



# Home on the Range

## 'Dough's' For Good Breads

If you're buying the lowest-priced bread at your grocery store, it's guaranteed to be bland and low in nutrition. Why settle for untasty bread just to save a few pennies? You can bake your own for whopping good taste, nutrition, and still keep that low cost.

If you've never baked bread before, now is a good time to begin. Many of these recipes are surprisingly simple.

Quick breads and those made with baking powder or baking soda are faster to make than traditional yeast breads, which really do not require much more labor. The main requirement for making traditional yeast breads is that time is needed for dough to rise.

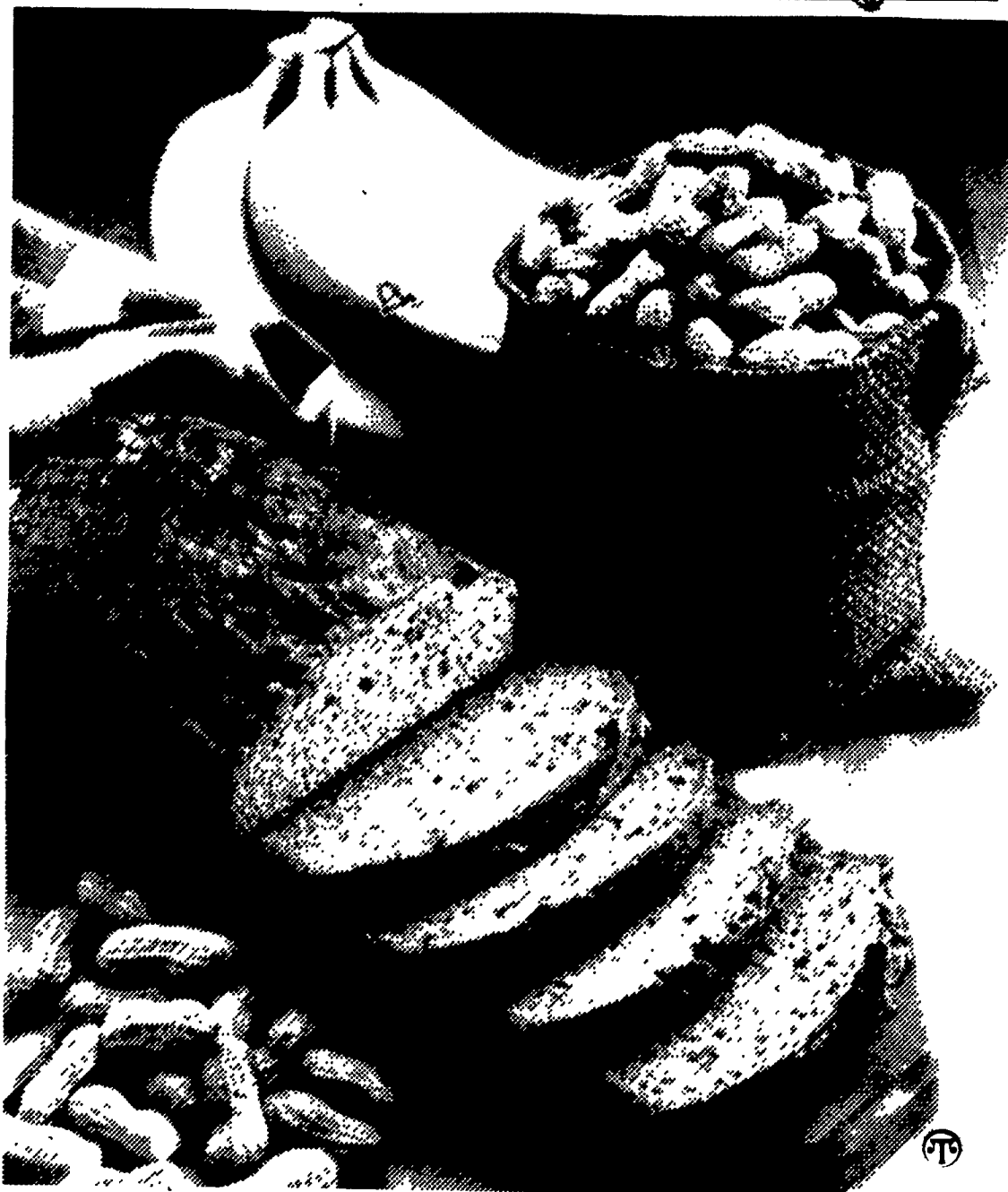
Mix up a batch of yeast bread, and as it rises, complete some household chores or even go grocery shopping. When you return, punch down the dough and let it rise again.

Bread baking really isn't difficult. After you try it a few times, you'll feel like a professional. And, the flavor is one that you won't want to exchange for those cheap versions of bread on the grocery shelves.

### BANANA POPPY SEED BREAD

- ¼ cup butter, softened
  - 5½ teaspoons artificial sweetener
  - 1 egg
  - 2 egg whites
  - 1 teaspoon vanilla
  - 1 cup mashed ripe banana
  - 1½ cup all-purpose flour
  - 2 teaspoons baking powder
  - ¼ teaspoon baking soda
  - ½ teaspoon salt
  - 2 tablespoons poppy seed
  - 1 teaspoon ground cinnamon
  - ½ cup reduced-fat sour cream
- Beat together butter and artificial sweetener until blended; beat in egg, egg whites, and vanilla. Add banana; beat 30 seconds at medium speed. Mix in half the combined flour, baking powder, baking soda, salt, poppy seed, and cinnamon; mix in sour cream and remaining ingredients until blended.

Spread batter evenly in greased loaf pan. Bake bread in preheated 350-degree oven until browned and toothpick inserted in center comes out clean, 60 to 65 minutes. Cool bread in pan 5 minutes, remove and cool on wire rack. Makes one loaf.



If taste and nutrition are important to you, you'll find homemade breads top store-bought varieties.

## Featured Recipe

Don't overlook lamb shoulder for winter stews. It's full of flavor and much less expensive than other cuts. To speed cooking time for stews, cut the lamb cubes in ½ -inch cubes. Use the slow cooker to simmer the stew while you are away. Vegetables, found in the grocery freezer section, can be used in place of peeling and chopping fresh vegetables. Dry gravy mixes or prepared gravy in the jar make a quick sauce. Several quick, easy recipes, including a lamb stew, can be obtained by sending a SASE to American Lamb Council, Dept. LLO, 6911 S. Yosemite St., Englewood, CO 80112.

Here's the perfect recipe for the new ground lamb that is appearing at the retail counter.

### MEDITERRANEAN LAMB PIE

- 2 pounds ground lamb
  - ½ finely grated onion, reserve juice
  - 1½ cups toasted almonds or walnuts, lightly chopped
  - 1 cup raisins, optional
  - 2 eggs
  - 1½ teaspoon curry powder
  - ½ teaspoon salt and pepper
  - ½ teaspoon ground cardamon, optional
  - 1 teaspoon ground cumin
  - ¼ teaspoon ground cloves
  - 1 package phyllo dough
  - Butter-flavored non-stick spray (or 2 sticks butter, melted)
  - Greased 10-inch deep-dish pie pan
- Mix lamb with grated onion. Cook over medium heat until all pink is gone.  
Cook completely and drain.  
Combine cooked lamb with nuts, raisins, eggs, curry powder, and spices.  
Open phyllo dough; cut in half with sharp knife. Wrap half of dough in airtight package and freeze.  
Gently place one piece of phyllo on work surface; brush lightly with butter or spray with non-stick cooking spray. Arrange half of the phyllo in greased pie pan to create the bottom crust.  
Spoon filling into the crust and repeat the process with the remaining phyllo to cover top. Lightly crumple the last four or five sheets to form an attractive, rustic top. Drizzle with butter; sprinkle with bread crumbs if desired. Pie can be refrigerated at this point for baking at a later time, or it can be carefully wrapped and frozen for use up to a month later.  
Bake on lower shelf at 350 degrees for 25 to 30 minutes. Serve hot. Serves 6 to 8.

### ENGLISH MUFFIN BREAD

- 6 cups flour, divided
  - 1 tablespoon sugar
  - 2 teaspoons salt
  - ¼ teaspoon baking soda
  - 2 packages dry yeast
  - 2 cups 1% low-fat milk
  - ½ cup water
  - 1 tablespoon corn meal, divided
- Combine 3 cups flour, 1 tablespoon sugar, salt, soda, and yeast in a medium-size bowl; stir well and set aside. Heat milk and water in a heavy saucepan until very warm. Add dry ingredients stirring well. Stir in remaining 3 cups flour to form soft dough. Divide dough into 3 equal parts. Place one portion into each of three 13-ounce coffee cans coated with vegetable spray and sprinkled with ¼ teaspoon cornmeal. Sprinkle remaining cornmeal over top. Cover and let rise 45 minutes or until double. Bake at 400 degrees for 20 minutes.

Nancy Kramer  
Lebanon

### DATE NUT ROLL

- 1 cup sugar
  - ¼ cup butter
  - 1 cup chopped dates
  - 1 cup chopped pecans
  - 2 eggs, slightly beaten
  - 2 cups rice crispy cereal
- Melt butter; add sugar, dates, nuts, and eggs. Cook 10 minutes over medium heat, stirring constantly. Remove from heat; add cereal. Let cool until you can handle the mixture. Form in log and roll in flake coconut. Keep in refrigerator and slice as needed.

### APRICOT BREAD

- ¾ cup sugar
  - 1 egg
  - 1½ cups orange juice
  - ¾ cup chopped nuts
  - 1 cup chopped dried apricots
  - 2½ cups Bisquick
- Preheat oven to 350 degrees. Combine all ingredients and mix well. Pour into greased and floured loaf pan. Bake until toothpick inserted in middle comes out clean, about 45 to 50 minutes.

### SAUSAGE BALLS

- 3 cups Bisquick
  - 1 pound cheddar cheese, grated
  - 1 pound bulk sausage, mild
- Mix and roll in balls. Bake in 400-450 degree oven until done. These may be frozen until ready to bake.

### BANANA BREAD

- 1 cup sugar
  - 2 eggs
  - 2 heaping tablespoons orange marmalade
  - ¼ cup oil
  - 1 large or 2 small bananas
  - 1 teaspoon vanilla
  - ½ cup nuts, if desired
- Beat together ingredients. Add 1½ cups self-rising flour. Bake 45 to 50 minutes in loaf pan. Test with toothpick in center until it comes out clean.  
Icing:  
1 cup powdered sugar  
½ teaspoon vanilla  
Milk, enough until mixture is smooth enough to spread.

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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.

- January 21- Pizza Week
- 28- Beef For Dinner
- February 4- Heart-Healthy Recipes
- 11- Valentine Desserts