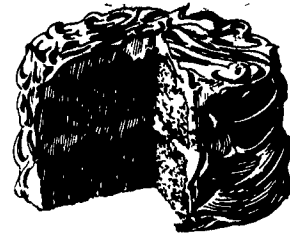


Home On The Range



Try These Bread Baking Recipes

Counting grocery costs? Buying cheap, untasty bread?

Here's a tip—if you've never baked your own bread, now could be a good time to try.

Bread baking is a delight, an experience no cook should miss, and, what's more, you save money over buying name-brand loaves.

With these recipes, you'll find bread baking surprisingly simple and the results will so far outrank any bought product you'll wonder why you didn't start baking sooner.

BREAD

½ cup brown sugar or honey
½ cup butter
3 tablespoons salt
3 cups scalded milk
1 tablespoon yeast, dissolved in ¼ cup warm water
2 cups cold water
4 cups whole wheat flour
11 cups high gluten flour
Stir sugar, butter, salt and milk together until butter melts. Add the 2 cups cold water to bring temperature to warm. Add yeast dissolved in water. Using mixer, mix in about 8 cups flour. Place dough in greased dishpan. Knead with hands adding a cup of flour at a time, until dough is no longer sticky. Knead well. Cover, set in a warm place to rise until double. Punch down and let rise ½ hour. Divide in 6 equal parts. Roll out on greased board and roll up to make a loaf. Place in greased pans. Let rise. Bake at 350 degrees for approximately 30 minutes. Spread top of loaves with butter.

A reader from Myerstown

OVERNIGHT BUNS

2 packages dry yeast
2 tablespoons sugar
½ cup warm water
1 cup oil
3 teaspoons salt
½ cup sugar
4 cups warm water
14 cups flour, approximately
At 6 p.m., mix together the first 3 ingredients; let stand for 10 minutes. Add the remaining ingredients. Let rise until 9 p.m. Punch down. Let rise until 11 p.m. Punch down and form about 4½ dozen balls, 2-inches in diameter. Place in 10x15x2-inch pan. Let rise until 6 a.m. Bake at 350 degrees for 15 to 20 minutes.

Virginia Kalp
Stahlstown

SOUR DOUGH STARTER

3 tablespoons potato flakes
1 cup flour
1 cup warm water
¼ cups sugar

Let set at room temperature for 3 days or until it is foamy as it has to ferment. Feed mixture with:

3 tablespoons potato flakes
1 cup flour
1 cup warm water
6 cup sugar

Let set at room temperature for 8 hours. Refrigerate. Use in 3 to 5 days.

SOUR DOUGH BREAD

6 cups flour
½ cup sugar
1 tablespoon salt
1½ cups warm water
½ cup oil
1 cup starter

Mix ingredients. Knead until no longer sticky. Let rise for 8 hours. Shape loaves. Let rise until desired size or double in size (6 to 8 hours). Bake 375 degrees for 25 minutes.

Contributor writes that dough makes good cinnamon rolls, plain hot rolls and coffee cake.

Neva Rexrode
Franklin, W.Va.

FRUITFUL YOGURT QUICK BREAD

½ dried apricots, chopped
½ dried prunes, chopped
½ cup maraschino cherries
2 cups flour
¾ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 large eggs
1 cup low-fat yogurt
10 tablespoons butter, melted
½ cup sugar
½ teaspoon almond extract

Butter 9x5-inch loaf pan. Dust with flour. Preheat oven to 350 degrees. Chop fruits and mix with the flour. Set aside. Sift dry ingredients. Set aside. Beat eggs. Stir in yogurt, melted butter, sugar and extract. Stir in chopped fruit. Stir in dry ingredients until lightly blended. Pour into prepared loaf pan. Bake 55 to 60 minutes or until bread tests done in center with toothpick. (When using glass pan, reduce oven temperature 25 degrees and bake 5 to 10 minutes longer). Cool on wire rack for 30 minutes. Then remove from pan.

Angelique McDonald
Bedford Co. Dairy Princess



A slice of bread with some homemade jam is satisfying anytime of the day.

HERB-CHEDDAR BISCUITS

1½ cups flour
¾ cup whole wheat flour
1 tablespoon baking powder
1 tablespoon fresh basil, finely chopped OR
1 teaspoon dried basil
1 tablespoon fresh oregano, finely chopped OR
1 teaspoon dried oregano
½ teaspoon salt
¼ teaspoon baking soda
1 cup shredded Cheddar cheese
2 cups butter
1 cup dairy sour cream
4 cups milk

1 egg yolk, slightly beaten
2 tablespoons water
Preheat oven to 400 degrees. Combine flours, baking powder, herbs, salt and baking soda in a large mixing bowl. Stir in cheese. Cut in butter until mixture resembles coarse crumbs. Stir in sour cream and milk. Mix just until all ingredients are moistened. Knead dough gently 10 times on lightly floured surface. Roll out to ½ -inch thickness. Cut with floured star shape cutter. Reroll and cut scraps. Combine egg and water. Brush tops of biscuits. Bake on unbuttered cookie sheet 15 to 18 minutes, or until golden. Cool completely on wire rack.

BLUE CHEESE WALNUT BREAD

¾ cups buttermilk baking mix
¼ cup sugar
¼ cup finely crumbled blue cheese
½ cup chopped walnuts
1 tablespoon chives
1½ cups milk
1 egg, beaten

Preheat oven to 350 degrees. Combine baking mix and sugar in large mixing bowl. Stir in cheese, nuts and chives. Combine milk and egg. Stir into dry mixture just until blended. Spoon batter into four buttered 5¼ x3¼ -inch loaf pans. Bake 40 to 45 minutes, or until a wooden pick inserted in the center comes out clean. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack.

RYE BREAD

2 packages dry yeast
2 cups warm water
½ cup brown sugar
¼ cup black strap molasses
1 tablespoon salt
2 tablespoons shortening
3 cups rye flour
3 cups white bread flour

Mix brown sugar, shortening, salt and molasses together. Add warm water. Mix yeast with half of the flour and add to the liquid mixture. Stir in enough additional flour to make a moderately stiff dough. Turn out on a floured board and knead until smooth and elastic. Place in a greased bowl. Cover and let rise for 2 hours.

Punch down. Put on a board. Let rest for 10 minutes. Shape into 2 long or round loaves. Place each loaf on a cornmeal covered cookie sheet. Slash the top with a knife. Cover, let rise 45 minutes to 1 hour. Brush with egg wash (Egg wash is 1 egg beaten with 1 tablespoon water). Bake 375 degrees for 10 minutes. Egg wash again. Bake another 35 minutes. The bread will be fairly dark because of the sugar

and molasses content. To make the bread crusty, place a pan of hot water on the bottom of the oven.

T.L. Martin
Strasburg

BROWN & WHITE BREAD TWISTS

White bread:
Scald:
3 cups milk
Add:
½ cup sugar
½ cup shortening
2 tablespoons salt
Cool to lukewarm.

Dissolve:
3 tablespoons yeast in ¼ cup warm water

When milk mixture is cool, add 2 beaten eggs. Sift together 5 cups whole wheat flour and 7 to 8 cups white flour. Add milk mixture to flour and also stir in yeast. Knead and let rise for 20 minutes.

Punch down both bread doughs and let rise again, until dough rises to double in size. Punch down and divide each of the doughs into 6

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send our recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

Jan.	
21-	Oat Bran Recipes
28-	Sugar Free Eating
Feb.	
4-	Cholesterol Free Recipes
11-	Valentine Specials

Featured Recipe

This week's featured recipe comes from Alvena Kneasel of Lebanon. She pours her energies into promoting Penn State extension services at the local, regional and state levels.

Alvena started her affiliation with 4-H by leading a cooking club for 11 years and then switching to crocheting and computer usage clubs. For the past 15 years, she also has been using her cooking expertise by baking for the Cornwall Lebanon School District.

"Imagine," she said, "the combination of being a baker and a diabetic."

Here's one of her favorite desserts that is suitable for a diabetic and sweet enough for the non-diabetic to enjoy.

For more about Alvena, turn to page B2.

Sugar Free Dessert

1 package sugar-free gelatin (strawberry-flavored)
1 package sugar-free vanilla pudding (do not use instant)
2 cups water
1 teaspoon lemon juice
Combine ingredients and cook until thickened. Let set to cool.
Add:
1½ cups whipped topping
1 cup fresh strawberries