



Home On The Range



Homemade Breads

Fragrant, home-baked yeast breads are more popular than ever before. Thanks to modern techniques that make baking at home practical for the busiest homemaker, student or professional.

There are three methods of dissolving yeast — the traditional dissolving method, the popular non-dissolving variation, and even a refrigerated process that works overnight.

Try experimenting with all three methods to find one that works best for you.

• **Dissolving** — Many bakers prefer this traditional method. The yeast is dissolved in warm water (110-115 degrees) before being added to other recipe ingredients. The water must not be too hot or yeast cells will be destroyed.

• **Non-dissolving** — Ideal for beginners, the non-dissolving variation combines the yeast with other dry ingredients. Recipe liquids are heated to a warmer temperature (120 to 130 degrees and then added to the dry mixture.

• **Refrigerated** — This method is perfect for those who like to do their preparation in advance. The dough is assembled, kneaded and shaped prior to refrigeration. The high sugar content allows it to rise slowly in the refrigerator several hours or overnight.

Non-yeast breads that depend upon baking powder to rise are a tasty and quick alternative to yeast breads.

Whatever variety of bread you choose to make will fill your home with a wonderful aroma.

ZUCCHINI BREAD

- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ¼ cup oil
- ¼ cup chopped walnuts
- 2½ cups zucchini, grated
- 2 cups granulated sugar
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- 3 eggs
- 1 cup crushed pineapple, optional

Mix sugar, eggs, and oil. Beat until smooth. Add vanilla, salt, and cinnamon. Mix well; sift in dry ingredients. Stir in zucchini, walnuts, and pineapple.

Grease and flour 2 bread pans. Bake in a 325 degree oven for one hour or until knife inserted in center comes out clean.

Marie Miller
Columbia Crossroads

WHOLE WHEAT BREAD

- 1½ quarts warm water
- 3 tablespoons yeast
- ¾ cup honey
- 2 tablespoons salt
- 6 tablespoons vegetable oil
- 2 tablespoons black strap molasses
- 4 cups whole wheat flour
- 10 cups white flour, approximately

Dissolve yeast in warm water. Add the remaining ingredients and mix. Let rise two times then put in bread pans and let rise until doubled in size. Bake at 350 degrees for 30 minutes.

Mrs. Reuben Beiler
Gap

WILD RICE MULTI-GRAIN BREAD (Beautiful enough to be your centerpiece)

- 4-5 cups all-purpose flour
- 2 cups whole wheat flour
- ¼ cup rye flour
- ¼ cup uncooked rolled oats
- 1 package dry yeast
- 2 teaspoons salt
- ½ cup water
- 2 cups milk
- ½ cup honey
- 2 tablespoons butter
- 1½ cups cooked wild rice
- 1 egg, beaten with 1 tablespoon water

½ cup hulled sunflower seeds
In large bowl, combine 2 cups all-purpose flour, whole wheat flour, rye flour, rolled oats, yeast and salt; mix well. In medium saucepan, heat water, milk, honey, and butter until very warm. Add warm liquid to flour mixture. Blend at low speed until moistened; beat 2 minutes at medium speed. Add wild rice. Cover and let rest 15 minutes. Stir in enough additional all-purpose flour to make a stiff dough. On floured surface, knead dough 10 minutes; add more flour as necessary to keep dough from sticking. Place in lightly greased bowl, turn over, cover and let rise until doubled, about 2 hours. Punch down. Knead briefly on lightly floured surface. Divide dough into thirds, shape into 3 strands; braid and place onto greased baking sheet to form a wreath. Let rise until doubled, about 45 minutes. Brush tops of loaves with egg mixture. Sprinkle with sunflower seeds. Bake at 375 degrees for 45 minutes or until bread sounds hollow when tapped.

Options: Makes 2 loaves or 18 bread sticks approximately 12 inches long.

Wild Rice Council



This may look too beautiful to eat, but Wild Rice Multi-Grain Bread is a nutritious, tasty bread.

CHEF MIX MUFFINS

- 2 tablespoons sugar
- 3 cups chef mix
- 1 cup milk
- 1 egg, beaten

Add sugar to mix. Combine milk and beaten egg. Add to mix and stir until flour is moistened. Fill greased muffin pan about two-thirds full. Bake 20 minutes at 425 degrees. 12 muffins.

Chef Mix:

- 9 cups sifted all-purpose flour
- ½ cup baking powder
- 1 tablespoon salt
- 2 teaspoons cream of tartar
- ½ cup sugar
- 2 cups solid vegetable shortening

Mix dry ingredients thoroughly. Cut in shortening until consistency of cornmeal. Store in airtight container. Keeps for 6 months if stored out of direct heat and sunlight. Makes approximately 15 cups. Use as needed for muffins or biscuits.

Biscuits:

- ¾ cup milk
 - 3 cups Chef Pastry Mix
- Heat oven to 450 degrees. Add milk to mix. Stir 25 strokes. Knead lightly on floured board for 15 strokes. Roll out to ¼-inch thick. Cut into 18 rounds with biscuit cutter or drop by tablespoons onto a greased cookie sheet. Bake 10 minutes.

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
 - About 14 cups flour
- Mix together yeast, sugar, and water; let stand 10 minutes; add remaining ingredients.

Contributor writes that she mixes the dough at 6 p.m., punches down at 9 p.m., puts in bread pans at 11 p.m., and covers with a towel and plastic wrap to prevent crust from forming on top. Bake at 6 a.m. at 350 degrees for 15 to 20 minutes. Makes about 4½ dozen sandwich size buns or 7 dozen dinner-sized rolls.

Virginia Kalp
Stahistown

BREAD

- Mix in large bowl:
- ½ cup sugar
- 2 teaspoons salt
- 2 cups warm water
- 2½ tablespoons melted shortening

Dissolve 1½ packages yeast in ½ cup warm water. Add to first mixture. Add approximately 6 cups bread flour while kneading. Let set in warm place for 2 hours. Punch down and let rise again 1 hour. Punch down and squeeze out air bubbles. Shape into loaves, place in 3 greased pans. Pick with a fork a number of times. Let rise until higher than pans about 2 hours.

Bake at 375 degrees for 23 minutes or until crust is brown. Cool 10 minutes. Butter top and place bread on side until bread cools and loosens from the sides of the pan.

For whole wheat bread, use 2 cups whole wheat flour and 4 cups white flour.

Florence Nauman
Manheim

WHOLE WHEAT BREAD

Dissolve 1 heaping tablespoon dry yeast in ½ cup warm water and 1 teaspoon honey.

- 4 cups warm water
- ½ cup honey
- 1 tablespoon vinegar
- 2 tablespoons blackstrap molasses
- 2 tablespoons liquid lecithin or granules
- 1 tablespoon salt
- 10½ to 11 cups whole wheat flour

Mix together all ingredients except flour. Slowly add flour to mixture. Work in 2 tablespoons oil. Work down every 20 minutes for 3 hours, using small amounts of oil each time.

Put in bread pans and let rise. Bake at 350 degrees for 30 minutes. Makes 4 loaves. *This is the best whole wheat bread I've ever tasted. It stays soft.*

Ida Keeny
New Freedom

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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.

December

- 4- Your Favorite Christmas Cookies
- 11- Holiday Non-Alcoholic Sippers
- 18- Holiday Treats
- 25- Christmas Dinner

Featured Recipe

What can you do with turkey leftovers? Here are some great ideas from the Wild Rice Council.

Breakfast or lunch will have a gourmet flair by whipping up wild rice, leftover turkey and cheddar omelet. Mix 2 eggs with 2 tablespoons water. Pour into preheated omelet pan. After the eggs have set, top with ¼ cup cooked wild rice, ¼ cup cooked, cubed turkey and cheddar cheese.

Wild Rice Turkey Chili offers a new twist to the usual red chili. Instead of the traditional tomato base, this chili recipe calls for chicken broth. Recipe below.

If you would like new wild rice recipes and updated nutritional information, send a self-addressed-stamped envelope to Minnesota Cultivated Wild Rice Council Newest Recipes, 1306 W. Co. Rd. F, #109, St. Paul, MN 55112.

WILD RICE TURKEY CHILI

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 cups cooked, cubed turkey
- 2 cups cooked wild rice
- 15-ounce can great northern white beans, drained
- 11-ounces white corn
- 8 ounces diced green chilies
- 14.5-ounce chicken broth
- 1 teaspoon ground cumin
- Hot pepper sauce, to taste
- 6 ounces Monterey Jack cheese, shredded

Heat oil in large pan over medium heat; add onion and garlic. Cook until tender. Add turkey, wild rice, beans, corn, chilies, broth and cumin. Cover and simmer over low heat to serving temperature. Stir in hot pepper sauce. Serve with shredded cheese. 6 to 8 servings.