



Home on the Range



Bread-Breaking Recipes Biscuits, Scones, Muffins

Americans love bread and the proof is in the pan, with more than 1,000 varieties on the market today.

Contrary to some people's beliefs, bread is low in fat — about one gram per slice — but rich in complex carbohydrates.

Those numbers change when applied to scones, biscuits, and muffins, but remember — bread is a food staple. Throughout history, bread has been a prime energy source because of its complex carbohydrates, your body's best source of energy.

Research indicates that carbohydrates in the diet help satisfy appetite, and that starchy foods such as bread have a greater influence on a feeling of "fullness" than simple sugars such as candy.

The comforting aroma of baking bread, muffins, scones, and biscuits helps reduce stress. That's right. According to studies not only does the aroma cause people to relax but it's a comfort food that you can indulge in without feeling guilty.

Stress stimulates the breakdown of serotonin, a chemical your body uses to soothe its response to stress. Increased intake of complex carbohydrate-rich foods such as bread and grains may help replenish serotonin levels, and therefore, increase your body's comforting response.

Today's recipes offer a choice for even the pickiest palates. Enjoy!

HONEYED SWEET POTATO BISCUITS

2 cups unbleached flour
1 tablespoon baking powder
½ teaspoon salt
¼ cup shortening
1 tablespoon grated orange peel
1 tablespoon grated lemon peel
¾ cup sweet potatoes, baked until tender
¼ cup honey
½ cup milk

In a large bowl, mix flour, baking powder, and salt. Add orange and lemon peels, sweet potatoes, and honey; mix well. Add enough milk to make soft but not sticky dough. Turn out onto floured board and knead three to four times. Pat to 1-inch thickness and cut out 2¼-inch rounds. Place on ungreased cookie sheet and bake at 400 degrees for 15-18 minutes or until lightly browned.

Renee Blatt
Pa. Honey Queen

PERFECT BUTTERMILK BISCUITS

2 cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon baking soda
¼ teaspoon salt
½ cup butter, chilled
¾ cup buttermilk

1 tablespoon butter, melted
Heat oven to 450 degrees. In large bowl, combine flour, baking powder, baking soda, and salt; mix well. With pastry blender or two knives, cut in butter until crumbly. Stir in buttermilk just until moistened.

Turn dough onto lightly floured surface; knead 12 to 15 times or until smooth.

Roll dough to ¾-inch thickness. With 2½-inch biscuit cutter, cut into 8 biscuits; place one-inch apart on baking sheet. Brush biscuits with melted butter. Bake for 10-14 minutes or until lightly browned.

Savory Herb Biscuits: Substitute ¼ to ½ teaspoon garlic salt for salt and stir in 1 tablespoon fresh or 1 teaspoon dried herbs such as dill weed, chives or crushed rosemary.

Cinnamon Raisin Biscuits: Omit salt. Stir in ½ cup raisins with buttermilk. Brush with melted butter and sprinkle biscuits with sugar before baking.

Land O Lakes

CHEDDAR CHEESE WAFFLES

2 cups sifted flour
2 teaspoons baking powder
½ teaspoon salt
3 large egg yolks
½ cup melted butter, cooled
1½ cups whole, low-fat or skim milk
1 cup shredded sharp cheddar cheese

Preheat a Belgian or standard waffle iron. Preheat oven to 200 degrees to keep waffles warm before serving. Sift flour, baking powder, baking soda, and salt into mixing bowl. In another bowl, combine egg yolk, melted cooled butter and milk. Stir liquid and dry ingredients together and add cheese. In a separate bowl, beat egg whites until stiff and fold into batter until barely blended. Spoon batter into waffle iron, covering about two-thirds of the grid surface. Cook until golden. Place waffles into heated oven, uncovered, until ready to serve. Serves four. Tastes great served with butter or salsa.

Melissa Olson
Indiana Co. Dairy Princess



Tea Time Scones resemble biscuits and are served warm with butter and jam.

BUTTERMILK MELT SCONES

¾ cups all-purpose flour
2 tablespoons baking powder
½ teaspoon baking soda
2 tablespoons sugar
1 cup plus 2 tablespoons ice cold butter
1½ cups buttermilk
Devonshire Cream:
1 cup heavy cream
½ cup sour cream

Cut butter into one-inch cubes and combine with dry ingredients in a food processor. Process thoroughly. Put mixture in a bowl and chill for at least 10 minutes. Mix flour mixture with enough buttermilk to moisten well. On lightly floured surface, gather into a ball and knead about 13 times. Pat gently into a 1¼-inch thickness and cut into circles with biscuit cutter or into wedges with sharp knife. Place on ungreased baking sheet and bake 20 minutes or until golden. Serve with jam and Devonshire Cream.

Devonshire Cream: Whip heavy cream until it stands in peaks then add sour cream. Mix together.

Hints for perfect scones every-time: Be sure butter is icy cold. Oven must be preheated to prescribed temperature before placing scones in oven. If you don't have buttermilk, put 2 tablespoons regular white vinegar into two cups milk and let set for about 15-20 minutes. Use in place of buttermilk.

To make ahead: Mix dry ingredients and butter as directed. Store in heavy plastic bag in freezer. When ready to bake scones, measure ½ cup flour mixture per scone. Dampen with buttermilk, cut and bake. For best flavor, bake scones to be ready just a few minutes before serving. Serve scones warm with jam and Devonshire Cream. Raspberry jam is traditional. Enjoy with tea and friends.

Mansion Inn
New Hope

ANGEL BISCUITS

2½ cups flour
1 teaspoon baking powder
1 teaspoon salt
¼ cup sugar
½ cup butter
¼ cup warm water
1 package dry yeast
1 cup buttermilk

Dissolve yeast in warm water and set aside. Mix dry ingredients as listed: flour, baking powder, salt, and sugar, cutting in butter as for pie dough. Stir in buttermilk and yeast mixture. Blend thoroughly. Knead lightly and roll out. Cut and place on greased sheet. Let the biscuits rise. Bake at 400 degrees until lightly browned. Heavenly!

Melissa Olson
Indiana Co. Dairy Princess

CHEDDAR CHEESE PUFFS

1 cup shredded cheddar cheese
½ cup all-purpose flour
¼ cup butter, softened
½ teaspoon ground mustard

Preheat oven to 400 degrees. In bowl, combine all ingredients; mix well. Roll into one-inch balls. Place at least one-inch apart on an ungreased baking sheet. Bake 12-15 minutes or until lightly browned. Serve warm. Yield 2 dozen.

These puffs make a great snack.

Melissa McWilliams
SUN Area Dairy Princess

(Turn to Page 8)

Featured Recipe

A scone was originally a Scottish griddlecake made usually of oats, sometimes of barley or wheat. Nowadays, it refers to a small cake, resembling a baking powder biscuit, cut in various shapes, baked in a hot oven or on a griddle, and usually served with butter and jam.

The secret for perfect scones are several: Be sure butter is icy cold. Oven must be preheated to required temperature. For best flavor, bake scones to be ready just a few minutes before serving. Serve warm with butter and jam.

Here's a recipe from the American Egg Board. Enjoy with tea and friends.

TEA TIME SCONES

Cooking spray
3½ cups flour
½ cup sugar
¼ cup mini-chocolate chips
2 teaspoons baking powder
½ teaspoon salt
¾ cup butter
4 eggs
½ cup non-fat milk
Preheat oven to 425 degrees. Lightly coat baking sheet with cooking spray.

In a large bowl, stir together flour, sugar, chocolate chips, baking powder, and salt. With pastry blender, cut in butter to resemble coarse crumbs. In medium bowl, beat together eggs and milk. Add egg mixture to the dry ingredients. Stir only until dry ingredients cling together.

On floured surface, with lightly floured hands, pat dough to ¾-inch thickness. With 3-inch round cookie sheet. Bake for 10 minutes or until golden brown. Remove to wire rack to cool.

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 listed below.

| | |
|-------|--------------------|
| March | 25 - Citrus Uses |
| April | 1 - Asparagus |
| | 8 - Easter Candy |
| | 15 - Bread Spreads |