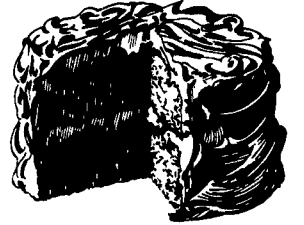


Home On The Range



Breads, Muffins Rise In Popularity

Muffins and quick breads are the easiest of baked goods to prepare, so there is absolutely no need to serve the store-made variety. Instead of yeast, they rely on baking powder or baking soda for a light and tender dough. With no rising time necessary, muffins and quick breads are a superlative fast food. And with the basic staples on hand — flour, baking powder, sugar, eggs, and milk, it is a simple matter of mixing the ingredients. The batter is mixed and ready to bake in less than 10 minutes; just the time needed to heat the oven. The batter is then spooned into lightly-greased pans and baked for about 20 minutes for muffins, an hour for quick breads. Since the arrival of nonstick pans and cooking spray, muffin and bread making is even more convenient.

A recently released cookbook, *All the Best Muffins and Quick Breads*, published by Hearst Books, is available for \$8 from your local bookstore. More than 60 exquisite recipes that are simple to make and satisfying to eat are included in the cookbook.

If you have more time, you'll want to try yeast breads. Although more time and effort is required for kneading and rising, the taste is difficult to beat.

CHEESY RED PEPPER CORN BREAD

2 1/4 cups cornmeal
2 1/4 cups flour
2 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 eggs, beaten
2 1/2 cups buttermilk
1/4 cup butter, melted
1 cup shredded Provolone cheese
1 cup shredded sharp Cheddar cheese
1 cup chopped roasted red peppers

Preheat oven to 350 degrees. Sift together cornmeal, flour, baking powder, soda, and salt in large bowl. In medium bowl, whisk together eggs, buttermilk, and butter. Stir in cheeses and peppers. Add to dry ingredients, stirring just until combined. Spoon into two buttered loaf pans. Bake 60 minutes or until wooden pick inserted in center comes out clean. Remove from oven and let cool about 5 minutes. Turn onto wire rack, cool completely.

PEANUT BUTTER AND JELLY MUFFINS

2 cups all-purpose flour
2 tablespoons sugar
1 tablespoon baking powder
1/4 teaspoon salt
2 large eggs
1/2 cup creamy peanut butter
1 cup milk
1/4 cup butter, melted
1/2 cup chopped unsalted peanuts
About 1/2 cup grape jelly

Adjust oven rack to top third position; preheat oven to 400 degrees. Coat 12-cup muffin pan with vegetable spray.

Thoroughly mix flour, sugar, baking powder, and salt in large bowl. In medium bowl, blend eggs and peanut butter with wooden spoon until smooth. Stir in milk, butter, and peanuts. Pour liquid mixture over dry ingredients and fold in with rubber spatula just until combined; do not overmix.

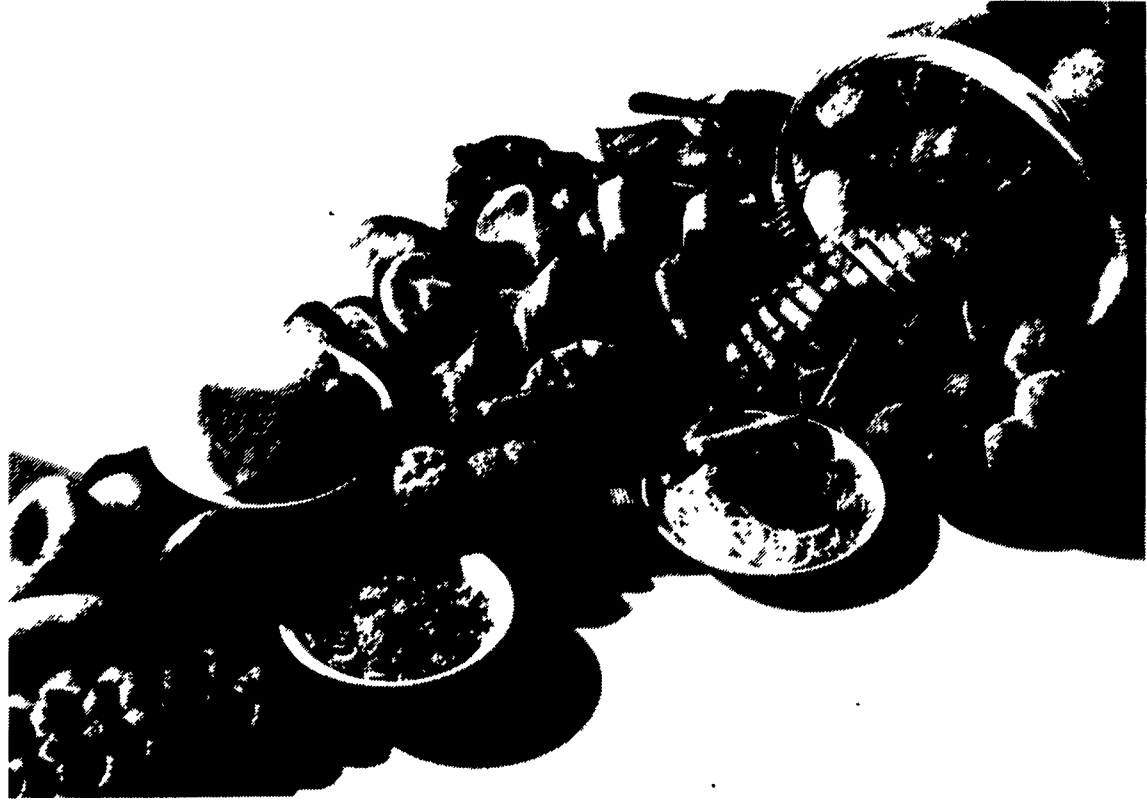
Fill muffin cups a little less than 1/2 full with batter. With finger, make small indentation in middle of each one and fill with heaping teaspoon of jelly. Top up each one with remaining batter — jelly doesn't have to be completely covered. Bake for 20 minutes or until golden. Turn out onto rack and allow to cool a little before serving. Makes 12 muffins.

All the Best Muffins And Quickbreads

SUNSHINE MUFFINS

2 cups all-purpose flour
1/2 cup sugar
2 teaspoons baking powder
2 teaspoons cinnamon
1/2 teaspoon salt
2 cups grated carrots
1/2 cup raisins
1/2 cup chopped nuts
1 apple, peeled, cored, grated
1 egg
2 tablespoons vegetable oil
1 cup milk
2 teaspoons vanilla

Mix flour, sugar, baking powder, cinnamon, and salt in large mixing bowl. Stir in carrots, raisins, nuts, and apple. Beat egg with oil and vanilla, add milk. Stir into flour mixture just until batter is combined. Spoon into muffin cups; fill to top. Bake at 350 degrees for 25 to 30 minutes or until tester inserted into center comes out clean.



Americans' love for muffins, breads, and rolls continues to increase as research shows the importance of including grains and carbohydrates in the diet.

CINNAMON BUNS

1 cup water
1 cup milk
1 cake yeast
3/4 cup sugar
2 cups melted butter
1 1/4 teaspoon salt
8 cups flour
3 eggs
6 tablespoons vegetable oil
Cinnamon, to taste

Mix water and milk and heat to lukewarm, dissolve the yeast cake in the water and milk. Add sugar, eggs, and oil; mix ingredients well. Add salt and flour, knead as bread. Let rise for 1 1/2 hours. Divide this into 3 parts, roll out each part. Spread on the melted butter, sprinkle with sugar, then sprinkle on cinnamon until covered. Roll up and slice into 1-inch pieces, put into greased pan. Let rise, then bake at 350 for 25 to 30 minutes. Let cool, then glaze.

Glaze:

2 cups confectioners' sugar
2 1/2 tablespoons milk
1/2 teaspoon vanilla
Mix together confectioners' sugar, milk, and vanilla until smooth. Drizzle over rolls.

Heidi Negley
Cumberland Co. Dairy Princess

APPLESAUCE BREAD

1 cup unsweetened applesauce
1/4 cup butter, melted
1/4 cup liquid honey
2 large eggs
1 teaspoon vanilla
1/4 cup raisins
2 cups all-purpose flour
1/2 cup brown sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon grated nutmeg
Adjust oven rack to top third position; preheat oven to 350 degrees. Coat loaf pan with vegetable spray.

Whisk applesauce, butter, honey, eggs, and vanilla in medium bowl until well blended; stir in raisins.

Thoroughly mix flour, sugar, baking powder, salt, cinnamon, and nutmeg in large bowl. Pour liquid mixture over dry ingredients and fold in with rubber spatula just until combined; do not overmix.

Spoon batter into prepared pan, smoothing it on top. Bake for 50 minutes or until tester comes out clean. Carefully turn out onto rack to cool before slicing. Makes 1 loaf.

All the Best Muffins
And Quick Breads

APPLE SPICE

WHOLE WHEAT MUFFINS
1 cup whole wheat flour
1 cup all-purpose flour
1/2 cup brown sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg
1/4 teaspoon ginger

1/4 teaspoon salt
1 cup buttermilk, at room temperature
1 large egg, at room temperature
2 tablespoons oil
1 1/2 teaspoons vanilla
1 cup tart green apple, chopped fine

Heat oven to 400 degrees. Spray 10 muffin cups with vegetable oil. Fill unused cups with water. Stir together flours, sugar, baking powder, baking soda, spices, and salt. In another bowl, stir together buttermilk, egg, oil, and vanilla. Make a well in center of flour mixture; add buttermilk mixture and stir just to combine. Stir in apple. Spoon into prepared muffin cups. Bake for 15 to 20 minutes until toothpick inserted in center comes out clean.

Nancy Kramer
Newmanstown

(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 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.

November

- 14- Wheat-free Recipes
- 21- Thanksgiving Favorites
- 28- Venison, Bear & other game recipes

December

- 5- Christmas Cookies

ENGLISH MUFFIN LOAF

1 package yeast
3 cups unsifted flour
1 tablespoon sugar
1 teaspoon salt
1 cup milk
1/4 teaspoon baking soda
1/4 cup water
Cornmeal

Add 1 1/2 cups of the flour to yeast, sugar, salt, and baking soda. Heat liquids until very warm. Add to dry mixture. Beat well.

Stir in remainder of flour to make a stiff batter. Spoon into a loaf pan that has been greased and sprinkled with cornmeal.

Sprinkle top with cornmeal. Cover and let rise for 45 minutes. Bake at 400 degrees for 25 minutes. Remove from pans immediately.

Tina Forry
Quentin

Featured Recipe

Just because National Cheese Month ended October 31, is no reason not to stop eating cheese. Here is a favorite recipe from Raylene Rouse, Sullivan County Dairy Princess. She says, "Cheese makes everything taste better."

BROCCOLI SUPREME

3 10-ounce packages frozen broccoli
2 teaspoons grated cheddar cheese
1 cup cottage cheese
1/4 cup melted butter
2 eggs, well beaten
1 teaspoon minced onion
1/4 teaspoon pepper
1 teaspoon Worcestershire sauce
Dry bread crumbs

Cook and drain broccoli; arrange in shallow baking dish. Combine remainder of ingredients except bread crumbs and half of the melted butter. Pour the mixture over broccoli. Sprinkle bread crumbs and remaining butter over sauce. Bake at 350 degrees until golden brown and bubbly. Serves 6.