup dried currants, raisins, or other chopped dried fruit
3/4 cup skim milk
2 tablespoons oil
1 tablespoon sugar
3/4 cup rolled oats
2 cups reduced fat baking mix
1/3 cup sugar
1 teaspoon cinnamon

Heat oven to 350°F. Spread oats on cookie sheet. Bake at 350°F. for 8 to 12 minutes or until light golden brown. Increase oven temperature to 400°F. In medium bowl, combine baking mix, 1/3 cup sugar, cinnamon, currants and 1/2 cup of the toasted oats; mix well. Add milk and oil; stir just until soft dough forms. Sprinkle 2 teaspoons of the remaining oats on ungreased cookie sheet; drop dough onto cookie sheet, making 12 scones. Sprinkle tops with remaining oats and 1 tablespoon sugar. Bake at 400°F. for 15 to 20 minutes until light golden brown and centers are firm to the touch. Serve warm.
Pizza Bread Crusts

1 cup water
3 cups flour
1 tablespoon olive oil
1 tablespoon sugar
2 teaspoons yeast
1 teaspoon salt
1 teaspoon crushed or minced garlic
1 tablespoon parmesan, or romano grated
1/2 teaspoon Italian spices

Add in whatever order your breadmaker requires, just keep the garlic away from the yeast as you would the salt. Run through the dough cycle. When finished, remove from pan. Shape into crusts and let rise one more time. Before baking you can sprinkle more grated cheese and/or herbs and brush lightly with a little more olive oil. Prick the bottom to prevent large bubbles. Bake at 450-475 (depending on your oven) until lightly brown (10-15 minutes). Oil any non-stick pans lightly or sprinkle with cornmeal to prevent the dough from sticking. Bake until lightly brown. Freeze until needed.
Pumpkin-Spice Muffins

1 1/2 cups unbleached flour
1/2 cup whole wheat flour
1/2 cup sugar
2 teaspoons baking powder
2 teaspoons pumpkin pie spice
1/2 teaspoon baking soda
2/3 cup canned pumpkin
1 cup evaporated skim milk
1 egg
3 tablespoons canola oil

Apricot Cream Cheese
1 8 oz. package low-fat cream cheese
1/4 cup apricot preserves or all-fruit spread

Heat oven to 400'. Coat 12 muffin cups with nonstick spray. Whisk flours, sugar, baking powder, spice and baking soda in a bowl. In another bowl, whisk pumpkin, milk, egg and oil. Add pumpkin mixture to dry ingredients and stir just until moistened; divide batter among muffin cups. Bake until a toothpick inserted into center of a muffin comes out clean, about 20 minutes. Remove muffins from pan and place on a wire rack to cool. Serve warm or cooled with Apricot Cream Cheese (mix apricot jam and cream cheese for spread).
Romano-Oregano Bread

3 cups bread flour
1 cup water
3/4 cup Romano cheese, grated
3 tablespoons sugar
1 tablespoon dried oregano
1 tablespoon olive oil
1 teaspoon salt
1 package yeast

Follow manufacturer's instructions for placing all ingredients into bread pan; select bake cycle, and start bread machine.
Sour Cream & Chive Potato Bread

1/3 cup instant mashed potato flakes
1/3 cup non-fat sour cream
water
1 tablespoon butter or margarine
1 teaspoon salt
3 1/2 cups bread flour
4 teaspoons snipped chives
1 tablespoon sugar
1 1/2 teaspoons bread machine yeast

Place potato flakes in a 2-cup measure. Add sour cream and enough water to equal 1-1/3 cups. Add potato mixture (treating as a liquid) and other ingredients in order given by manufacturer. Use the basic/white bread cycle and a medium/normal color setting. NOTE: This can be made with regular potatoes. In small saucepan, combine 3/4 cup water and 1/2 cup chopped peeled potatoes. Bring to a boil; reduce heat. Cook, covered, 8-9 minutes or until potato is very tender. Do not drain; cool. Mash potato in the water. Measure potato mixture. Add 1/3 cup sour cream and enough milk to equal 1-1/3 cups. Proceed as above.
Spiced Apple Bread

3/4 cup unsweetened apple juice, room temperature
1/2 cup applesauce
2 tablespoons margarine, room temperature
2 1/2 cups bread flour
3/4 cup rolled oats
1/4 cup sugar
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ginger
2 1/2 teaspoons active dry yeast

Follow manufacturer's instructions for placing ingredients into bread pan; select bake cycle, and start machine.
Sunflower Oatmeal Bread

1 1/2 teaspoons active dry yeast
1 cup whole wheat flour
1/3 cup uncooked oatmeal
2/3 cup bread flour
1/2 teaspoon salt
1 teaspoon sugar
2 tablespoons nonfat dry milk
1 tablespoon butter
1 tablespoon honey
3/4 cup water
1/3 cup hulled sunflower seeds

Use whole grain setting if available. Add sunflower seeds before last kneading if possible.
Cheddar Crackers

1/2 c  Butter Or Margarine
1 1/2 c  Unbleached Flour; Sifted
1/2 ts Salt
1 ts Baking Powder
1 ds Cayenne Pepper
2 c  Cheddar; Extra Sharp, *

* The Extra Sharp Cheddar Cheese should be finely grated.

Stir the dry ingredients into a bowl and then cut in the butter to resemble cornmeal. Blend in the cheddar cheese with a fork until well blended. Mix in the remaining ingredients and shape into 1 1/2 to 2-inch rolls. Chill for 30 to 40 minutes in the refrigerator and then slice each roll into slices about 1/4-inch thick. Bake on an ungreased cookie sheet at 400 degrees F for about 10 minutes. Remove from cookie sheet and let cool. Store the cooled crackers in airtight containers in a cool place. They will keep for several weeks this way and if you freeze them, they will last indefinitely.
Cheddar Fans

5 oz Cheddar; Sharp, Grated
2 c Unbleached Flour; Sifted
1 tb Baking Powder
1 ts Salt
1/2 c Butter Or Shortening
1/2 c Milk
Butter; Softened
Butter; Melted

Grease the bottoms of 12 muffin pan cups. Grate the cheese into a bowl, if not already grated and set aside. Sift the flour, baking powder and salt into a bowl. Cut in the shortening with a pastry blender or two knives, until the mixture resembles coarse corn meal. Make a well in the center of the mixture and add the milk all at once. Stir with a fork until the dough forms a ball. Gently form the dough into a ball and put on a lightly floured surface. Knead it lightly with the fingertips 10 or 15 times. Roll the dough into a 12 X 10-inch rectangle about 1/4-inch thick. Cut into 5 strips and spread with the softened butter. Sprinkle four strips with the grated cheddar cheese and stack the four on top of one another and top with the fifth strip. Cut into 12 equal pieces and place on end in the muffin cups. Brush the tops of the rolls with the melted butter. Bake at 450 degrees F. for 10 to 15 minutes or until the biscuits are golden brown. Serve hot with butter. Makes 1 dozen Cheddar Fans.
Little Cheddar Biscuits

2 c Unbleached Flour
1 ts Mustard; Dry
1 ts Paprika
1/4 ts Baking Powder
1 c Butter; Room Temperature
10 oz Cheddar; Sharp, Grated
1 ts Worcestershire Sauce

Combine the flour, dry mustard, paprika and baking powder in a medium bowl. Beat the butter, either by hand or with an electric mixer at medium speed, until light and fluffy. Slowly beat in the cheddar cheese and Worcestershire sauce. Gradually add the flour mixture, stirring with a fork, until well blended. On a lightly floured surface, shape the dough into a long roll about 1 3/4-inches in diameter. Wrap in plastic wrap or foil. Place on a platter and refrigerate for at least 2 hours, better overnight. Preheat the oven to 325 degrees F. Slice the dough about 1/3 inch thick. With your hands, roll each slice into a ball. Flatten slightly and place on an ungreased baking sheet about 2 inches apart. Bake 8 minutes in the preheated oven. Biscuits will only brown slightly on the bottom.
# Sourdough Starters

**#1**
- 2 c Unbleached Flour
- 1 pk Active Dry Yeast
- Water To Make Thick Batter

Mix flour with yeast. Add enough water to make a thick batter. Set in warm place for 24 hours or until house is filled with a delectable yeasty smell.

**#2**
- 2 c Unbleached Flour
- Water To Make Thick Batter

Mix flour and water to make a thick batter. Let stand uncovered for four or five days, or until it begins working. This basic recipe requires a carefully scalded container.

**#3**
- 2 c Unbleached Flour
- Warm Milk To Make Thick Batter

This starter is the same as starter #2 but uses warm milk instead of water. Use the same instructions.

**#4**
- Unbleached Flour
- Potato Water

Boil some potatoes for supper, save the potato water, and use it lukewarm with enough unbleached flour to make a thick batter without yeast. This is a good way to make it in camp, where you have no yeast available and want fast results. This is also the way most farm girls made it in the olden days. Let stand a day or so, or until it smells right.

**#5**
Categories: Breads
Servings: 1
- 4 c Unbleached Flour
- 2 tb Salt
- 2 tb Sugar
- 4 c Lukewarm Potato Water

Put all ingredients in a crock or large jar and let stand in a warm place uncovered several days. This is the author’s last choice for making a starter, but seems to be in all the cookbooks dealing with Sourdough Starters. Use only as a last resort.

**#6**
Categories: Breads
Servings: 1
- 1 c Milk
- 1 c Unbleached Flour

Let milk stand for a day or so in an uncovered container at room temperature. Add flour to milk and let stand for another couple of days. When it starts working well and smells right, it is ready to use. NOTE: All containers for starters not using yeast, must be carefully scalded before use. If you are careless or do not scald them the starter will fail.
Sourdough Pancakes

#1.

1 c Buttermilk Pancake Mix  1/2 c Active Starter
1/2 c Milk  1 Large Egg
1 tb Cooking Oil  1/2 ts Baking Powder

Mix well and let stand a few moments. Drop by large spoonsful on hot griddle. NOTE: Berries of all kinds can be added to these recipes.

#2.

3 Large Eggs, Well Beaten  1 c Sweet Milk
2 c Active Starter  1 3/4 c Unbleached Flour
1 ts Baking Soda  2 ts Baking Powder
1 1/2 ts Salt  1/4 c Sugar

Beat eggs. Add milk and starter. Sift together the flour, soda, baking powder, salt, and sugar. Mix together. Drop onto hot griddle by large spoonfuls. NOTE: If ungreased griddle is used add 1/4 c Melted Fat to the above recipe. Bacon fat gives a great taste.
Sourdough French Bread

1 pk Active Dry Yeast
1/4 c Warm Water (110 to 115 F)
4 1/2 c Unbleached Flour, Unsifted
2 tb Sugar
2 ts Salt
1 c Warm Water
1/2 c Milk
2 tb Vegetable Oil
1/4 c Sourdough Starter

Dissolve yeast in warm water. Add the rest of the ingredients. Mix and knead lightly and return to the bowl to rise until double. Turn out onto floured board and divide dough into two parts. Shape dough parts into oblongs and then roll them up tightly, beginning with one side. Seal the outside edge by pinching and shape into size wanted. Place loaves on greased baking sheet and let rise until double again. Make diagonal cuts on top of loaves with razor blade or VERY SHARP knife and brush lightly water for crisp crust. Bake at 400 degrees F for about 25 minutes, or until brown and done. NOTE: Makes 2 loaves.
The Doctors Sourdough Bread

1 c Sourdough Starter
2 c Warm Water
2 c Warm Milk
1 tb Butter
1 pk Active Dry Yeast
1/4 c Honey
7 c Unbleached Flour
1/4 c Wheat Germ
2 tb Sugar
2 ts Salt
2 ts Baking Soda

Mix the starter and 2 1/2 Cups of the flour and all the water the night before you want to bake. Let stand in warm place overnight. Next morning mix in the butter with warm milk and stir in yeast until until dissolved. Add honey and when thoroughly mixed, add 2 more cups of flour, and stir in the wheat germ. Sprinkle sugar, salt, and baking soda over the mixture. Gentlypress into dough and mix lightly. Allow to stand from 30 to 50 minutes until mixture is bubbly. Add enough flour until the dough cleans the sides of the bowl. Then place the dough on a lightly floured board and knead 100 times or until silky mixture is developed. Form into 4 1-lb loaves, place in well-greased loaf pans 9 x 3 size. Let rise until double, about 2 to 3 hours in a warm room. Then bake in hot oven, 400 degrees F, for 20 minutes. Reduce oven temp. to 325 degrees F. and bake 20 minutes longer or until thoroughly baked. Remove from pans and place loaves on rack to cool. Butter tops of loaves to prevent hard crustiness. Makes 4 Loaves
Honeymoon Sourdoughs

1 c  Active Starter                  1 1/4 c  Prepared Biscuit Mix
1/2 ts Baking Powder             1 tb Cooking Oil

Mix all ingredients thoroughly and turn out onto a floured board, knead lightly and then roll out gently and cut into biscuits. Brush lightly with melted butter or margarine. Place of greased cookie sheet and bake at 450 degrees for about 15 minutes. Makes 9 Large biscuits.
Sourdough Biscuits

1 1/2 c  Sifted Unbleached Flour
3 ts  Baking Powder
1 ts  Salt
1 1/2 ts  Baking Soda *
2 tb  Sugar
1/4 c  Shortening, Melted
1 1/2 c  Sourdough Starter

* More Baking Soda may be added if the starter is very sour. Place flour in bowl, add starter in a well, then add melted shortening and dry ingredients. Mix lightly and turn out onto a lightly floured board and knead until the consistency of bread dough, or of a satiny finish. Pat or roll out dough to 1/2 inch thickness, cut and put on a greased pan. Coat all sides of biscuits with melted butter. Let rise over boiling water for 1/2 hour. Bake at 425 degrees F for 15 to 20 minutes.
Sheepherder Bread

1 1/2 c  Active Sourdough Starter
4 c  Unbleached Flour
2 tb  Sugar
2 tb  Shortening, Melted
1 ts  Salt
1/4 ts  Baking Soda

Into a large bowl, sift the dry ingredients, and dig a well in the center of the sourdough starter. Blend the dry mix into the starter from the edges with enough flour to knead until smooth and shiny. Place in greased bowl and let rise until almost double. Shape into 2 loaves and place in greased bread pans. Bake at 375 degrees F until done.
Sourdough Sams (doughnuts)

1/2 c  Active Sourdough Starter
1/2 c  Sugar
2 tb Shortening
2 c  Unbleached Flour
1 ts Baking Powder
1  Large Egg
1/2 ts Nutmeg
1/4 ts Cinnamon
1/2 ts Baking Soda
1/2 ts Salt
1/3 c  Buttermilk or Sour Milk

Sift dry ingredients, stir into liquid, roll out and cut with regular donut cutter. Then heat some oil in a deep fryer to 390 degrees F and fry. Makes about 17 Doughnuts with holes. Just before serving dust with powdered or cinnamon sugar. NOTE: These doughnuts are virtually greaseless. And if you want you can make several batches at a time and freeze. They keep well and to me taste after a while in the freezer. Take out as many as needed and thaw and put sugar on or eat plain.
Sourdough Banana Bread

1/2 c  Shortening
1 c  Sugar
1   Large egg
1 c  Mashed bananas
1 c  Active sourdough starter
2 c  Unbleached flour
1 ts Salt
1 ts Baking powder
1/2 ts Baking soda
3/4 c  Chopped walnuts
1 ts Vanilla or
1 ts Grated orange peel

Cream together the shortening and sugar, add egg and mix until blended. Stir in bananas and sourdough starter. Add orange peel or vanilla. Stir flour and measure again with salt, baking powder and soda. Add flour mixture and walnuts to the first mixture, stirring until just blended. Pour into greased 9 x 5-inch loaf pan. Bake in 350 degree oven for 1 hour or until toothpick comes out clean. Cool to cold before slicing.
Sourdough Cornbread

1/2 c  Active sourdough starter
2 tb Margarine, melted
1/2 c  Cornmeal
1 ts Salt
1 tb Sugar
1/2 c  Sour cream or yogurt
2  Large eggs, stirred
1 c  Unbleached flour
1/2 ts Cream of tartar
1/2 ts Baking powder

Mix ingredients in the above order, stirring only enough to blend the mixture. Pour into a buttered pan. Bake in a 375 to 400 degree oven for about 15 minutes.
Sourdough Pumpernickel

1 1/2 c  Active sourdough starter
2 tb Caraway seeds, chopped
2 c  Unsifted rye flour
1/2 c Boiling black coffee
1/2 c Molasses
1/4 c Dry skim milk
2 ts Salt
3 tb Melted shortening
1/2 c Whole milk
2 3/4 c Unbleached flour
1 pk Active dry yeast

Pour boiling coffee over chopped caraway seeds. Let the mixture cool and then add it to the rye flour and starter which have previously been mixed well. Let stand for 4 to 8 hours in a warm place, preferably overnight. Then add the molasses, dry milk, salt, shortening, liquid milk, unbleached flour and yeast. Mix well. Cover the bowl and let rise to double. Then knead on floured board and shape into two round loaves on baking sheet. Let rise until double again and bake at 350 degrees for 30 minutes or until done.
Sourdough Pizza Shells

1 c  Sourdough starter
1 tb Shortening, melted
1 ts Salt
1 c  Flour

Mix ingredients, working in the flour until you have a soft dough. Roll out into a flat shape. Dash oil over a dough sheet and place dough on it. Bake about 5 minutes. It doesn't take long, so watch carefully. Have pizza sauce and topping ready and make pizza as usual. Then bake as usual.
Sourdough Honey Whole Wheat Bread

1 pk Active dry yeast
1 c Warm water
1 ts Salt
2/3 c Sourdough starter
1/2 c Honey
1 1/2 tb Shortening
4 c Whole wheat flour

Dissolve yeast in 1 cup warm water. Mix yeast, starter, honey, salt and shortening with 3 cups flour. Add more flour as needed to make a stiff dough. Knead 150 strokes on a floured surface and place in a greased bowl. Cover and let rise 1 to 1 1/2 hours until doubled in size. Punch down, let double again. Punch down and roll into tight loaf. Grease and place in bread pan. Let double in pan and bake at 400 degrees F. for 35 to 40 minutes or until very dark golden brown, and it sounds hollow when thumped.
100% Whole Wheat Bread

2/3 c Water
3 pk Yeast
1 tb Sugar
8 c Scalded milk
2/3 c Shortening
1 c Sugar
1/2 c Molasses
2 tb Salt
12 c Whole-wheat flour

Dissolve yeast in 2/3 c water while your milk is cooling. Dissolve 1 cup sugar in the hot milk. Stir all ingredients in large bowl, turn out and knead about 5 minutes, adding flour if needed. Knead about 5 minutes. Let rise until doubled in bulk, about 1 1/2 to 2 hours. Knead down and shape into 6 loaves, let rise until doubled in pans. Bake at 375 degrees F. for 40 minutes. Turn out on wire rack and let cool to cold before slicing, if you can. NOTE: Raisins and/or walnuts can be added for a change. Also this bread freezes well.
Corn Bread

1 c Cornmeal, yellow or 1 c Cornmeal, white
4 tb Sugar
1 ts Salt
1 Egg, well beaten
1 c Milk, skim
1 c Flour
4 ts Baking powder
2 tb Butter, melted

Add the sugar and salt to the cornmeal. Beat the egg well and pour into the milk; stir this mixture into the meal, beating thoroughly. Sift the flour and baking powder into the meal, add the melted butter and beat hard. Pour the mixture into a greased pan and bake at 400°F until brown. To make a thin crisp Johnny Cake, use an oblong pan and spread batter thinly. For a soft loaf, spread batter thickly.
Sift the flour and salt together. Cut in the 2 Tbsp shortening and add the eggs and water. Knead well, then throw or beat dough against board until it blisters. Stand it in a warm place under a cloth for 20 minutes. Cover the kitchen table with a small white cloth and flour it. Put dough on it. Pull out with hands very carefully to thickness of tissue paper. Spread with mixture made of the sliced apples, melted butter, raisins, nuts, brown sugar, cinnamon and grated lemon rind. Fold in outer edges and roll about 4 inches wide. Bake at 450-F for 10 minutes, reduce heat to 400-F and continue to bake about 20 minutes. Let cool. Cut in slices about 2 inches wide.
Cinnamon Buns (The Famous Dutch Sticky Buns)

1 c Milk, scalded
1/2 c Raisins, chopped
2 tb Currants
1/2 ts Cinnamon
Brown sugar
2 tb Citron, finely chopped
1/2 c Yeast *dissolved in: 1/4 c Water, warm
3 c Flour
1/2 ts Salt
3 tb Butter

Dissolve yeast in warm water and add to milk which has been allowed to
become lukewarm. Add sugar (about 3 Tbsp), salt and flour, and knead
thoroughly until it becomes a soft dough. Place the dough in a buttered
bowl and butter the top of the dough. Cover bowl and put in a warm place.
Permit it to stand until the dough becomes three times its original size.
Roll until it is one fourth of an inch in thickness, brush with butter and
spread with the raisins, currants, citron, brown sugar and cinnamon. Roll
as a jelly roll and cut into slices 3/4 inch thick. Place slices in
buttered pans, spread well with brown sugar, and bake at 400-F for 20 minutes.
Dutch Coffee Cake

1/2 c  Butter
1  Egg, separated
1 c  Sugar
2 c  Milk
6 1/2 c  Flour
1 c  Yeast *dissolved in:1/3 c  Water, lukewarm
Butter, melted
Brown sugar

Scald the milk and set aside to cool. Cream the sugar, butter and egg yolk. Add to this the lukewarm milk, alternately with the flour and the dissolved yeast cake. Beat lightly and add the stiffly beaten egg white. Allow this mixture to rise over night. Flour a bake-board and take out large spoonfuls of the dough to which just enough flour has been added to permit it to be rolled into flat cakes. Spread on well-greased pie tins and when light (about 1-1/2 hours) brush melted butter over the top and strew thickly with brown sugar. If preferred, spread "rivels" on top by combining 1/2 cup sugar, 1/2 cup flour, and 2 Tbsp butter. Crumble together and sprinkle on top of cakes. Bake at 400-F about 20 minutes
Dutch Schnecken

1 c Yeast *dissolved in: 1 c Water, warm
5 tb Sugar
1/2 ts Salt
2 c Milk, warm
2 Egg, well beaten
1/2 c Butter, melted
Flour

*topping:
4 tb Sugar
4 tb Butter
1 1/2 ts Cinnamon

Dissolve the yeast cake and add one Tbsp of the sugar and the salt and enough flour to stiffen to a sponge. Let rise for one hour, then add the rest of the ingredients, using enough sifted flour to make a soft sponge. Let rise again, then roll out dough on a floured board and cover with a mixture of 4 Tbsp sugar, 4 Tbsp butter and 1 1/2 tsp cinnamon. Roll like a jelly roll and cut in 2 inch pieces. Place on well-greased pans and let rise for a third time, then bake at 400-F for 20 minutes.
German Bread

1/2 c Butter
3/4 c Sugar
1 c Yeast dissolved in: 1/4 c Water, lukewarm
1 c Milk, scalded
2 Egg, well beaten
2 1/2 - 3 c Flour, bread
  1 1/4 c Bread crumbs, soft
3 tb Brown sugar, light
1 ts Cinnamon
1/4 ts Salt
2 tb Butter, melted

Cream together the butter and sugar, add the scalded milk and mix thoroughly. When lukewarm, stir in the dissolved yeast, eggs and flour (using more flour if necessary to make a stiff batter). Beat mixture thoroughly, cover and let rise in a warm place about 1-1/2 hours or until double in bulk. When light, beat again thoroughly. Grease deep pie pan and sprinkle lightly with flour. With a spoon, fill the pie pans with the dough. Sprinkle top of cakes with the following mixture: combine the soft bread crumbs with the melted butter, sugar, salt and cinnamon and mix well. Let cakes rise about 20 minutes and bake at 400-F about 20 minutes
Moravian Christmas Loaf

3 c Milk
1 c Butter
1 c Sugar 1/2 c Yeast dissolved in: 1/4 c Water, warm
6 c Flour
1 ts Salt
1/2 lb Raisins, chopped
1/2 lb Currants
1/4 lb Citron, chopped
1/2 c Almond, blanched, sliced

Scald 2 cups of the milk and let cool. Add the dissolved yeast cake, 3 cups of flour and the salt. Mix well. Cover and set aside to rise in a warm place, over night. In the morning, scald the other cup of milk and add the butter and stir until melted. Combine with the yeast mixture and add the sugar and the balance of the flour, kneading the dough well, until it is no longer sticky. Use more flour if necessary. Combine the fruit and sprinkle with some flour and add to the dough, mixing well. Cover and let rise again until double in bulk. Shape in small loaves, place in small pans, and sprinkle with the sliced almonds. Let rise for 2 hours. Bake at 400-F for 40 minutes.
Small Coffee Cakes (Kleina Kaffee Kuchen)

1/2 c  Butter and other shortening,
2    Egg
2    Egg yolk
3 tb Sugar
1/2 c  Cream
2 c  Flour, sifted
1 c  Yeast dissolved in:1 c  Milk, lukewarm
1/2 ts Salt

Cream the butter, sugar and salt and add the eggs and egg yolks one at a
time, beating well after each addition. To the dissolved yeast, add 3 Tbsp
of the flour and mix well. Combine with the first mixture. Add the
remaining flour and cream alternately. Grease and flour muffin tins and
fill 2/3 full of the dough. Set pans in a warm place until dough has risen
to the tops of the pans. Bake at 400-F about 25 minutes.
Cardamom Coffee Cakes

1 1/2 c  Milk
1 pk Cake yeast
3/4 c  Sugar
6 1/4 c  Sifted all-purpose flour
1/2 c  Butter
1/4 ts Salt
3    Egg yolks
1 ts Cardamom

***topping

2 tb Milk
6 tb Sugar

1. Scald milk and cool to lukewarm. Crumble yeast into bowl, add 1 Tsp sugar and lukewarm milk. 2. Beat in 3 cups flour; beat until smooth. Cover well and let rise until light and double in bulk, 1 - 1-1/2 hours. 3. Add soft butter, remaining sugar, salt, egg yolks, cardamom and 3 cups flour. Mix thoroughly. Place remaining 1/4 cup flour on board or pastry cloth for kneading. 4. Turn out dough and knead until smooth and elastic. Place in greased bowl. Cover well. Set aside to rise until double in bulk, 1 to 1-1/2 hours. 5. Cut risen dough in half for two coffee cakes (braids). Cut each half into 3 pieces. Roll each piece into a roll 16 inches long. Pinch 3 rolls together at one end, braid and pinch other ends together. Place braid on cookie sheet. Make second braid and place on cookie sheet. 6. Let braids rise until double in bulk, about 45 minutes. For topping brush each braid with 1 Tbsp milk and sprinkle with 3 Tbsp sugar. 7. Bake in moderate oven (375) 25 to 30 minutes. Yield: 2 coffee cakes
Easy Parker House Rolls

1 1/4 c Milk; scalded
3 ts Sugar
2 ts Butter or regular margarine
3/4 ts Salt
2 pk Active dry yeast; or
2 ts Active dry yeast; bulk
1/4 c Lukewarm water; 110 deg. f.
4 1/2 c Unbleached flour
2 ts Butter or margarine; melted

Pour the scalded milk over the sugar, 2 tbls of butter and salt in a mixing bowl. Cool to lukewarm. Sprinkle the yeast over the lukewarm water and stir to dissolve. Add 2 cups of flour, and the yeast mixture to the milk mixture. Beat, with an electric mixer on medium speed, until smooth, about 2 minutes. Gradually add enough of the remaining flour to make a soft dough, then cover and let rest for 15 minutes. Knead the dough a few times on a lightly floured surface until it is no longer sticky and roll out to a 1/2-inch thickness. Cut into rounds, using a floured biscuit cutter. Brush the rounds with the remaining 2 Tbls of melted butter and crease each roll in the center with the dull edge of a knife. Fold the rolls over on the crease and press the edges together lightly. Place on greased baking sheets and cover. Let rise in a warm place until almost doubled, about 30 minutes. Bake in a preheated 400 degree F. oven for 10 minutes or until golden brown. Remove from the baking sheets and cool on wire racks. NOTE: These rolls are almost a must at the Holiday dinners. Restaurants and most older cooks make it a tradition to serve them.
Flour Tortillas

4 c  All purpose flour
1 1/2 ts Salt
1 1/2 ts Baking powder
4 tb Lard or shortening
1 1/2 c  Warm water

Combine dry ingredients in a mixing bowl. Cut in shortening. Make a well in the center and add water, a small amount at a time, to form a dough. Knead dough in bowl until smooth and elastic. Cover and wet aside for ten minutes. Form dough into egg-sized balls and flatter between palms. With rolling pin, roll each ball into a 6 inch circle, about 1/8 inch thick. Cook on preheated ungreased skillet over medium high heat, apprx. Two min. per side, until tortilla looks slightly speckled. Cover with a clean towel to keep warm and soft until served. The tortillas may be cooled and stored in plastic bags in the freezer for later use.
Justin Wilson's Hush Puppies

2 c Cornmeal
Ground cayenne pepper
1 c Plain flour
2 Eggs, beaten
1 ts Baking powder
1 c Buttermilk
1 ts Salt
1 c Green onion, finely chopped
1/2 ts Soda
2 tb Bacon drippings, hot
1/2 c Parsley, finely chopped
1/2 ts Garlic powder (to taste)
Deep fat for frying

Combine all dry ingredients. Add eggs, buttermilk, onions, and oil or bacon drippings. Mix well. Drop in deep hot fat by spoonfuls and brown on all sides.

*Justin Wilson says, "Hush puppy is an old Southern term that originated after the Civil War. People didn't have enough for themselves to eat let alone feed their dogs, so when the old hounds started barking from hunger, they would throw pieces of fried corn bread to them, yelling, 'Shut up, dog! Hush puppy!'"
Melt-In-Your-Mouth Rolls

2 c Milk
1/4 c Shortening
1/4 c Sugar
2 ts Salt
2 pk Active dry yeast; or
2 ts Active dry yeast; bulk
1/4 c Luke-warm water; (110 deg.f)
7 c Unbleached flour; sifted
2 Eggs; lg

Scald the milk in a saucepan. Pour over the shortening, sugar and salt in a large mixing bowl. Cool to lukewarm. Sprinkle the yeast over the lukewarm water and stir to dissolve. Add the yeast mixture, 3 cups of the flour, and eggs to the milk mixture. Beat, using an electric mixer set on medium speed, for about 2 minutes. Gradually stir in enough of the remaining flour to make a soft dough. Turn the dough out on a lightly floured surface and knead until smooth and satiny, about 8 to 10 minutes. Place the dough in a greased bowl, turning once to grease the top and cover. Let rise in a warm place until double, about 1 hour. Punch the dough down and divide the dough into thirds, then let the dough rest for 10 minutes. Divide each third into 12 pieces and shape each piece into a ball. Place 12 balls, equally spaced, in a greased 9-inch round cake pan. Repeat for the remaining two thirds. Cover and let rise until doubled, 45 to 60 minutes. Bake in a preheated 400 degree F. oven for 12 to 15 minutes or until golden brown. Remove from the pans and cool on wire racks.
Quick Sticky Buns

****Buns

1 1/4 c Milk
1/4 c Butter
3 1/4 c Flour
1/4 c Sugar
1 ts Salt
2 pk Yeast
   1 Egg
   2

****Topping

1 c Brown sugar
1 1/2 ts Cinnamon
3/4 c Butter
2 tb Corn syrup
1 c Walnuts

Heat milk and butter to 120 to 130 degrees. Mix together 2 cups flour, Sugar, salt, yeast and egg. Add liquid and beat medium four minutes. Stir in rest of flour. Cover and rise until double (30 to 45 minutes). Generously grease 24 muffin cups. Chop nuts. Heat all topping ingredients on low until ingredients are melted and combined. Divide topping between muffin cups. Stir down batter. Drop into muffin cups. Cover and rise until double (20 to 30 minutes). Preheat oven to 375 degrees. Place tins on cookie sheet and bake 12 to 15 minutes until golden brown. Cool three minutes then invert on waxed paper.
Sopaipillas

#1

4 c Flour
1 tb Baking powder
2 ts Sugar
1 1/2 ts Salt
1/4 c Shortening or lard
1 1/4 c Water or more if needed

Sift dry ingredients together. Cut in shortening until crumbly. Add water and mix until holds together. Knead 10-15 times until dough forms a smooth ball. Cover and let set for 20 minutes. Divide dough into two parts. Roll dough to 1/8" thickness on lightly floured board. Cut into 3" squares or triangles. Do not allow to dry; cover those waiting to fried. When ready to fry, turn upside down so that surface on bottom while resting is on top when frying. Fry in 3" hot oil until golden brown, turning once. Add only a few at a time to maintain proper temperature. Drain on paper towels.

#2

1 pk Active dry yeast
1/4 c Warm water (110)
1 1/2 c Milk
3 tb Lard or shortening
1 1/2 ts Salt
2 tb Sugar
4 c All purpose flour
1 c Whole wheat flour
1 Oil

In a large mixing bowl, dissolve yeast in warm water. In another bowl combine milk, lard, salt and sugar. Heat to 110 degrees and add to dissolved yeast. Beat in 3 cups of the all purpose flour and all of the whole wheat flour. Add abut 1/2 c all purpose flour and mix until a stiff sticky dough forms. Place dough on a floured board and knead, adding more flour as needed, until dough is smooth and nonsticky. Place dough in a greased bowl turning over to grease top. Cover and let stand at room temp. 1 hour. Punch dough down. The dough may be covered and chilled as long as overnight. Knead dough on a lightly floured board to expel air. Roll dough out, a portion at a time, to slightly less than 1/8" thick. Cut in 2"X 5" rectangles or 3" squares for appetizers. Place on lightly floured pans and lightly cover. If you work quickly you can let cut sopaipillas stay at room temp up to 5 min; otherwise, refrigerate them until all are ready to fry.

In a deep wide frying pan or kettle heat 1 1/2 - 2 inches oil to 350 on a deep fat frying thermometer. Fry 2 or 3 at a time. When the bread begins to puff, gently push the bread into the hot oil several times to help it puff more evenly. Turn several times and cook just until pale gold on both sides, 1-2 minutes total. Drain on paper towels. Serve immediately or place in a warm oven until all are fried. Or if made ahead, cool, cover and chill or freeze. To reheat, bake uncovered in a 300 oven, turning once, just until warm, 5-8 min. Do not overheat or they will become hard. Makes 2 dozen large sopaipillas or about 4 dozen small ones.
True Garlic Bread

Garlic puree (2 roasted head)
1/4 lb Unsalted butter, softened
2 tb (2 pk) dry yeast
1/2 c Warm water (115-120 degrees)
2 1/2 c Warm water
2 tb Kosher salt
3 1/4 c Whole wheat flour
3 1/4 c Unbleached all purpose flour
Cornmeal

Cream together the garlic puree and butter. (This may be done days in advance and refrigerated. Bring to room temperature before using). Combine the yeast with 1/2 cup warm water in large bowl. Stir with a fork or small whisk. Add an additional 2 1/2 cups water. Add salt. Stir in the flour, 1 c at a time, beginning with the whole wheat. Use a whisk until the dough becomes stiff, then switch to a wooden spoon. Turn the dough onto a well floured work surface. Knead rhythmically for 10 to 15 minutes, until the dough is smooth, springy, nonsticky, and elastic. Add more flour as you knead if necessary. The dough is ready if you can poke to fingers into it and the resulting indentations spring back. Cover the dough with a cloth and let rest while you wash, dry and generously butter the bowl. Knead the dough a few more turns, then form it into a ball and place it in the bowl. Turn it to coat with butter. Cover the bowl and put it in a warm, draft-free place until the dough has doubled in bulk, about 1 1/2 hours. It has risen sufficiently when you can gently poke a finger into the dough and the hole reamins. (Don't poke too enthusiastically or the dough will collapse.) When doubled, flour your fist and punch the dough down. Knead it a few times and then let it rest. Sprinkle 1 large or 2 small baking sheets with a liberal amount of cornmeal. Divide the dough into 3 equal parts. While you work with 1 piece, keep the other 2 covered. Flour your work surface. With a rolling pin, roll each piece of dough into a rectangle approximately 14-inches long X 7-inches wide. Spread it with softened garlic butter. Roll the long edge toward the opposite long edge, as if you were rolling up a rug. Pinch ends closed. Place loves on the baking sheets. With a sharp knife or razor blade, slash the loves lightly at 2-inch intervals. Cover with a cloth and place in a warm draft-free place to rise until doubled, about 1/2 hour. Meanwhile preheat oven to 400 degrees F. Bake for 35 to 40 minutes with a pan of boiling water on the oven floor. Spray loaves with water several times during the baking process. (This helps the bread form a thick crusty shell.) To test for doneness, rap the loaf with your knuckles. The loaf should sound hollow. Cool on wire racks, but the loaves are delicious eaten warm right out of the oven.