

Cook's Question

(Continued from Page B8)

ANSWER — Sue Slimmer, Myersville, Md., wanted a bread recipe that uses a lot of grain. She'd also like to know of cookbooks featuring bread. A reader recommended "Simply Good Things," 137 E. Wick Ct., Beavercreek, OH 45440 or call (937) 429-2483 for a free price list. Thanks to an anonymous reader for sending a recipe.

Multi-grain Bread

- 1 cup water
- 1 cup yogurt or buttermilk
- ¼ cup oil
- ½ cup oatmeal
- ½ cup wheat germ
- ½ cup wheat bran

Mix above ingredients. Heat to boiling. Set aside until cooled to very warm (125-130-degrees) about 30 minutes.

In a large bowl, combine:

- 1 cup flour
- ¼ cup honey
- 2 teaspoons salt
- 2 tablespoons yeast
- 2 eggs

Stir in bran mixture, then add 4 to 4½ -cups flour (part whole wheat). Knead on lightly floured surface until smooth and elastic (6-8 minutes). Dough should be slightly sticky for best bread.

Cover. Let rise until double in size. Shape into loaves and let rise again.

Before baking, brush tops of loaves with a brush wet with water and sprinkle loaves with a mixture of oatmeal, wheat bran, and wheat germ (optional).

Bake at 375 degrees for 10 minutes and then 350 degrees for 15-20 minutes.

This recipe can also be made into rolls.

Shoo Fly Contest Returns For Second Year

HARRISBURG (Dauphin Co.) — Attention, bakers! Enter Pennsylvania's Greatest Shoo Fly Contest for the chance to

win \$500 for the best pie, \$100 for second place, or \$50 for third place.

The contest will be conducted at

the Pennsylvania Farm Show on Sunday, Jan. 9, at 3 p.m. Pre-registration is encouraged but not required. Pies must be entered between noon and 2 p.m. on the second floor of the northeast building.

Contest sponsor Golden Barrel Baking Products requires that the pie ingredients must contain either Golden Barrel molasses or table syrup. Pie must be presented for judging in 9-inch pie plate and be covered to retain freshness and to prevent contamination.

A clearly printed or typed recipe listing ingredients and preparation instructions must accompany each entry.

Judging will be based on overall appearance, crust (color, flavor, texture, and doneness), aroma, filling (consistency, moistness, doneness, and flavor) and creativity. No commercial mixes are allowed.

The contest is open to any youth or adult residing in Pennsylvania. Each individual is permitted one entry, which only that individual prepared.

Raisin Whole Wheat Loaf

- ½ cup honey
- ¼ cup brown sugar
- 2 teaspoons salt
- 2 packages dry yeast
- 3 cups warm water
- 5 cups whole wheat flour
- 3 to 4 cups all-purpose flour
- ¾ cup shelled sunflower seeds
- 2 cups raisins

In large mixer bowl, combine honey, brown sugar, and salt. Dissolve yeast in warm water and add to honey mixture. By hand or at low speed of electric mixer, beat until well-blended. Gradually add the whole wheat flour, beating at medium speed and scraping sides of bowl occasionally. Stir in enough all-purpose flour (approximately 3 cups) to make a medium-firm dough. Turn out onto floured board; knead in sunflower seeds and raisins. Continue to knead, adding additional flour as needed, until dough is smooth and elastic. Place in deep, greased bowl, turning to grease top. Cover: let rise in warm place until doubled in size, about 1½ hours.

Punch down dough. Turn out onto floured board and form into two loaves. Place in greased 9x5-inch loaf pans. Cover: let rise in warm place until doubled in size, about one hour. Bake at 350 degrees about 50 minutes or until nicely browned. Remove from pans; brush tops with butter. Cool on wire rack. Makes two loaves.

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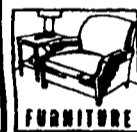
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