

## ***Bagels***

9 cups all-purpose flour  
4 T active dry yeast  
3 c warm water (110F)

6 T sugar  
1T salt

In large mixer bowl combine 3 c of the flour and the yeast. Combine water, sugar, and salt. Add to dry mixture in mixer bowl. Beat at low speed with electric mixer for ½ min, scraping sides of bowl constantly. Beat 3 min at high speed. By hand, stir in enough of the remaining flour to make moderately stiff dough. Turn out onto lightly floured surface and knead till smooth and elastic (8 to 10 min). Cover; let dough rest 15 min.

Cut into 24 portions; shape into smooth balls. Punch a hole in center of each with a floured finger. Pull gently to enlarge hole, working each bagel into uniform shape. Cover; let rise 20 minutes. (Optional step for glossy, smooth surface. Place raised bagels on ungreased baking sheet and broil 5" from heat for 1 ½ to 2 minutes on each side.)

In large kettle combine 1gallon water and 1 T sugar; bring to boiling. Reduce heat to simmering; Cook 4 or 5 bagels at a time for 7 min., turning once. Drain. Place on greased baking sheet. Bake at 375F for 30 to 35 min. (For bagels that have been broiled, bake about 25 min.) Makes 24.

Note: I started making bagels in Jamaica because they only had either hardtack or other unleavened bread. Every Sunday was a bread-making day. I would make either loaves of bread or bagels. The only great thing about baking in Jamaica was that because of the heat the rising time was halved. The kitchen wasn't air-conditioned so I didn't like to do this too often. We eked out the little bread we made over the week. It was such an ordeal.

Source: Better Homes and Gardens Homemade Bread Cook Book

## ***Banana Muffins***

3 ripe bananas (1 cup mashed)

1 t vanilla

6 T melted margarine or vegetable oil

1 t baking soda

½ c sugar

1 ½ c flour

½ c sugar

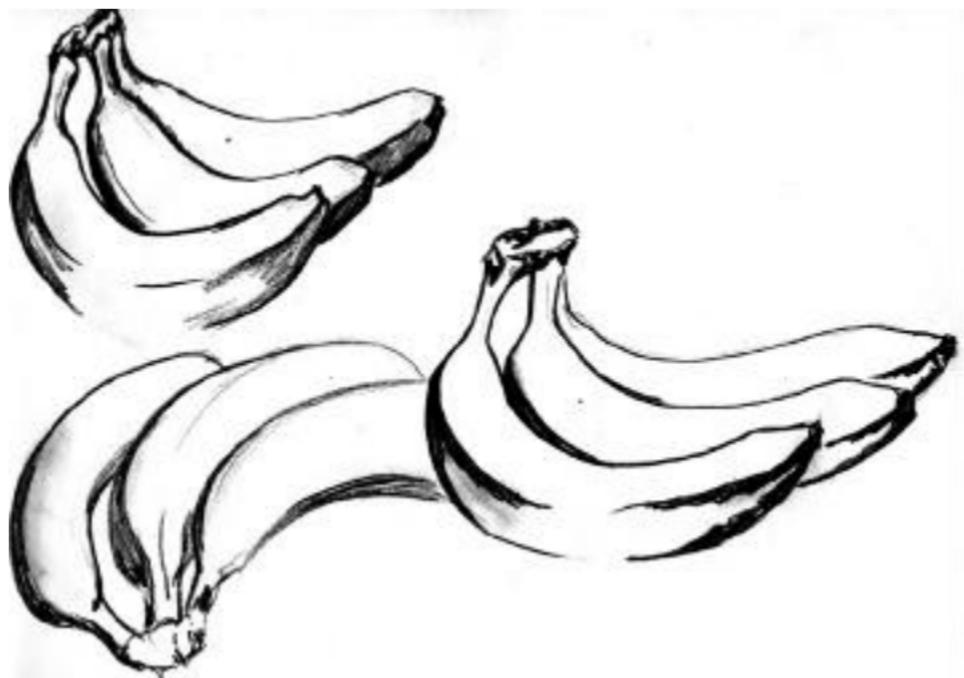
1 t baking powder

1 t salt

½ c walnuts (optional)

1 egg, well beaten

Mash bananas, oil, sugar and salt together. Beat until well mixed. Add egg, and vanilla. Sift dry ingredients and stir into oil mixture until just combined. Stir in nuts if desired. Crop by spoonfuls into 18 muffin cups Bake 350F for 15 to 20 min.



## ***Cheese Bread***

2 c flour	¼ t garlic powder
2 t baking powder	1 c shredded low fat sharp cheese
1 t baking soda	2 egg whites
1 T sugar	1T butter or margarine melted
½ t each dry mustard	2 T minced onion
salt	

325°F

Combine four and next 7 ingredients in large bowl. In small bowl whisk together buttermilk, egg whites, butter and onions. Add to flour mixture stirring until just moistened. Spray 8" loaf pan and pour batter in pan. Bake 45 minutes until toothpick comes out clean Cool in pan 10 min then remove from pan. Serve warm.



## ***Ciabata Bread***

### **Starter**

½ t yeast

1 c lukewarm water

1 ½ c bread flour

Dissolve yeast in water and add flour and stir to mix. Pour into lightly oiled bowl and cover with plastic wrap and let rise till tripled in volume (4 hours) can Refrigerated to use the next day.

### **Dough**

1½ t yeast

½ c lukewarm water

2 c ice cold water

1 c starter

5 c bread flour (27 oz)

1 T salt

Dissolve yeast in lukewarm water. Let stand 10 min. Combine yeast mix, ice water, starter and flour. Mix low speed 1 min.

Add salt and mix 2 more min. Let dough rest 20 min bowl. Increase speed and knead for 15-20 min. If bowl begins to heat up, stop and allow to cool, can also wrap ice-cold towel around outside to keep temp down. Scrape down often.

When dough pulls away from sides and bottom of bowl, decrease speed to medium and knead until smooth and satiny. 4-6 minutes.

Note: Fabulous bread but a lot of work. Janice used to make it in Jamaica where you couldn't get very good bread.

## **Cornbread**

### **Sift together**

1 c flour

¼ c sugar

4 t baking powder

¾ t salt

### **Add**

1 c corn meal

### **In a bowl, mix together**

2 eggs

1 c milk

¼ c oil

Pour into dry ingredients. Make sure dry ingredients are mixed well. Mix until just moistened (don't stir too much) and bake in greased 9" square pan for 20-25 min at 425°F.



## ***Digestive Biscuits***

½ c all-purpose flour

½ c rolled oats

1 c whole-wheat flour

¼ c wheat germ

¼ c sesame seeds

¼ t baking soda

¼ t salt

2 T skim milk powder

¼ c granulated sugar

½ c margarine

1/3 c cold water

1 t vanilla

In a large bowl combine thoroughly the all-purpose flour, rolled oats, whole-wheat flour, wheat germ, sesame seeds, baking soda, salt, skim milk powder and granulated sugar. Cut in margarine with pastry blender or knife until size of small peas.

Combine vanilla with water and drizzle over, mixing enough to make dough pack together into a ball between your palms. Pat and flatten on lightly floured board and roll to 1/8" thickness. Cut out with 2 ½" floured cutter. (A scalloped cutter gives them a more professional appearance.) Bake on greased baking sheets,

above 1/2" apart (they do not spread) and bake at 325F about 20 to 25 minutes. Watch them because they should not brown at all. Good with a piece of cheese between two.

## **Flour Tortillas**

2c all-purpose flour  
1 t salt  
1 t baking powder

1 T lard or shortening  
½ to ¾ cup warm water

In mixing bowl, stir together the dry ingredients. Cut in lard until mixture resembles cornmeal. Add ½ cup warm water and mix until dough can be gathered into a ball (if needed, add more water, 1T at a time).

Let dough rest 15 minutes. Divide dough into 12 portions, shape into balls. On a lightly floured surface, roll each ball into a 7 inch round. Trim uneven edges to make round tortillas.

Cook in an ungreased skillet over medium heat until lightly browned, about 1 ½ minutes per side. Stack hot tortillas in a napkin-lined basket to keep warm. Makes 12 7 inch tortillas.

To make taco shells. In a heavy skillet, heat  $\frac{1}{4}$  inch cooking oil. Fry each tortilla 10 seconds or until limp. With tongs, fold tortilla in half, continue frying, holding edges apart with tongs. Cook  $1\frac{1}{4}$  to  $1\frac{1}{2}$  minutes longer or until crisp, turning once. Drain on paper towels.

To soften tortillas for filling: In small skillet heat 2 T cooking oil. Holding tortilla with tongs, dip each tortilla in the hot oil for 10 seconds or just until limp. Drain on paper towels. Repeat with remaining tortillas, adding more oil as needed.

Note: Andrea always asked for tortillas and chili for her birthday up at the cottage. I'd be cooking for 18 people with no rolling pun, just a wine bottle. There never seemed to be enough. No matter how many times I doubled the recipe we would always run out.

## ***Olive and Oregano bread***

1 ¼ c warm water  
1 t yeast  
pinch sugar  
1 t olive oil  
1 onion chopped  
4 c flour

1 t salt  
¼ t blk pepper  
1/3 c olives roughly chopped  
1T chopped fresh oregano  
1T blk olive paste  
1T fresh parsley

Put half warm water in jug and sprinkle with yeast. Add sugar mix well stand 10 min.

Heat oil and fry onion med heat till golden. Sift flour with salt and pepper. Make well add yeast, onion and oil, olive paste, herbs remaining water. Add extra water if needed to make soft dough.

Knead for 5 min until smooth and elastic. Cover let rise 2 hours till doubled

Knead again and shape into round loaf. Make crisscross cuts in top. Cover and let rise in warm place 30 min till well risen. Dust with flour  
Bake 425F for 10 min Lower heat to 400F and bake 20 min longer

## ***Overnight Cinnamon Rolls***

Place

2T yeast in 1 c warm water mixed with 2 t sugar. Let sit 10 min until bubbly.

Heat until butter melts

½ c milk

½ c sugar

¼ c butter or margarine

1 t salt

Let cool until lukewarm. Add to yeast mix. Stir in

2 eggs

2 c flour

Mix well and gradually add in about 3 more cups flour.

Knead 10 minutes until springy and elastic. Shape into ball cover with clean cloth and let rest 20 minutes Divide dough in half and roll each into rectangle 9 x 18 inches.

Spread each rectangle with melted butter and sprinkle over half of a mixture of

1 ½ c brown sugar

(1 cup raisins optional)

1T cinnamon

Roll up like a jelly roll from the long side. Cut each into 12 pieces and place cut side down in a greased 8" or 9" square pan. Brush with a little oil or melted butter. Cover with saran wrap and put in fridge overnight. Remove and let stand 20 minutes. Bake at 350F for 25 min.

Glaze with a mixture of icing sugar and milk when cool.

Note: This is good to have when you have company. Dad loves them.

## ***Pizza Dough***

1 T yeast

1 c water

1 t sugar

2 2/3 cup flour

1 t salt

1 T olive oil

Mix yeast with water and sugar let stand 10 min. Put dry ingredients in food processor bowl. With steel blade running pour yeast mixture and let run 40 to 50 seconds (until all ingredients become a ball). Let rise in greased bowl about 1-1 1/2 hour. Cover with toppings and bake 400F for 30-40 min.

Notes: Works best if you cook on a pizza pan (with holes) and then put the on a pizza stone. This ensures that the bottom is crispy.



## **Spicy Carrot Muffins**

1½ c flour

¾ cup brown sugar

1 t baking soda

1 egg

1 t baking powder

1/3 c oil

½ t salt

½ t cinnamon

½ c sour milk (put ½ t vinegar in cup  
and add enough milk to make ½ c)

½ c raisins (optional)

¼ t allspice or cloves

¼ t nutmeg

1 t vanilla

Pinch ginger

1 c finely shredded (grated) carrots

Combine all dry ingredients together in a bowl. Whisk egg, oil, milk and vanilla together and add to flour- mixing only until combined. Stir in 1 c carrots and raisins. Spoon into muffin cups and bake 375 for 20 to 25 minutes. Makes 1 ½ dozen.



## **Zucchini Bread**

3 eggs

1 c oil

1 ½ c sugar

2 c grated unpeeled zucchini

2 t vanilla

2 c flour

¼ t baking powder

2 t baking soda

1T cinnamon

1 c raisins

1 c chopped walnuts

Pinch salt

Beat eggs lightly with fork or whisk. Stir in sugar, oil, zucchini, and vanilla. Mix dry ingredients together and blend into sugar and oil mixture. Add raisins and walnuts, Pour into buttered loaf pans (2) and bake 350 for 1 hour

Note: This is a good thing to make if you have too many zucchinis in the fridge.

