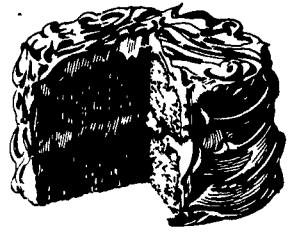


Home On The Range



Harvest Breads Rise In Popularity

Thoughts of autumn bring to mind the rustic elegance of changing leaves and a bountiful harvest. It's a time to settle down after the busy summer months and enjoy simple pleasures like a relaxing walk, good conversation with friends and a fine meal.

The perfect complement to autumn meals is bread made with the abundance of fresh fall produce. So fragrant and delicious, fresh-baked breads are simply impossible to resist. The breads are easy to make. Share them with friends and family to celebrate the special moments of autumn.

PUMPKIN BREAD

Sift together and set aside:

- 4 cups whole wheat pastry flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- ½ teaspoon nutmeg
- 4 teaspoons baking soda

In a large mixing bowl, beat together:

- 3 cups mashed pumpkin
- 1 cup plain yogurt
- 1 cup honey
- 1 cup vegetable oil
- 2 large eggs

Stir in dry ingredients: Spoon batter into greased loaf pans. Bake at 325 degrees for 1½ hours or until tester comes out clean. Cool in pans about 15 minutes before removing. Serve with butter, cream cheese, apple butter or your favorite spread.

Betty Light
Lebanon

HARVEST DATE MUFFINS

- 1 package date quick bread mix
- 1 cup shredded zucchini
- ½ cup canned pumpkin
- ¼ cup milk
- ¼ cup oil
- 2 tablespoons molasses
- 1 egg
- ½ teaspoon cinnamon
- ¼ teaspoon ground cloves
- Sunflower seeds

Heat oven to 400 degrees. Line 12 muffin cups with paper baking cups or grease 12 muffin cups. In large bowl, combine all ingredients except sunflower seeds. Stir 50 to 75 strokes by hand until dry particles are moistened. Divide batter evenly between muffin cups; muffin cups will be full. Sprinkle with sunflower seeds. Bake at 400 degrees for 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan. Serve warm. Store in refrigerator. 12 muffins.

WHOLE WHEAT HONEY BREAD

- 2 packages yeast
- ½ cup warm water
- 1 tablespoon sugar
- 2½ cups scalded milk
- 1 tablespoon salt
- 2 tablespoons oil
- 2 tablespoons margarine
- 1½ cups water
- ½ cup honey
- ½ cup wheat germ
- 2 tablespoons sesame seed
- 3½ cups whole wheat flour
- 7 cups white flour

Dissolve yeast in warm water; sprinkle with sugar. Pour milk in large bowl, adding next five ingredients. Slowly add 4½ cups white flour and beat hard until it is elastic; cover and let rise 30 minutes. Stir in wheat germ, sesame seeds, and whole wheat flour. Slowly mix in remaining white flour until too thick to mix. Turn out on floured surface and knead in remaining flour; knead well. Cover and let rise about 1½ hours or until double. Punch down and divide into three parts and shape into loaves. Let rise in warm place until double. Bake at 350 degrees for 20 minutes, then at 325 degrees for 10 to 15 minutes longer. Makes 3 large loaves.

Lebanon Reader

LEMON BREAD

Heat oven to 350 degrees. Sift together and set aside:

- 1½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt

In a large mixing bowl, cream together:

- ½ cup shortening
- 1 cup sugar
- Grated zest of 1 lemon

Add and blend well:

- 2 large eggs

Add alternately with dry ingredients:

- ½ cup whole milk

Stir in:

- ½ cup finely chopped nuts

Transfer batter to a greased 5x9x3-inch pan. Bake for 1 hour. Remove and glaze immediately.

Glaze:

- ¼ cup sugar
- Juice of 1 lemon

Pour over hot bread, cool, slice and serve.

Betty Light
Lebanon



Celebrate the season with sweet and savory breads featuring the glorious bounty of fall fruits and vegetables — apples, pears, and cranberries as well as cabbage, carrots, onions, zucchini and more. You can make delicious use of fall fruits and vegetables with luscious breads like (left to right) Almond Crusted Cranberry Apple Bread, Streusel and Cream Pear Kuchen, and Savory Autumn Vegetable Strudel.

SOURDOUGH BANANA BREAD

- ½ cup shortening
- 1 cup sugar
- 1 egg
- 1 cup mashed banana
- 1 cup sourdough starter*
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ cup chopped walnuts, optional

Preheat oven to 350 degrees. Cream together shortening and sugar. Add egg. Mix until blended. Stir in sourdough and banana. Sift flour, salt, baking soda, and baking powder. Add flour mixture to creamed mixture. Add walnuts. Stir until blended. Pour into greased 9x5-inch loaf pan. Bake at 350 degrees for 1 hour and 5 minutes or until toothpick comes out clean. Cool well on wire rack before slicing.

Sourdough Pumpkin Bread: Follow above recipe except use 1 cup canned or cooked, fresh pumpkin instead of banana. Add 1 teaspoon cinnamon and ½ teaspoon cloves with flour mixture.

Sourdough Zucchini Bread: Follow above recipe except use 1 cup grated zucchini instead of banana. Add 1 teaspoon cinnamon and ½ teaspoon cloves with flour mixture.

*Sourdough Starter:

- 1 cup milk
- 1 cup flour
- 1 tablespoon dry yeast

Pour milk into bowl or crock, non-metallic. Add flour and yeast, stir. Cover with cheesecloth, letting mixture stand in a warm place for 48 hours until bubbled and sour. Put starter in a covered container with plenty of room for expansion. Store in refrigerator. Each time you use part of it, replenish it by adding equal amounts of milk and flour, letting mixture stand in warm place for 24

hours. Starter should be used once a week, if not used for 2 to 3 weeks, throw out mixture and start from the beginning. Can be frozen, but let stand for at least 24 hours on counter before using so yeast has time to work.

ALMOND CRUSTED CRANBERRY APPLE BREAD

- 1 package cranberry quick bread mix
- 1 cup fresh or frozen, thawed cranberries, halved
- ½ cup chopped, peeled apple
- 1 cup apple juice or water
- 1 tablespoon oil
- 1 egg
- 1 teaspoon almond extract
- ½ cup sliced almonds

Apple jelly

Heat oven to 350 degrees. Grease and flour bottom of loaf pans. In large bowl, combine all ingredients except sliced almonds and jelly. Stir 50 to 75 strokes by hand until dry particles are moistened. Pour batter into greased and floured pan. Sprinkle with almond slices.

Bake at 350 degrees for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool loaf in pan on cooling rack 15 minutes; remove from pan. Cool completely. Store in refrigerator. Just before serving brush with warm apple jelly. 12 servings.

(Turn to Page B8)

Featured Recipe

"Honey has always been a staple in our household, even before my husband, Jeremy, became a beekeeper and a commercial honey producer," Diane Velkoff from Elverson writes.

"Now that 'My Honey' has turned into a business, people often ask how we use honey. Our reply, 'In almost everything.'"

The Velkoffs usually substitute honey for sugar in recipes. The general rule for substitution is to cut the sugar by one third (if 1 cup of sugar is required, use ⅔ cup sugar).

The Velkoffs use honey in coffee and tea (hot and iced), on grapefruits, cereals, toast, and muffins, and in homemade soups, spaghetti sauce, and chili.

Here is one of their favorite recipes.

APPLESAUCE CAKE

- 1 cup applesauce, sweetened or not
- ½ cup honey
- ½ cup melted butter
- 1 cup unbleached white flour
- ½ cup whole wheat flour
- 1 teaspoon baking soda
- ½ teaspoon salt, optional
- 1 teaspoon cinnamon
- ½ teaspoon powdered cloves
- ½ cup raisins, optional
- ½ cup nuts, optional

In a medium-sized bowl, mix thoroughly the applesauce, honey, and melted butter. Sift into a large bowl the flour, baking soda, salt, cinnamon, and cloves. Add the raisins and nuts. Add the applesauce mixture. Blend well and spoon into a buttered and 9x9-inch floured pan. Bake in preheated 350 degree oven for 40 minutes.

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 your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

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| October | 19- | Honey |
| | 26- | Beef |
| November | 2- | Small Game |
| | 9- | Cooking With Oatmeal |