



Home on the Range

Breads Rise To Satisfy Every 'Knead'

JEWISH COFFEE BREAD

In a mixing bowl, combine the following:

- 2 eggs
- ¾ cup sugar
- ½ cup oil
- 1 teaspoon vanilla

Beat well by hand and add the following:

- ½ cup chopped walnuts
- ½ cup raisins

In another bowl, combine the following:

- 2 cups flour
- 2 teaspoons baking powder
- Dash salt

Mix dry ingredients into the egg mixture until well combined. On a greased cookie sheet, mold dough into 2 loaves that are ½-inch thick. Sprinkle lightly with a mixture of sugar and cinnamon. Bake in preheated 350-degree oven for 30 minutes. Bread is not very brown. It is similar to biscotti but is soft. If desired, omit sugar, cinnamon topping, and drizzle with a thin confectioners' sugar and milk glaze while still warm.

Pat Elligson
Millers, Md.

SOUR CREAM COFFEE CAKE

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 cup sour cream
- 1 teaspoon baking soda
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla

Topping:

- ¼ cup sugar
- 1 tablespoon cinnamon
- 2 tablespoons chopped nuts

Sift together baking powder, flour, and baking soda. Mix in sour cream. Set aside. Cream butter and sugar in a medium bowl. Add eggs, mix, and add vanilla. Combine all of the cake ingredients. Set aside. In a small bowl, combine all the topping ingredients and mix well. Set aside. Put half of cake batter into a greased 9x9-inch pan. Put in the remaining batter. Sprinkle remaining topping to cover the cake. Bake at 350 degrees for 45 minutes.

Sara Derstine
Tioga Co. Dairy Princess

APPLE CINNAMON MUFFINS

- ¾ cup milk
- ½ cup butter
- 1 egg
- 1 medium-sized apple, peeled, cored, diced
- 2 cups flour
- ¼ cup sugar
- 3 teaspoons baking powder

- 1 teaspoon salt
- ½ teaspoon cinnamon

Sugar to sprinkle

Preheat oven to 400 degrees. Beat the milk, butter, and egg together. Mix in apple chunks. Stir in flour, sugar, baking powder, salt, and cinnamon. Mix well. Fill greased or lined cups about half-way full. Sprinkle the top of each muffin with a little sugar. Bake at 400 degrees for 18-20 minutes or until golden brown.

Sara Derstine

Tioga Co. Dairy Princess

YOGURT BISCUITS

- 1 cup plus 2 tablespoons all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 tablespoons cold margarine
- ½ cup plain non-fat yogurt
- 1 teaspoon sugar
- ½ teaspoon milk

In a bowl, combine flour, baking powder, salt, and baking soda; cut in margarine until crumbly. Combine yogurt and sugar; stir into dry ingredients just until moistened. Turn onto a floured surface; knead 4-5 times. Place on a greased baking sheet; pat into a 6x4-inch rectangle. Cut into six square biscuits. Bake at 450 degrees for 12-15 minutes or until golden. Serve warm.

Lee Laverty
Mount Joy

CHEESE SCONES

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ teaspoon baking soda
- 1½ cups shredded cheddar cheese
- 1 egg
- ½ cup sour cream
- ¼ cup vegetable oil
- 3 tablespoons milk

In a large bowl, combine first five ingredients, stir in cheese. In another bowl, combine egg, sour cream, vegetable oil, and milk; stir into dry ingredients until just moistened. Turn onto a floured surface and knead 10-12 times. Pat into ½-inch thickness. Cut with a 3-inch round cutter. Place on a greased baking sheet. Bake at 425 degrees for 15-20 minutes or until golden brown. Yield: 1 dozen.

Here is a great dairy alternative to plain biscuits. This is one of my family's favorites because it is easy and delicious.

Becky Dietrich
Berks Co. Alternate
Dairy Princess

CRANBERRY APPLE BREAD

- 2 cups apples, peeled, chopped
- ¾ cup sugar
- 2 tablespoons oil
- 1 egg
- 1½ cups flour
- 1½ teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- 1 cup raw cranberries
- ½ cup walnuts, chopped

Measure and wash cranberries. Combine apples, sugar, and oil in a bowl. Add egg and mix well by hand. Combine dry ingredients in another bowl and add to apple mixture. Stir just until moist (dough will be real stiff). Fold in berries and nuts. Turn into 8½x4½x2-inch loaf pan sprayed with vegetable spray. Bake 45-50 minutes at 350 degrees.

This keeps nicely in the refrigerator but it won't be around long. It freezes well and makes a great gift.

Pat Elligson
Millers, Md.

BRAN MUFFINS

- 1 quart buttermilk
- 4 eggs, beaten
- 5 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 cup oil
- 1½ cups sugar
- 5 cups flour
- 15-ounces bran flakes or raisin bran flakes
- ½ cup nuts
- ½ cup chopped apples
- 1 cup raisins, if using bran flakes OR ½ cup raisins if using raisin bran flakes

Mix first six ingredients together. Mix flour and bran flakes, add to first six ingredients. Add nuts, apples, and raisins. Fill muffin pans ¾ full. Bake for 30 minutes at 350 degrees. The dough will keep in the refrigerator for 3-4 weeks.

These are very moist and delicious.

Doris Brenize
Shippensburg

ENGLISH MUFFINS

- 2 cups warm water
- 1 tablespoon sugar
- ½ cup honey
- 4 cups King Arthur bread flour
- Additional flour
- 2 packages dry yeast
- 2 cups boiling water
- ½ teaspoon salt
- 2 eggs, beaten

In large bowl, mix warm water, dry yeast and sugar. Let this get foamy. With electric mixer, beat boiling water, honey, salt, and 2 cups flour for two minutes. Add beaten eggs and 2 more cups flour. Beat 3-4 minutes. Pour this mixture into bowl with yeast. Mix with hands, adding 1 cup flour until dough is no longer sticky.

Knead, let rise until doubled in bulk. Roll out dough almost ½-inch thick. Cut with large cookie cutter 3½-inch diameter. Place muffins on greased cookie sheet; let rise 5-10 minutes. Bake at 375-degrees. When bottoms are brown, flip over and brown tops. Cool on wire rack. Makes 2-3 dozen.

Loretta Kurtz
Allensville

REFRIGERATED MUFFINS

- 10-ounces raisin bran cereal
- 5 cups flour
- 3 cups sugar
- 3 teaspoons baking soda
- 2 teaspoons salt
- 1 quart buttermilk



Apple Cranberry Tea Ring incorporates cranberries and apples for a nutritional punch. The tea ring can also serve as an attractive centerpiece for breakfast or brunch.

Featured Recipe

Whether plain or stuffed with raisins, nuts, cranberries, apples, cheese, meats, or other ingredients and drizzled with glaze, breads form a basic part of most American meals.

Grains, rich in folic acid and carbohydrates, provide needed health benefits in a balanced diet. The variety of breads is amazing. Such as today's featured recipe that incorporates apples and cranberries for a nutritional punch.

For success and good flavor in your bread baking projects, try this delightful tea ring for breakfast or brunch.

APPLE CRANBERRY TEA RING

Bread:

- 3 cups all-purpose flour, divided
- 3 tablespoons sugar
- 1¼-ounces active dry yeast
- 1 tablespoon grated orange rind
- 1 teaspoon salt
- ½ cup milk
- ¼ cup water
- 2 tablespoons butter
- 1 egg

Egg Wash:

- 1 tablespoon water
- 1 egg white

Filling:

- ½ cup sugar
- 2 teaspoons ground cinnamon
- 1 cup apple, peeled, thinly sliced
- 1 cup dried cranberries
- ¾ cup toasted nuts, chopped

Glaze:

- ½ cup powdered sugar
- 1-2 tablespoons orange juice
- 1 teaspoon orange zest

Blend 1 cup flour with next four ingredients; set aside. Heat milk, water, and butter until warm. Pour into large bowl. Add flour mixture.

Beat on low 30 seconds; add egg. Beat on medium 3 minutes. Stir in remaining flour.

Knead on floured surface 5-8 minutes until smooth and elastic. Place dough in oiled bowl; turn to grease. Cover; let rise in warm place until doubled in size, about one hour.

Punch down dough on lightly floured surface. Roll into 15x12-inch rectangle. Blend egg white and water; brush over dough. Refrigerate remaining egg wash.

Combine sugar and cinnamon; sprinkle over dough. Top with apple, cranberries, and nuts. Starting with long side of dough, roll into log, pinch to seal. Form into ring; overlap and seal ends. Place seam side down on greased baking sheet.

Using scissors, cut ring from outside through all dough layers to within 1-inch of center. Makes 12 cuts, 2-inches apart. Twist each cut section ¼ turn so cut side faces downward forming pinwheel. Cover with damp cloth and let rise in warm place until indentation remains after touching side, 30 minutes. Brush with remaining egg wash.

Bake in preheated 375-degree oven 30-40 minutes until golden brown; cool.

Blend powdered sugar, orange juice, and orange zest. Drizzle over cooled tea ring. Serves 12.

Helen Murray
Jersey Shore

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.

February

- 1 — Heart-Healthy Recipes
- 8 — Valentine Specials
- 15 — Cherries
- 22 — Breakfast, Brunch Ideas

1 cup cooking oil
4 eggs, beaten
Mix dry ingredients. Add liquids. Bake at 400 degrees for 10-12 minutes. Keeps in refrigerator for six weeks.

