

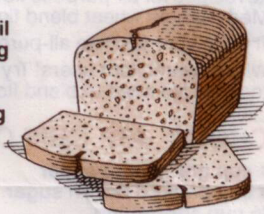
## Nature Bread

- |                                          |                                            |                              |
|------------------------------------------|--------------------------------------------|------------------------------|
| 2 packages active dry yeast              | 3/4 cup wheat germ                         | 1/3 cup oil                  |
| 2 1/4 cups lukewarm (105°-115° F.) water | 3/4 cup shredded carrots                   | 3 tablespoons sugar          |
| 1 cup raisins                            | 2/3 cup CARNATION® Instant Nonfat Dry Milk | 1 tablespoon salt            |
|                                          | 1/3 cup GRANDMA'S® Molasses                | 2 1/2 cups whole wheat flour |
|                                          |                                            | 3 1/2 cups all-purpose flour |
|                                          |                                            | Melted butter                |

Dissolve yeast in water in large bowl. Stir in raisins, wheat germ, carrots, nonfat dry milk, molasses, oil, sugar, salt, whole wheat flour, and 1 cup all-purpose flour. Beat vigorously with wooden spoon 1 minute. Stir in about 1 1/2 cups all-purpose flour to make a stiff dough. Turn out on floured surface. Knead until smooth and elastic, working in additional flour, about 10 minutes. Place in well-buttered bowl, brush top with butter. Cover; let rise in warm place until doubled in bulk, about 2 hours. Punch down; divide in half. Roll each portion into 8 x 12-inch rectangle. Roll up, starting at short end. Tuck ends under and seal. Place in two buttered 8 1/2 x 4 1/2 x 2 1/2-inch loaf dishes. Cover; let rise until doubled in bulk, about 1 1/2 hours. Bake in moderate oven (350° F.) 30 to 40 minutes, or until loaves sound hollow when tapped. Remove from dishes; cool on wire racks. Brush tops with butter while still hot, if desired. Makes 2 loaves.

## BANANA-NUT BREAD

- |                                            |                            |
|--------------------------------------------|----------------------------|
| 3 cups Gold Medal® whole wheat blend flour | 2/3 cup vegetable oil      |
| 2 cups sugar                               | 2 teaspoons baking soda    |
| 1/2 cup coarsely chopped nuts              | 1 teaspoon salt            |
| 1/2 cup raisins, if desired                | 1/2 teaspoon baking powder |
| 2 cups mashed bananas (about 5 medium)     | 4 eggs                     |



Heat oven to 350°. Grease bottoms only of 2 loaf pans, 9x5x3 or 8 1/2 x 4 1/2 x 2 1/2 inches. Beat all ingredients in large bowl on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping bowl frequently, 45 seconds. Pour into pans. Bake until wooden pick inserted halfway between center and side comes out clean, 50 to 60 minutes. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days. 2 loaves.

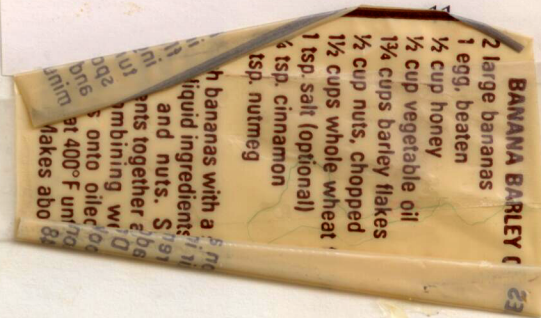
**High Altitude Directions (3500 to 6500 feet):** Heat oven to 375°. Use 9-inch loaf pans. Decrease sugar to 1 1/2 cups. Bake 45 to 55 minutes.

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## LEMON BREAD

- 1/3 cup melted butter
- 1 cup sugar
- 2 eggs
- 1 1/2 cups sifted flour
- 1 tsp. baking powder
- 1/2 cup milk
- Grated rind of one lemon
- 3 tbs. lemon extract
- 1/2 cup chopped nuts
- 1 tsp. salt

Mix sugar, butter, and lemon extract. Beat in eggs. Sift dry ingredients and add alternately with milk. Beat just enough to blend. Fold in rind and nuts. Butter and flour a standard loaf pan; pour in batter and bake in a 350° oven. Glaze warm loaf with a mixture of 1 lemon juiced and 1/2 cup sugar. Do not cut for 24 hours. Keeps in refrigerator for 3 months.



## STICKY CINNAMON BUNS

Use one for your family and freeze two for gifts.

- 3 eight-inch round pans
- 2 packages dry yeast
- 1/4 cup warm water
- 1 cup buttermilk
- 1/3 cup light honey
- 4 1/2-5 cups whole wheat flour
- 2 eggs
- 1/4 cup softened butter

### Filling:

- 1 cup light honey
- 1/2 cup thick, pure maple syrup
- 1/3 cup raisins
- 3 cups finely chopped nuts
- 2 teaspoons cinnamon
- 2 tablespoons melted butter

Dissolve the yeast in warm water (110 degrees). Pour buttermilk into a large bowl and add honey. Beat 1 1/2 cups of the flour into the buttermilk mixture, add the yeast mixture and continue beating to blend well. Add eggs, butter, and more flour, a little at a time, blending until the dough begins to come away from the sides of the bowl. The dough will be soft.

Turn dough out onto lightly floured surface and knead until smooth and elastic—about 8 to 10 minutes. Shape into a ball and place in lightly greased bowl, turning once to coat the top. Cover and let rise in a warm place about one hour or until doubled in bulk.

Meanwhile, prepare the filling by mixing together all the ingredients except butter. Grease three 8-inch round pans, divide the filling in half. Save half and divide the second half into three parts and spread evenly over the bottom of the three greased pans.

When dough has doubled, punch it down, turn onto floured surface and divide into two parts. Keep one part covered with cloth and roll the other one out to a 12 x 8-inch rectangle. Brush with butter and sprinkle with half of the remaining filling. Roll up like a jelly roll, pinching the edges of the dough into the roll. Roll dough a few times to secure edges, then cut into one-inch pieces.

Lay the slices around the bottom of the pans with each one nearly touching the next one. Repeat with remaining half of dough. Cover and let rise in a warm place until doubled (about 45 minutes).

Bake at 400 degrees for 20 minutes. Carefully turn out onto wire rack to cool.

Yield: 24 rolls or three 8-inch pans

## ORANGE BUTTER

- |                            |                               |
|----------------------------|-------------------------------|
| 1/2 cup unsalted butter    | 2 tablespoons orange juice    |
| 3 tablespoons plain yogurt | 1 teaspoon grated orange rind |
| 2 tablespoons oil          |                               |

Place all ingredients in a small bowl and beat until the mixture is well combined and whipped. Spoon into a small serving bowl or flatten on waxpaper for cutting shapes with tiny cookie cutter. Chill. When using tiny cookie cutters dip them in hot water first before cutting.

Yield: 1 cup



**WIN  
MONEY  
FOR  
YOUR RECIPES**  
See Page 110 For Details

**WOMEN'S  
KITCHEN  
PRIZE  
TESTED  
RECIPES®**

## Yeast Breads And Rolls

File under Breads  
January 1988



**\$100 WINNER** *Marsha Killian Keele, Blanding, Utah*

### Plum and Raisin Tea Rings

*Marsha created this delicious bread to use the plums she cans from her trees—*

- 1/4 to 3/4 cups all-purpose flour
- 2 packages active dry yeast
- 1/2 cup sugar
- 1/2 cup cooking oil

- 2 eggs plus 1 egg white
- 2 tablespoons margarine, softened
- 1 recipe Plum Filling
- 1 recipe Icing

Combine 1 cup flour and yeast. Heat sugar, oil, 1/2 cup water, and 1/2 teaspoon salt till warm (120° to 130°); add to flour mixture. Add 2 eggs. Beat on low 1/2 minute. Beat on high 3 minutes. Stir in as much of remaining flour as you can. Knead in enough remaining flour to make moderately soft dough (3 to 5 minutes). Shape into ball; place in greased bowl. Cover; let rise till double (1 1/2 hours). Punch down; halve. Cover; let rest 10 minutes. Roll half into 15x10-inch rectangle; spread half the margarine and Plum Filling to within 1/2 inch of edges. Roll up from long side; seal edges. Place, seam side down, on greased baking sheet. Shape into ring; seal edges. Repeat. Slash tops at 2-inch intervals. Combine egg white and 1 tablespoon water; brush on rings. Cover; let rise till double (45 minutes). Bake at 350° for 25 to 30 minutes. Cover with foil the last 5 minutes. Cool. Top with Icing. Serves 32.

**Plum Filling:** Drain one 17-ounce can whole, unpitted plums; reserve 1/2 cup liquid. Pit and chop plums. Boil plums, reserved liquid, 1/2 cup raisins, 1/4 cup sugar, and 1 tablespoon finely shredded orange peel gently, uncovered, 15 minutes or till thick; stir occasionally. Add 1/2 cup chopped walnuts and 1/2 teaspoon vanilla.

**Icing:** Combine 1 cup sifted powdered sugar, 1/2 teaspoon vanilla, and enough milk (1 to 2 tablespoons) to make icing of drizzling consistency.

**Per serving:** 152 cal., 2 g pro., 23 g carbo., 6 g fat, 17 mg chol., 19 mg sodium.





PRIZE  
TESTED  
RECIPES®

## Yeast Breads And Rolls

File under Breads  
January 1988



**\$50 WINNER** Mrs. V. Crisa, San Pedro, Calif.

### Cheese Pizza Rolls

Great with soup or salad; terrific as a bun for beefburgers or cheese sandwiches—

- |                                          |                                    |
|------------------------------------------|------------------------------------|
| 3¼ to 3¾ cups all-purpose flour          | ¼ teaspoon garlic powder           |
| ½ cup grated Romano cheese               | 1 8-ounce can tomato sauce         |
| 2 packages quick-rising active dry yeast | 2 tablespoons olive or cooking oil |
| 1 tablespoon dried minced onion          | 1 tablespoon sugar                 |
| ½ teaspoon dried basil, crushed          | 1 egg                              |
| ½ teaspoon dried oregano, crushed        | 2 tablespoons sesame seed          |
|                                          | 2 tablespoons grated Romano cheese |

In a mixer bowl combine 1½ cups flour and next 6 ingredients. Heat tomato sauce, oil, sugar, ½ cup water, and 1 teaspoon salt just till warm (120° to 130°). Add to flour mixture. Add egg. Beat on low speed ½ minute, scraping bowl constantly. Beat on high speed 3 minutes. Stir in as much remaining flour as you can.

On lightly floured surface knead in enough remaining flour to make moderately stiff dough that's smooth and elastic (6 to 8 minutes). Shape into ball. Place in greased bowl. Cover; let rise till double (about 30 minutes).

Punch dough down. Cover; let rest 10 minutes. Divide into 18 pieces; shape into balls. Place in 2 greased 8x8x2-inch baking pans. Cover; let rise till nearly double (20 to 25 minutes). Brush with water; sprinkle with sesame and cheese. Bake in 375° oven 18 to 20 minutes. Cool. Makes 18 rolls.

**Nutrition information per roll:** 128 cal., 4 g pro., 20 g carbo., 3 g fat, 19 mg chol., 241 mg sodium, 100 mg potassium, 1 g dietary fiber. U.S. RDA: 12% thiamine, 10% riboflavin.

Buying information, page 126.





**FOR WREATH**, twist the cut pieces of the ring to the left, exposing filling.

### MINCEMEAT BREAD WREATH

*To make the simple apple garnish, use hors d'oeuvre cutters to cut two small flower shapes from a slice of apple. Dip in lemon juice to prevent darkening—*

- 1 16-ounce can applesauce
- 1 9-ounce package instant condensed mincemeat
- 1 cup apple juice
- 2 tablespoons margarine or butter
- 1 16-ounce package hot roll mix
- 1 slightly beaten egg

Milk (optional)

Pearl sugar (optional)

Walnut halves (optional)

Apple cutouts (optional)

Lemon leaves (optional)

● In a 2-quart saucepan combine applesauce and mincemeat. Bring to boiling; reduce heat. Simmer, uncovered, 8 to 10 minutes or till thick, stirring occasionally. Cool to room temperature.

● **Grease a baking sheet**; set aside. In a small saucepan heat apple juice and margarine or butter, stirring constantly, till warm (120° to 130°) and margarine or butter is almost melted.

● **In a large mixing bowl combine** flour mixture and yeast from roll mix. Add apple juice mixture and egg. Stir till combined and dough pulls away from sides of bowl. Turn out onto a floured surface; knead 5 minutes or till smooth. Cover; let rest 10 minutes.

● **On a floured surface, roll** dough to a 15x10-inch rectangle. Spread mincemeat mixture on dough to within 1 inch of edges. Roll up from one of the long sides; press edges to seal. On prepared baking sheet bring ends together to form a ring; seal ends. With sharp kitchen shears, make 10 vertical cuts at 1½-inch intervals around outside edge of ring, cutting to within ½ inch of inside of ring. Twist outside edge of cut pieces to the left, exposing filling (see photo, above).

● **Cover; let rise** till nearly double (30 to 45 minutes). Brush with a little milk; sprinkle with pearl sugar. Bake in a

350° oven about 30 minutes or till the bread sounds hollow when tapped, covering with foil after 20 minutes of baking to prevent overbrowning. Cool completely on a wire rack.

● **To freeze, wrap** bread in moisture- and vaporproof wrap. Seal, label, and freeze up to 6 months. To thaw, let stand, loosely covered, at room temperature several hours or till thawed.

● **To serve, top** with walnuts. Secure apple cutouts and lemon leaves to bread with a toothpick. Makes 1 loaf, 12 to 16 servings.

### Yeast Bread

**B**AKED goods are a big item where milk consumption may be cut. This type produces same quality bread as that made with milk.

- 1 compressed yeast cake
- 4 cups lukewarm water
- 4 teaspoons salt
- 4 tablespoons sugar
- 4 tablespoons softened shortening.
- 12 cups sifted flour



# BRAN MUFFINS—PLUS

Get more fiber into your diet with these three tasty variations on a classic quick bread. Serve warm; or split, butter and reheat in the toaster oven or under the broiler.

BY CHARLOTTE SCRIPTURE

## RAISIN BRAN MUFFINS

- 1 cup unprocessed bran
- 1 cup whole-wheat pastry flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ cup butter or margarine, at room temperature
- 2 tablespoons brown sugar
- ¼ cup light molasses
- 1 large egg
- ⅔ cup milk
- ¼ cup raisins

Heat oven to 400°. Grease twelve 2½-inch muffin cups. Mix bran, pastry flour, baking powder and salt. Beat butter, brown sugar, molasses and egg in a medium-size bowl with wooden spoon until blended. Add bran mixture and milk; mix only until dry ingredients are moistened. Fold in raisins. Spoon batter into prepared muffin cups. Bake about 15 minutes until pick inserted in centers comes out clean. Makes 12. *Per muffin: 135 cal, 3 g pro, 20 g car, 5 g fat, 35 mg chol with butter, 28 mg chol with margarine, 168 mg sod*

## SPICY APPLE-DATE BRAN MUFFINS

- 1½ cups whole-wheat pastry flour
- 1 cup unprocessed bran
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon baking soda
- ½ cup snipped pitted dates
- ½ cup butter or margarine, at room temperature
- ⅓ cup packed brown sugar
- 2 large eggs
- 1 cup finely chopped peeled apple (1 large)
- ½ cup apple juice
- ½ cup undiluted evaporated milk
- Cinnamon sugar (optional)

Heat oven to 400°. Grease eighteen 2½-inch muffin cups. Mix pastry flour, bran, baking powder, cinnamon, salt, baking soda and dates. Beat the butter, sugar and eggs in a medium-size bowl with wooden spoon until blended. Add flour mixture, apple, apple juice and milk; mix only until dry ingredients

are moistened. Spoon batter into prepared muffin cups and sprinkle with cinnamon sugar. Bake 15 to 18 minutes until pick inserted in centers comes out clean. **NOTE** Recipe may be halved if desired. Makes 18. *Per muffin: 147 cal, 3 g pro, 20 g car, 6 g fat, 49 mg chol with butter, 31 mg chol with margarine, 194 mg sod*

## BANANA-CORN BRAN MUFFINS

- 1 cup unprocessed bran
- ½ cup whole-wheat pastry flour
- ½ cup stone-ground yellow cornmeal
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground nutmeg
- ⅓ cup chopped walnuts
- 2 large eggs
- ⅓ cup packed brown sugar
- ½ cup vegetable oil
- 1 cup mashed ripe bananas (3 medium)
- ½ cup milk

Heat oven to 400°. Grease sixteen 2½-inch muffin cups. Mix bran, pastry flour, cornmeal, baking powder, baking soda, salt, nutmeg and nuts. Beat eggs and sugar, then oil in a medium-size bowl with wooden spoon until well blended. Stir in mashed bananas. Add bran mixture and milk; mix only until dry ingredients are moistened. Spoon batter into prepared muffin cups. Bake 15 to 18 minutes until pick inserted in centers comes out clean. **NOTE** This recipe can be halved. Makes 16. *Per muffin: 160 cal, 3 g pro, 17 g car, 10 g fat, 33 mg chol, 159 mg sod* **WD**

## Today's Prize Recipe

### Brown Sugar Nut Bread

- 1 cup brown sugar
- 1 cup buttermilk
- 2 cups flour
- 1 teaspoon soda
- ½ teaspoon salt
- ½ cup chopped walnuts

Mix sugar and buttermilk. Sift dry ingredients together and add, mixing well. Stir in nuts and bake in a greased loaf pan at 325 degrees about one hour.

*This recipe, from Mrs. S. C. Jacobson, 6092 Turney Road, Bedford, is awarded the News \$1.00 prize for today's best recipe.*



# Muffins

Alumna of the University of California at Los Angeles long after graduation continue to crave the blueberry bran muffins and banana nut bran muffins sold at the North Campus food facility.

Nowhere are they as big and as delicious. Behold, the recipe, two for the price of one:

## NORTH CAMPUS BRAN MUFFINS

- 1 cup margarine, melted
- 1/4 cups honey
- 4 eggs
- 1 cup buttermilk
- 1/4 cup oil
- 3 1/2 cups bran flakes
- 1 1/2 cups all-purpose flour
- 2 cups whole-wheat flour

- 1 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1/2 cup brown sugar, packed
- 1/2 cup granulated sugar
- 3/4 cup chopped walnuts

1 pound blueberries or 2 pounds bananas, peeled and mashed or finely diced

Combine melted margarine, honey, eggs, buttermilk and oil in bowl and mix well. Mix bran flakes, flours, salt, baking powder, sugars and walnuts in another bowl.

Pour liquid ingredients over dry mixture and stir to combine well. Add desired fruit. Do not overmix. Pour into muffin cups until 2-3 full. Bake at 325 degrees 40 minutes. Makes 28 muffins.



## BLUEBERRY MUFFINS

- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil
- 2 cups Gold Medal™ whole wheat blend flour
- 1/4 cup sugar

- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup fresh blueberries or 3/4 cup well-drained frozen (thawed) blueberries

Heat oven to 400°. Grease bottoms of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat egg; stir in milk and oil. Mix in remaining ingredients except blueberries just until flour is moistened (batter will be lumpy). Fold in blueberries. Fill muffin cups 3/4 full. Bake until golden brown, 20 to 25 minutes. Immediately remove from pan. 12 muffins.

**High Altitude Directions (3500 to 6500 feet):** Heat oven to 425°. Use 14 medium muffin cups.



*Deaf  
Smith says,*

"The high protein, beneficial B-vitamins, and healthful minerals present in soybeans can be utilized in the form of breads and pastries made with soy flour. This flour has been lightly toasted to heighten the flavor and improve digestibility. Only the best quality soybeans grown in Deaf Smith County are used to produce this fine flour. When used in recipes where yeast rising is desired, some whole wheat flour should be used."

## Whole Grain Soy Flour

### SOY WAFFLES

- 1 tablespoon active dry yeast
  - 1 cup lukewarm milk
  - 1/4 cup soy flour
  - 3/4 cup whole wheat flour
- Dissolve yeast in milk. Add remaining ingredients and blend. Cover in a bowl and set in a warm place for 1-1/2 hours. Bake in a hot oiled waffle iron. Makes 6 waffles.

- 1 tablespoon honey
- 1 tablespoon unrefined oil
- 1 teaspoon sea salt (optional)

### SOY BISCUITS

- 1/2 cup soy flour
  - 2 cups whole-wheat flour
  - 1/2 teaspoon sea salt (optional)
  - 1 tablespoon baking powder
- Sift dry ingredients together and add liquids. Stir until dough cleans the bowl, adding more milk if dough is too dry. After kneading lightly 15 times, roll out 1/2 inch thick. Cut into biscuits and place on oiled cookie sheet. Bake at 400°F. for 15 to 20 minutes. Makes about 12 biscuits.

- 2 tablespoons poppy seeds
- 1/3 cup unrefined oil
- 3/4 cup milk

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