



Home on the Range

Breaking Bread

Bread is an excellent source of energy.

Contrary to persistent myth that bread is fattening, it is actually a weight management tool according to the Wheat Foods Council. Bread gets the majority of its calories from complex carbohydrates, which gram for gram, have less than half the calories of fat. Because bread is rich in complex carbohydrates, it's your body's best source of energy for a long-term boost.

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

Studies show that 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.

An average slice of packaged bread contains only one gram of fat, and 75-80 calories. But if you're watching your weight, don't sabotage this low-fat staple by drenching it with fatty toppings.

Bread is inexpensive, literally costing only pennies per slice. More than 1,000 varieties of bread are on the market, offering a choice for even the pickiest palates.

Breaking bread is also a universal sign of peace. At the first Thanksgiving, pilgrims broke bread with Native Americans. Carry on the tradition. Make a loaf and savor it with friends and family.

POTATO BUNS

- 6 potatoes, cooked, save water
- 1/4 cup butter
- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 1 teaspoon salt

Combine:

- 1 1/2 packages dry yeast
- 1 cup warm potato water

Add:

7 cups flour
Mash potatoes; add butter, shortening, sugar, eggs, salt, and yeast and water mixture. Slowly add flour. Let rise until double its size. Knead down and let rise again. Roll dough and cut into bite size and let rise on cookie sheets until doubled in size. Knead down and let rise again. Roll dough and cut into bun size. Let rise on cookie sheets until doubled in size. Wash top with

beaten egg and bake at 300 degrees until done.

Katherine Wagner
Mt. Joy

OVERNIGHT BUNS

- 2 packages dry yeast
- 2 tablespoons sugar
- 1/2 cup warm water

Mix together and let stand 10 minutes. Combine the following ingredients and stir until dissolved:

- 4 cups warm water
- 3/4 cup sugar
- 3 teaspoons salt

1 cup vegetable oil In a large bowl, combine the two mixtures and add

- 7 cups flour

Mix well and add approximately 7 cups flour or enough to form stiff dough

The method used to make overnight buns require mixing the dough at 6 p.m. Let rise at room temperature until 9 p.m. Punch down dough and form into ball shapes and place in baking pans. Makes 4 1/2 dozen sandwich-size rolls or 6 dozen dinner rolls.

Cover unbaked buns with towel or cloth to prevent hard crust from forming. Let set on countertop or in cold oven overnight. In morning, remove cloth and bake at 6 a.m. at 350 degrees for 20 minutes.

Virginia Kalp
Stahstown

EZEKIEL BREAD

- 1 cup warm water
- 3 tablespoons honey or brown sugar
- 2 tablespoons or 2 packages yeast
- 1 cup hot water
- 1 1/2 tablespoon salt
- 1 cup sprouted or soaked lentils
- 3 tablespoons oil
- 2 cups hot water
- 1 cup soy flour
- 1 cup rye flour
- 1 cup gluten flour
- 1 cup millet flour
- 1 cup barley flour
- 4 cups whole wheat bread flour

Mix warm water, 1 tablespoon honey, and yeast, and let stand until yeast is growing well. Liquidify together: 1 cup hot water, 2 tablespoons honey, salt, lentils and oil until smooth and put in large bowl.

If no liquid is available, put lentils through food mill twice. To lentil mixture, add 2 cups hot water, and first five flours. Beat thoroughly and add yeast mixture. Beat again and add 1 cup whole wheat flour. Allow to stand in warm place 15 minutes.



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

Add about 3 cups whole wheat flour, enough to make a dough easy to handle but not too stiff. Knead 6-8 minutes. Form into loaves or rolls and put in 250-350-degree oven. Allow 15 minutes for bread to rise; increase oven temperature to 350-400 degrees, and finish baking (approximately one hour); less for rolls and small loaves. Makes 4-5 loaves.

Dorothea Van Gundy Jones

Setting The Bread Record Straight

With the constant bombardment of misleading nutrition information, Americans are more confused than ever on what to eat for a healthy life. To get the real scoop on some of today's top nutrition concerns, read on. You'll be pleasantly surprised to find out that eating healthfully doesn't require magic potions, complicated formulas or food group eliminations — and you can feel good about enjoying more of your favorite grain-based foods.

• *Is white bread a healthful snack option for my kids?*

Sixty-eight percent of kids say they like white bread best, according to a nationwide kids' nutrition survey, and that's great news. With less than 1 gram of fat per slice, and packed with energy-producing complex carbohydrates, bread is ideal for snacking. Enriched white bread also is a source of folic acid, iron and B vitamins, including thiamin, niacin and riboflavin. To make sure your kids are getting enough fiber and other whole-grain contributions, mix and match white bread with whole-grain varieties.

• *Why is the B vitamin, folic acid, so important?*

Women of child-bearing age need folic acid. Getting adequate amounts of this essential nutrient, 400 micrograms each day, is a primary way to prevent birth defects of the spinal cord

and brain. Plus, folic acid may help to protect against heart disease. As of 1998, the Food and Drug Administration requires all enriched grain foods to be fortified with folic acid — including enriched white bread, rolls, buns and flour. The good news is that recent research shows that foods enriched with folic acid have the edge over supplements in their ability to be absorbed by the body. So, go ahead — stock up on your favorite enriched grain foods for healthy babies and a healthy heart.

• *I've heard that eating refined complex carbohydrates causes diabetes and will make me fat. Is this true?*

There's simply no truth to these claims. The American Diabetes Association maintains that eating a healthy, well-balanced diet, which includes bread, rolls and other grain foods, being physically active and keeping weight under control are essential for boosting a person's quality of life. Although all complex carbohydrates — including bread, rice and potatoes — are converted to sugars during digestion, complex carbohydrate-rich foods contain numerous vitamins, minerals, and essential nutrients not found in simple sugars such as sugar, honey and candy. What's more, a typical slice of bread is a low-calorie fat buster with a mere 75 calories and less than 1 gram of fat.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

December

- 2 - Holiday Cookies
- 9 - Snacks Using Chex, Other Cereals
- 16 - Holiday Entertaining
- 23 - Christmas Dinner