

Cook's Question

(Continued from Page B8)

ANSWER — Janet Weisner, Kempton, wanted recipes to make yeast breads in the following flavors: strawberry, blueberry, apple cinnamon, and cream cheese. Thanks to Catherine from Strasburg for sending the following recipes. However, some of the recipes are quick breads, not made with yeast, which Janet specified. Anyone have fruit flavor breads made with yeast? Send them in.

Cream Cheese Bread

- ½ cup milk
- 1 cup diced cream cheese
- ¼ cup butter
- 1 egg
- 3 tablespoons granulated sugar
- 1 teaspoon salt
- 3 cups bread flour
- 2½ teaspoons active dry yeast

Place ingredients into the pan of bread machine in order suggested by the manufacturer. Select white bread and light crust settings.

Bread With Blueberries

- 2 eggs
- 1 cup granulated sugar
- 1 cup milk
- 3 tablespoons melted shortening or vegetable oil
- 3 cups all-purpose flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 1 cup fresh or frozen blueberries
- ½ cup broken walnut pieces

Mix together beaten eggs with sugar. Add milk and shortening or oil.

Sift together flour, salt, and baking powder. Combine the mixtures, stirring only until blended. Carefully fold in fresh or frozen blueberries and broken walnut pieces.

Pour into greased 5x12-inch loaf pan. Bake at 350 degrees for 50-60 minutes. Cool in pan but try to turn it out of the pan before it is totally cool for easier removal. Can also be made in a regular-sized loaf pan or divided into two pans.

Strawberry Bread

- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 teaspoons cinnamon
- 2 cups sugar
- 3 eggs, well beaten
- 2 10-ounce packages frozen strawberries, thawed
- 1¼ cups oil
- 1¼ cups chopped pecans

Stir dry ingredients in large bowl, making a well in center of mixture. Mix remaining ingredients and pour into well. Stir enough to dampen all ingredients. Pour into greased, lightly floured loaf pans. Bake at 350 degrees for 45-60 minutes, or when done. Cool before removing from pan.

ANSWER — Sue Slimmer, Myersville, Md., wanted bread recipes made with whole grains. Margaret Strause, Leesport, writes that The Baker's Catalog from King Arthur's Flour contains bread recipes to make manually and with a bread machine. They also have books featuring all varieties of breads. To request a catalog, call 1-800-827-6836, open 24 hours a day, seven days a week and leave a message on the answering machine. If you want to speak to a customer service representative, call between 8:30 a.m. - 8 p.m., EST, Monday through Friday, 9 a.m. to 5 p.m. Sat., and 11 a.m. to 4 p.m. Sun.

ANSWER — Lydia Murphy-Althouse requested good-tasting bear recipes. Thanks to W.S. Furie, Frederick, Md., who sent in three recipes.

Wild Rice Bruin

- 2 cups diced, cooked bear meat
- 1 small diced onion
- 2 cups V-8 juice
- Salt to taste
- ½ cup wild rice
- ¼ cup butter
- 2 tablespoons bell pepper
- 15-ounces canned corn
- 1 teaspoon chili powder
- ½ cup brown or white rice

Brown meat in butter and add onion and pepper, sautéing. Add corn, vegetable juice, chili powder, and salt. Add both types rice and cover. Simmer 45 minutes, adding water as needed to prevent over drying.

Roast Bear

- 4-5 pounds bear roast
- Minced garlic cloves
- ¼ pound bacon
- Salt and pepper to taste
- ¼ cup red wine

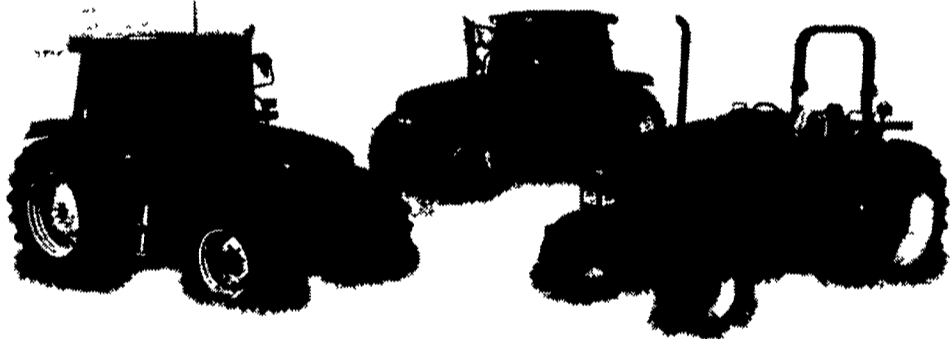
Rub meat with salt, pepper, and garlic. Place meat in roasting pan and cover with bacon strips. Pour wine and sprinkle garlic over roast. Cook uncovered for two hours at 350 degrees then cover and bake until tender (about 2 more hours).

Potatoes, celery, carrots, and whole onions make nice additions to the roasting pan during the final two hours of cooking. It is very important to cook bear meat thoroughly, just as you do with pork, to eliminate possible infection with the trichinosis parasite.

Bear Paws

Skin paws and clean well. Remove claws. Dip in buttermilk and roll in seasoned flour, then sear in a hot skillet to retain moisture. Cook in Dutch oven with a combination of sage, garlic, rosemary, and cloves, in proportion to your personal taste. Add water or wine as needed, simmering until tender.

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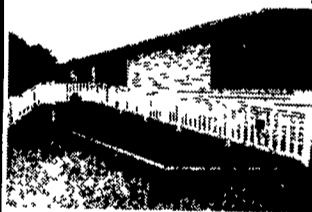
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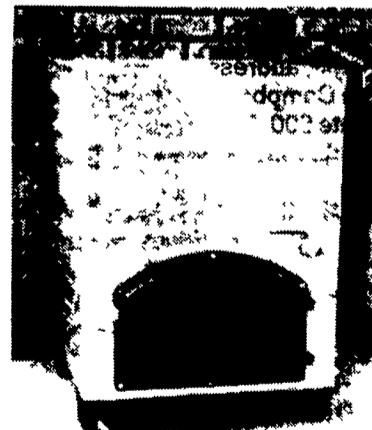
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