



Home on the Range

Add Fruit And Nuts For Variety Breads

Bread used to conjure visions of either whole wheat or white. But now, check out markets and bakeries, every imaginable — and even some unimaginable — breads are being sold.

This week's issue features breads made with fruits and nuts. Although a different flavor results, walnuts, pecans, and other nuts are interchangeable.

Most of the selections are quick breads, which means they are made using baking powder and baking soda instead of yeast. Try these recipes and experiment with some of your own by substituting a different fruit or bread as an ingredient.

STRAWBERRY-NUT LOAF

1 cup butter
1½ cups sugar
1 teaspoon vanilla extract
¼ teaspoon lemon extract
4 eggs, beaten
3 cups sifted flour
1 teaspoon salt
3 teaspoons cream of tartar
½ teaspoon baking soda
1 cup strawberry jam
½ cup sour cream
½ cup chopped walnuts
Cream together butter, sugar, and extracts. Add eggs, beat well. Sift dry ingredients. Combine jam and sour cream. Add jam mixture and flour alternately to creamed mixture. Add walnuts. Pour into 2 greased loaf pans. Bake at 350 degrees for 50 minutes. Cool 10 minutes.

Yvonne Peterman
Pa. Alt. Dairy Princess

RAISIN BREAD

2 eggs
1 cup sugar
1 cup milk
½ teaspoon salt
1 cup raisins
3½ cups flour
¾ teaspoon baking powder
5 tablespoons melted butter
Preheat oven to 375 degrees. Mix all ingredients. Pour into greased standard loaf pan. Let stand 20 minutes. Bake 60 minutes or until done.

Amy Paul
Somerset Co. Dairy Princess

CHERRY WALNUT MUFFINS

1½ cups whole wheat flour
½ cup brown rice flour or whole grain cornmeal
½ cup sugar
2 teaspoons baking powder
1 teaspoon baking soda
1 cup plain nonfat yogurt
1½ teaspoons vanilla extract
2 egg whites
¾ cup coarsely chopped, pitted frozen cherries

Topping:

1 tablespoon sugar
1 tablespoon finely ground walnuts

To make topping, combine the sugar and walnuts until crumbly. Combine the whole wheat flour, rice flour, sugar, baking powder, and baking soda. Stir to mix well. Add yogurt, vanilla, and egg whites. Stir just until the dry ingredients are moistened. Fold in the cherries.

Coat muffin cups with nonstick cooking spray; fill ¾ full with batter. Sprinkle the topping over the batter. Bake at 350 degrees for 15 to 18 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.

Remove the muffin tin from oven and allow it to set for 5 minutes before removing muffins. Serve warm or at room temperature. Yields 12 muffins.

BJ. Light
Lebanon

APPLE NUT BREAD

½ cup butter
1 cup sugar
2 eggs
1 teaspoon vanilla
1½ tablespoons sour cream
2 cups sifted flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 cup chopped nuts
1 cup chopped, unpeeled apples
Cut butter into sugar. Add eggs, one at a time, mixing well after each one. Blend in vanilla and sour cream. Sift together dry ingredients. Add nuts. Combine with first mixture. Stir in apples. Pour into greased loaf pan. Bake at 325 degrees about one hour.

Diane Yoder
Mifflin Co. Dairy Princess



Fruit and nut breads open up new culinary delights.

CHOCOLATE NUT BREAD

6 cups sifted flour
2 cups sugar
6 teaspoons baking powder
2 cups milk
1 tablespoon butter, melted and cooled
1 cup chopped pecans
1 teaspoon salt
½ cup cocoa
2 eggs
1 cup ground nuts

Combine dry ingredients; sift together into mixing bowl. Beat eggs with milk; add to dry ingredients, blending well. Add butter, chopped pecans and ground nuts. Divide dough evenly between two greased loaf pans. Let stand in warm place for 30 minutes. Meanwhile preheat oven to 325 degrees. Bake for 1½ hours or until it tests done. Turn out onto wire racks to cool. Let stand 24 hours to improve flavors before slicing. Makes two loaves.

Sarah Clark
Breezewood

PEANUT MUFFINS

1½ cups all-purpose flour
1 tablespoon baking powder
¼ teaspoon salt
¼ cup sugar
2 eggs, beaten
½ cup milk
½ cup butter, melted
½ cup unsalted dry roasted peanuts

Preheat oven to 400 degrees. In a large bowl, combine the flour, baking powder, salt, and sugar. Make a well in the center of the mixture. In a medium-size bowl, combine the eggs, milk, and butter; pour into the well and stir just until moistened. Gently stir in the peanuts. Spoon the mixture into greased muffin tins, filling three-fourths full.

Bake for about 15 minutes or until a wooden toothpick inserted in the center comes out clean.

Let cool slightly, then remove to a rack to continue cooling. Makes 1 dozen.

Sarah Clark
Breezewood

NANA-JAM IT BREAD

½ cup shortening
2 eggs
1 teaspoon lemon juice
1 tablespoon baking powder
½ cup strawberry jam
1 cup sugar
1 cup ripe bananas
2 cups flour
½ teaspoon salt
1 cup chopped pecans

Cream shortening; gradually add sugar, beating until light and fluffy. Add eggs one at a time, beating well after each addition. Combine bananas and lemon juice; stir into creamed mixture. Combine flour, baking powder, and salt; add to creamed mixture, stirring just until moistened. Stir in jam and pecans. Spoon into two greased and floured loaf pans. Bake at 350 degrees for 50 minutes or until tests done. Cool 10 minutes in pan. Invert on wire rack to finish cooling.

Sarah Clark
Breezewood

BANANA NUT LOAF

Mix together thoroughly:
¾ cup sugar
½ cup soft shortening
2 eggs

Stir in:

3 tablespoons sour milk or buttermilk

1 cup mashed bananas

Sift together and stir in:

2 cups sifted flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt

Blend in:

½ cup chopped nuts

Pour into well-greased loaf pan. Let stand 20 minutes before baking. Bake until it tests done. Serve warm or cold.

Applesauce Loaf: Follow the above recipe except use brown sugar instead of granulated and applesauce in place of grated apple. Omit sour milk.

June Unruh
Adamstown

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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.

March

30- Easter Candy Time

April-

6- Egg Recipes

13- Using Graham Crackers in Recipes

20- Other Burger Meats —
Chicken, Turkey, Pork

Featured Recipe

Everyone knows that families in the fast-paced 1990s don't have enough quality time together as is, let alone the desire to dedicate hours in the kitchen preparing meals.

"Mr. Food's Just Say Cheese" brochure is filled with quick and easy recipes featuring convenience, easy to use kitchen staples such as cheese, tomato sauce, and rice. These mouth-watering recipes offer a no-fuss, yet exciting twist to the standard mealtime fare.

As a special service, the American Dairy Association and Dairy Council Mid East is now offering the free brochure by phone. Dial 1-800-778-MILK.

Here is one of the recipes featured in the brochure.

CRUNCHY TUNA MELT PIZZA

2 6-ounce cans water-packed tuna, well drained and flaked
¼ cup mayonnaise
12-inch to 14-inch prepared pizza shell, thawed if frozen
1 cup shredded monterey jack or havarti cheese
½ cup coarsely crushed potato chips
¼ cup chopped or thinly sliced red onion for topping (optional)
¼ cup chopped or thinly sliced green pepper for topping (optional)

Preheat oven to 450 degrees. In a small bowl, combine tuna and mayonnaise and mix until well blended. Place pizza shell on a pan and spread evenly with tuna mixture. Sprinkle with cheese, red onion and green pepper, then with crushed chips. Bake for 8 to 10 minutes, or until crust is crisp and brown. Cut and serve. Makes 6 to 8 slices.