

# Breads

## **60-Minute Honey-Nut Ladder Loaf**

3 3/4 cups flour, all-purpose  
1 tbsp sugar  
1 tsp salt  
1 package yeast, rapid-rise  
1 cup hot water (125-130)  
1 tbsp margarine, softened nut filling  
1/2cup almonds, sliced  
1/2cup raisins  
1/2cup coconut, flaked  
2 tbsp honey  
2 tbsp margarine, melted  
1/2 tsp cinnamon

Set aside 1 cup flour. Mix remaining flour, sugar, salt, and yeast in mixer bowl. Stir in hot water and margarine. Add enough reserved flour to make soft dough. Knead 4 minutes. Roll dough to 14 x 8" rectangle. Place on greased baking sheet. Spread filling down center third. Cut 1" wide strips from sides of filling to dough edges.

Alternately fold strips over filling. Cover. Place boiling water in large shallow pan on counter. Place baking sheet over pan and let dough rise for 15 min. Bake 20 min at 375 or until done. Remove from sheet and cool on wire rack. You Can drizzle with a confectioner's sugar glaze, if desired.

Notes: on a hot, humid day, I didn't need the extra cup of flour. I used a 12 oz can of solo almond filling instead of the one listed here. I didn't have any 10x sugar, but a glaze would have been nice. Otherwise, I'll use a butter or egg wash to 'pretty' it up. You could try other types of fillings.

## **Acorn Bread**

Mix a cup of the ground acorn meal with 3 teaspoons of baking powder, a tsp of salt, 3 tablespoons of sugar or honey, and a cup of white flour. Separately, to a beaten egg add a cup of milk and 3 tablespoons of oil. Stir this gently into the dry mix, then pour into a well-greased pan. Bake your dough at 400°F for 30 minutes. Top with butter when it comes out of the oven. Serve anytime, but there exists no flavor quite like hot, homemade bread!

NOTE: Pour the dough about 2/3 deep in muffin tins for some tasty muffins. Bake them for 20 minutes and serve them with jelly.

### **Anadama Bread**

Magical Attributes: Protection, Spirituality, Love, Prosperity

Celebrations: Acquisition of money, Any ritual of growth, Lammas, Mabon, Any Protection spell

Magical Ingredients Include:

	<b>PLANET</b>	<b>ELEMENT</b>	<b>ENERGIES</b>
<b>CORNMEAL</b>	Sun	Fire	Protection, Spirituality
<b>MOLASSES</b>	Venus	Water	Love
<b>WHEAT FL</b>	Venus	Earth	Prosperity, Money
<b>BUTTER</b>	Moon	Earth	Spirituality

- 1/2 Cup Cornmeal
- 1 Cup Cold Water
- 1 Package Dry Yeast
- 1 1/2 Cups Boiling Water
- 3 Tablespoons Butter
- 1/2 Cup Molasses
- 2 Teaspoons Salt
- 3 Cups Whole Wheat Flour
- 2 1/2 to 3 Cups Sifted White Flour

Mix the cornmeal with 3/4 cup cold water. Soften yeast in the remaining cold water. Add the cornmeal to the boiling water and add salt. Cool to lukewarm. Combine the yeast with the cornmeal and mix. Add the whole wheat flour and enough white flour to give a fairly firm, non-sticky dough. Turn out on a floured board and knead until smooth and elastic. Turn the dough into a greased bowl, grease the surface of the dough, cover with a towel. Let rise in a warm place (80-85 F.) until doubled in bulk. Knead lightly again and shape into 2 loaves. Place in greased loaf pans or on greased cookie sheets. Brush with oil. Cover and let rise until doubled in bulk. Bake in a preheated hot oven (400 F.) for 15 minutes. Reduce the temperature to 375 F. and bake about 35 minutes longer. Makes 2 loaves.

Craig Claiborne, "The New York Times Cook Book"

### **SC Angel Biscuits**

- 5 cups bread flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 teaspoons baking powder
- 3 tablespoons sugar

3/4 cup Crisco shortening  
2 1/2 teaspoons yeast  
2 cups buttermilk

Dissolve yeast in warm water (about 1/2 cup) - sift dry ingredients into large mixing bowl, cut in shortening with a pastry blender - stir in buttermilk, work into a dough. Spray Ziploc bag with Pam or other veggie spray - dump dough into bag, zip up and keep in fridge (it will rise in the bag). The dough lasts about a week in the fridge - you pinch off what you need, roll or shape into 1/2-inch thick biscuits and bake at 400° for 12 minutes or until golden brown.

### **Angelic Biscuits**

1 envelope Active Dry Yeast  
1/2 cup warm Water (105 - 115 degrees F)  
5 cups Flour  
3 tbsp Sugar  
4 tsp Baking Powder  
2 tsp Salt  
3/4 cup Shortening  
1 tsp Baking Soda  
2 cups Buttermilk

Dissolve the yeast in the warm water. Combine the flour, sugar, baking powder and salt in a large bowl. Cut in shortening with a fork until the mixture resembles coarse meal. In a small bowl, mix the baking soda and buttermilk. Add the buttermilk and the yeast to the flour mixture; stir well. Chill dough, covered with a towel, in the refrigerator for 8 hours. Knead dough 12 times on a lightly floured board; roll 1/2 inch thick. Cut into 2 inch rounds using a cookie cutter or a glass. Place on greased cookie sheets. Let rise in a warm spot for 1 hour. Preheat the oven to 400 degrees F. Bake until golden, about 15 minutes. These biscuits are so light, they may float off your plate. Yield: 24 biscuits

Variation: For love, add 1 tsp Anise, for a blessing, add 1/2 tsp Cinnamon and 1/2 tsp Nutmeg, or for health and faithfulness, add 1/2 tsp Orange Extract.

Magical Attributes: Lifting cares, purity, beauty, divine love, safe travel, moon and Goddess Magics.

Celebrations: Mother's Day, Candlemas, Pardon of the Birds, Feast of the Milky Way, Lammas

### **Apple Bread**

by Amanda Formaro

1/2 c. margarine  
3/4 c. sugar  
2 eggs  
1 tsp. vanilla  
2 c. flour  
1 tsp. soda  
1/2 tsp. salt  
1/3 c. sour milk or orange juice  
1 c. chopped cooking apples (no need to peel)  
1/3 c. chopped walnuts

In mixer, cream margarine and sugar. Add eggs and vanilla. Combine flour, soda and salt. Add to mixture and alternate with liquid. Add apples and walnuts. Turn into greased 9x5 loaf pan. Bake for about 1 hour at 350.

### **Apple Cheese Quick Bread**

1 stick (1/2) unsalted butter, softened  
1/3 cup sugar  
1/3 cup honey  
2 large eggs  
1 cup whole-wheat flour  
1 cup all-purpose flour  
1 teaspoon double-acting baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 1/2 cups grated Granny Smith apples (about 2)  
1/2 cup grated Swiss cheese  
1/2 cup chopped walnuts cream cheese as an accompaniment

In a large bowl cream together the butter and the sugar and beat in the honey and the eggs. Into the butter mixture sift together the flours, the baking powder, the baking soda, and the salt, stir the mixture until it is combined well. Stir in the apples, the cheese, and the walnuts. Spoon the batter into a buttered loaf pan, 9 by 5 by 3 inches, and bake it in the middle of a preheated 350°F. oven for 50 to 60 minutes, or until a tester comes out clean. Turn the bread out onto a rack, and let it cool completely. serve it sliced with the cream cheese.

### **Apple English Muffin Loaves**

Written by Eliza  
Makes 2 loaves.

5 cups all-purpose flour, divided 2 packages active dry yeast (2 TBS)  
2 TBS sugar

2 tsp. ground cinnamon  
1 tsp. salt  
1/4 tsp baking soda  
1-1/2 cups warmed apple juice or cider  
1/2 cup warm water  
1/4 cup vegetable oil  
1/2 cup chopped walnuts (optional)  
1/2 or more chopped dried apples (you can even use fresh apples but don't go over 1/2 cup)  
Cornmeal

In a mixing bowl, combine the 2 cups flour, yeast, sugar, salt, and baking soda. Add the apple juice, water, and oil. Mix thoroughly. Stir in apple bits, walnuts, and the rest of the flour until you have a stiff batter. Don't knead. Grease two 8 x 4 x 2" loaf pans, sprinkle the bottoms and sides with cornmeal. Spoon the batter equally into the two pans, cover with cloth and let rise in a warm draft-less place for 45 minutes or until doubled. Bake at 350 degrees F. for 35 - 45 minutes or until golden. Remove from pans and cool. Slice and toast.

### **Apple Sauce Loaf**

by Amanda Formaro

1/2 c. shortening  
1 c. sugar  
2 eggs  
1 3/4 c. flour  
1 tsp. salt  
1 tsp. baking powder  
1/2 tsp. soda  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1 c. applesauce  
1/2 c. nuts

Cream together shortening and sugar. Add eggs and mix well. Sift together dry ingredients and gradually add to mixture. Stir until well mixed and add applesauce and nuts. Bake at 350 for 1 hour. Mix together 1/2 cups powdered sugar and 1 tbsp. water and pour on cake while still warm.

### **Banana Bread**

1 1/2 cups whole wheat flour  
1/4 cup wheat germ  
1 teaspoon cinnamon or baking or cake spice

2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup chopped nuts (optional)  
1/4 cup oil (or use 2 T. oil and 2 T. applesauce)  
1/2 cup honey  
3/4 teaspoon vanilla  
1 cup mashed banana  
1 egg, lightly beaten

Preheat oven to 350. Combine dry ingredients, including nuts. Combine wet ingredients and stir into dry mixture until thoroughly combined. This will make a thick batter. Spread into an oiled, floured 8 1/2 x 4 inch loaf pan. Bake for 45 to 50 minutes, or until a toothpick inserted comes out clean. Cool for 10 minutes in the pan; transfer to a cooling rack and cool completely before cutting.

Variation: For pumpkin bread, replace banana with pumpkin puree. Add 1/2 cup chopped dates if desired.

### **Quick Barm Brack**

1/2 lb. brown sugar  
1 lb. sultanas  
1 tsp. mixed spice  
1 tsp. ground cloves  
Steep the above ingredients overnight in a cupful of strong tea.  
Add to the mixture:  
1 well-beaten egg  
1/2 lb. self-rising flour  
Turn into a well-oiled loaf tin and bake at 350 Deg. F. one hour and ten minutes.

### **Yeast Barm Brack**

This recipe is for a traditional current bread in the shape of a round cake.

1/2 cup lukewarm milk  
1 tsp. sugar  
1 tsp. yeast  
2 cups plain flour  
1 tsp. mixed spice  
pinch of salt  
1 egg, beaten  
3 Tbsp. butter  
2 cups mixed dried fruit (currants, sultanas, raisins, candied peel)

2 Tbsp. sugar

Soak the dried fruit in strong black tea before use, at least two hours.

#### Method

Set oven to 400 deg. F. Mix the yeast and the teaspoon of sugar and combine into the milk. Allow to rise. Sift the flour with the 2 Tbsp. sugar and the spices and rub in the butter. Make a well in the center and add the yeast and the egg. Beat with a wooden spoon for about ten minutes until a dough forms. The fruit and salt is now worked in by hand, and the whole should be kneaded. Put the bowl of dough in a warm place (covered with a cloth) for about an hour until the mixture rises and doubles in size. Knead lightly and place in greased 7 inch diameter cake pan. Allow a further 30 minutes rising. Bake near the top of the oven for 45 minutes.

#### **Blackberry Muffins**

1/2 c Butter (1 stick)

2 Eggs

1 1/8 c Sugar

3 c Flour, divided

3 ts Baking powder

1/2 ts Salt

1 Pinch baking soda

1 c Milk

1 t Vanilla

2 c Blackberries

Preheat oven to 400 degrees. Grease 2 12 cup muffin pans, or use liners. In a large bowl cream butter with sugar and add eggs. Reserve 3 tablespoons of the flour and combine the remaining flour with baking powder, salt and baking soda. Combine milk and vanilla. Alternately add the milk and flour mixture to the creamed butter and egg mixture. Sprinkle reserved flour over berries and gently fold berries into the mixture. Fill each muffin cup  $\frac{3}{4}$  full and sprinkle tops with sugar if desired. Bake 15-20 minutes, until done.

#### **Blueberry Orange Bread**

Source: all recipes

This a very simple recipe to make and a very flavorful one at that, I do believe that everyone will love it!!

Ingredients:

2 1/4 cups all-purpose flour

3/4 cup packed brown sugar

1 tablespoon baking powder

1 teaspoon salt  
1/4 cup butter or margarine, softened  
2 egg  
2 tablespoons finely grated orange zest  
1/2 cup milk  
1/2 cup orange juice  
1 cup fresh or frozen blueberries

**Directions:**

1 Preheat oven to 350 degrees F (175 degrees C). Lightly grease the bottom of one 5x9 inch loaf pan. 2 In a large bowl combine the flour, brown sugar, baking powder, salt, butter, egg, orange zest, milk and orange juice. Beat at low speed just until moistened. Then beat at medium speed for 2 minutes. Fold in the blueberries and spread into the prepared pan. 3 Bake at 350 degrees F (175 degrees C) for 60 to 70 minutes or until loaf tests done. Cool in pan for 10 minutes then invert onto a wire rack to cool completely before serving. Makes 1 -9x5 inch loaf.

**Butter Horn Rolls**

1 cup warm water  
1 tbs Yeast  
T tsp sugar.

Mix together and let sit while you mix the rest of the ingredients.

3 eggs beaten  
1/2 cup melted Butter/oleo  
1/2 cup sugar  
1 tsp salt  
4 cups flour

Mix together all the ingredients. Let Rise 2 hours. Stir dough down and raise again. Divide in half. Roll into balls or circles. makes 16 pieces Bake at 350 degrees 9 to 10 min..

This recipe is good for making Beer Rocks as well.. Just flatten , cut into squares. Fill with meat and cabbage, or sausage and eggs etc.. then cook ..the same way...

**Braided Cheese Poppy Seed Bread**

1 1/2 lb. loaf  
4 C flour  
2 Tbs soft margarine  
1/3 C finely shredded sharp Cheddar cheese  
2 tsp mustard powder



1 1/2 tsp salt fresh ground black pepper  
1 Tbs yeast (or 1 envelope)  
1 1/4 C lukewarm low-fat milk, for glazing  
Poppy seeds for sprinkling

Place flour in a large bowl and rub in the margarine. Add the cheese, mustard, salt and pepper, mix well. Make a well in the center. Blend the yeast and milk together. Add the yeast liquid to the dry ingredients and mix well to form a soft, but not sticky dough. Turn out onto floured surface and knead for 10 minutes. Shape into ball, grease well and place in greased container. Cover with plastic wrap and damp dish towel, let rise in warm place until doubled, about 45 minutes. Punch down. Knead again for 5 minutes. Divide and roll dough into two strands. Place side by side and pinch together at one end. Loosely braid strands then pinch them together at the other end. Place on a lightly floured baking sheet. Cover and let rise again about 30 minutes. Brush with milk to glaze and sprinkle with some poppy seeds. Bake at 375° F. for 35-45 minutes until well risen and golden brown. Cover with foil if it browns too fast. Transfer to wire rack to cool.

### **Casserole Onion Bread**

1 cup milk  
3 Tbs. sugar  
1 Tbs. salt  
1 1/2 Tbs. butter or margarine  
1/4 cup warm water  
2 packages Active Dry Yeast  
1 cup minced onions  
4 cups unsifted flour

Scald 1 cup milk; stir in 3 Tbs. sugar, 1 Tbs. salt and 1 1/2 Tbs. margarine. Cool to lukewarm. Measure 1/4 cup warm water into warm bowl. Sprinkle in 2 packages active dry yeast; stir until dissolved. Add lukewarm milk mixture, 1 cup minced onions and 4 cups unsifted flour. Stir until blended, about 2 minutes. Cover. Let rise in warm place, free from draft until more than doubled in bulk, about 45 minutes. Stir batter down. Beat vigorously, about 1 minute. Turn into greased 11 quart casserole or 2 9x5x3 inch loaf pans. Bake uncovered in a moderate oven (375° F.) about 1 hour

### **Cheese Herb and Onion Bread**

Makes one 2 lb. loaf  
1 large onion, minced  
2 C white all purpose flour

2 C whole-wheat flour  
1 tsp. double-acting baking powder  
2 tsp. salt freshly ground black pepper  
2 tsp. mustard powder  
1/4 C soft margarine  
2/3 C fine shredded reduced-fat sharp Cheddar cheese  
4 tsp. minced fresh herbs or 1 tsp. dried mixed herbs  
2 eggs, beaten  
1 1/4 C low-fat or 2% milk

Dry fry the onion in a heavy-based nonstick skillet for 5 minutes. Mix flours, baking powder, salt, pepper and mustard powder in a bowl. Rub in the margarine until the mixture resembles fine bread crumbs. Add the cheese, herbs and onion and mix well. Add the eggs and milk and mix together thoroughly. Turn into a lightly greased 2 lb. loaf pan and level the surface. Bake in a preheated oven at 375\* for 1- 1/4 hours.

VARIATIONS: Halve the quantities for a 1 lb. loaf or divide the mixture between two 1 lb. loaf pans and bake for slightly less time. Use other reduced-fat hard cheese, such as Monterrey Jack or Swiss in place of the Cheddar. \*\* Use all white or all wheat flour in place of a mixture of both.

### **Cinnamon Sugar Crusted Sweet Bread**

5 cups sifted bread flour  
1 cup warm water (105 - 115 F)  
2 cups sugar  
1 egg, slightly beaten  
1/2 teaspoon salt  
1/2 cup melted butter  
3 tablespoons butter or oil  
2 teaspoons ground cinnamon  
1 active dry yeast  
1/4 cup anise seeds or extract

Sift flour, 1 cup sugar and salt together. Cut in the butter until the mixture resembles coarse meal. If using oil, stir oil into liquid ingredients after adding the egg. Dissolve yeast in warm water, stir vigorously, and allow to ferment for 5 to 10 minutes. Then add the egg and anise extract or anise seeds. Add a small quantity of the flour mixture to the yeast and beat until thoroughly blended. Let stand for a few minutes, or until dough becomes light and airy. Add the rest of the flour mixture, adding more flour if necessary to make a stiff dough. Knead on a lightly floured board until satiny. Butter the top of the dough, cover with wax paper and let rise until doubled. When the bread has risen, punch it down, and let it rise until doubled again. Knead the dough slightly, then form into balls the size

of an orange. With a rolling pin, flatten to 1/2 to 3/4 inch thick. Prepare a topping by mixing together the melted butter, remaining 1 cup sugar and the cinnamon. Spread topping on all sides of the rolls. Let rolls rise until light and about doubled in size. When nearly doubled, preheat oven to 400 degrees F. Bake in a preheated oven for 20 to 25 minutes, or until golden. Slice thinly and butter generously with soft butter. Arrange slices on a platter as desired. They will keep for 2 to 3 days at room temperature when well wrapped. Makes 8 to 10 small loaves.

### **Cinnamon Swirl Bread**

1 tablespoon active dry yeast  
5-3/4 to 6-1/4 cups bread flour  
2-1/4 cups milk  
1/3 cup sugar  
1/4 cup shortening  
2 teaspoons salt

In a large mixer bowl, combine yeast and 2-1/2 cups flour. In saucepan heat milk, sugar, shortening, and salt just till warm, stirring occasionally to melt shortening. Add warm liquid to dry mixture in mixing bowl. Beat at low speed with electric mixer for 1/2 minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface, knead till smooth and satiny, about 8 to 10 minutes. Shape into a ball, place in lightly greased bowl, turning once to grease surface. Cover and let rise in warm place till double in size, about 1-1/4 hours. After the dough has risen once, divide in half and roll each half into a 15 x 7 inch rectangle. Combine 1/2 cup sugar and 1 tablespoon ground cinnamon, spread half of sugar-cinnamon mixture over each rectangle. Sprinkle 1-1/2 teaspoon water over each rectangle. Roll into loaves; place in greased bread pans. Cover, let rise till double, about 45 to 60 minutes. Bake at 375°F for 30 minutes. If tops brown too fast, cover loosely with foil last 15 minutes.

### **Cornbread**

1 1/2 cups cornmeal  
1/2 cup all-purpose flour  
1/4 cup oil  
1 1/2 cups buttermilk  
2 teaspoons baking powder  
1 teaspoon sugar  
1 teaspoon salt  
1/2 teaspoon baking soda  
2 eggs

Preheat oven to 450 degrees. Mix all ingredients together in a bowl. Pour into a greased pan (9"x9" or comparable size) and bake for 30 minutes.

### **Cornbread**

(Serves Four)

1/4 Cup Flour

3 Tsp. Baking Powder

3/4 cup Milk

1 Tbsp. Sugar

1/2 Tsp. Salt

1 1/2 cup Yellow Corn Meal

1 Egg

2 Tbsp. Butter, Melted

Preheat a greased 9 x 9 baking pan in a 425 degrees F. oven for 20 to 22 minutes. Pour the bread mixture into the hot pan and place it back in the oven for 20 minutes. Serve hot with butter or honey. Recipe from The Sabbats by Edain McCoy.

### **Cornmeal Crackers**

Magical Ingredients Include:

	PLANET	ELEMENT	ENERGIES
CORNMEAL	Sun	Fire	Protection, Spirituality
CARAWAY	Mercury	Air	Sex, Love
POPPY SEED	Moon	Water	Fertility, Love

1 3/4 Cups Sifted Flour

1/2 Cup Cornmeal

2 Teaspoons Baking Powder

1 Teaspoon Salt

1 Tablespoon Sugar

1 Slightly Beaten Egg

3/4 Cup Sour Cream

2 Tablespoons Caraway Seeds

2 Tablespoons Melted Butter

2 Tablespoons Poppy Seeds

Preheat oven to 400 F. Sift together flour, cornmeal, baking powder, salt and sugar. Gradually add egg and sour cream. Stir until well mixed. Turn dough out onto lightly floured surface. Knead gently for a few seconds. Roll out and cut into desired shapes. Paint the dough with the melted butter. Sprinkle with poppy

seeds. Place on an ungreased cookie sheet. Bake 8-10 minutes. Servings depend on shapes and sizes of crackers. Craig Claiborne, "The New York Times Cook Book"

### **Corn Tortillas**

You'll need:

2 parts corn flour (masa harina)  
1 part water  
Salt and Lime juice to taste

Combine all ingredients until stiff dough forms. Form dough into balls, then roll balls out into 6-inch disks with rolling pin. Fry lightly in oil until bubbly. Turn over and cook other side for one minute. Serve hot. Information obtained from the Llewellyn Publication's Witches' Calendar 1999, their website is <http://www.llewellyn.com/> . They have tons of useful stuff and publish some of the best books out there!

### **Coven-stead Bread**

3/4 cup water  
1/2 cup honey  
1/2 cup pulp of lemon  
1/2 cup sugar  
2 tablespoons anise or fennel seeds  
2-1/3 cups flour  
1-1/2 teaspoons baking soda  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
1/4 teaspoon allspice

Bring the water to a boil in a saucepan. Add honey, lemon, sugar, and anise or fennel seeds. Stir until the sugar completely dissolves and then remove from heat. Sift together flour, baking soda, salt, and spices, and fold into the hot honey mixture. Turn the batter into a well-greased 9 x 5 x 3 inch loaf pan and bake in a preheated 350 degree oven for one hour. Turn out on a wire rack to cool.

### **Cranberry Bread**

3 cups cranberries  
1 2/3 cups sugar  
2/3 cups oil  
1/2 cup milk

2 teaspoons vanilla  
2 teaspoons orange zest  
4 eggs  
3 cups flour  
2 teaspoons baking soda  
1 teaspoon salt  
1/2 teaspoon baking powder  
1/2 cup nuts, coarsely chopped

Preheat oven to 350 degrees. Mix cranberries, sugar, oil, milk, vanilla, orange zest, and eggs in a bowl. Stir in remaining ingredients. Pour into 2 greased loaf pans, and bake 50 to 60 minutes. Cool completely before slicing.

### **Croissants #1**

1 cup milk  
1 tablespoon butter  
1 tablespoon sugar  
1 teaspoon salt  
1 pk active dry yeast  
1/4 cup warm water  
2-1/2 cups bread flour  
1 cup butter, cold

Combine milk, first the 1 tablespoon of butter, sugar and salt in a small pot and bring to a boil over high heat. Immediately remove from the heat and let stand to room temperature. In the meantime, dissolve the yeast in the water and add it to the milk. Place the liquid in a mixer and add the flour. Using the dough hook, mix until the dough is elastic. It will be sticky. Place in a bowl, cover and let rise until double in bulk, about 1-1/2 hours. Place in refrigerator and chill for 30 minutes. Meanwhile, soften the remaining cold butter by pounding with a rolling pin. Roll the dough on a floured board to form a 1/4-inch thick rectangle. Spread the butter over 2/3 of the rectangle closest to you. Fold the unbuttered third over the center third. Then fold the bottom 1/3 over the doubled portion. Swing the dough around a quarter turn, that is, bring east to south. Roll it again into a 1/4-inch thick oblong. Fold again in thirds. Cover the dough and place in the refrigerator for 2 hours. When the dough is chilled, remove from the refrigerator and repeat the folding and turning twice more. Then roll the dough to 1/4-inch thickness again. Cut the dough into 3-inch squares and cut the squares on the bias to form two triangles. Roll each triangle beginning with the wide side, then shape the rolls into crescents. Chill for 30 minutes in the refrigerator before baking. Preheat oven to 400F. Bake for 10 minutes. Reduce heat to 350F and continue to bake another 15 minutes. Makes 12 croissants.

## **Croissants #2**

1 pkg active dry yeast  
1 cup warm water (about 110F)  
1-1/2 teaspoon salt  
1/3 cup sugar  
5-1/4 cups bread flour  
4 tablespoons butter, melted and cooled  
1 cup butter, cut into pieces  
1 egg, beaten with 1 tablespoon water

In a large bowl of an electric mixer, dissolve yeast in water. Add milk, salt, sugar, egg, and 1 cup of the flour. Beat on medium speed until smooth. Stir in the 4 tablespoons melted butter; set aside. Put 4 cups of the remaining flour in another large bowl. Using a pastry blender or 2 knives, cut in the 1 cup firm butter until particles are the size of peas. Pour in yeast batter and fold in just until flour is evenly moistened. Cover tightly and refrigerate at least 4 hours or up to 4 days. Turn dough out onto a floured board, press into compact ball, and knead for about 5 minutes. Divide dough into 4 equal parts. Shape one part at a time, leaving remaining dough, wrapped in plastic wrap, in refrigerator. On a floured board, roll 1 part of the dough into a circle 14 inches in diameter. Using a sharp knife, cut circle into 8 equal wedges. For each croissant, loosely roll wedge from base to point. Shape each roll into a crescent and place, point down, on an ungreased baking sheet; keep croissants at least 1-1/2 inches apart all around. Cover lightly and let rise at room temperature in a draft-free place. (Do not speed rising by placing rolls in a warm spot.) When almost doubled (about 2 hours), brush with egg mixture. Bake in a preheated 325F oven for about 25 minutes or until lightly browned. Serve warm.

Yield: 32 Croissants

## **Croissants #3**

1-1/2 cups butter  
1 egg  
1/3 cup bread flour  
2 cup bread flour  
2 pkg active dry yeast  
1/2 cup warm water  
1 egg yolk  
3/4 cup milk  
1 tablespoon milk  
1/4 cup sugar  
1 teaspoon salt

Note: These instructions are based on producing 48 croissants, adjust if making a larger or smaller number.

Cream the butter with the first measure of flour. Roll the mixture between two sheets of waxed paper into a 12 x 6-inch rectangle. Chill for at least 1 hour. Soften the yeast in the warm (110-115) water. Heat the milk, sugar and salt until the sugar dissolves. Cool to lukewarm. Turn into a large mixing bowl. Add the softened yeast and the whole egg. Beat well. Stir in the second measure of flour. Beat well. Stir in as much additional flour as you can with a spoon. Turn out onto a lightly floured board. Knead in additional flour to make a moderately soft dough that is smooth and elastic (3-5 minutes). Let rest 10 minutes. Roll into a 14-inch square. Place the chilled butter mixture on one half of the dough. Fold the other half over. Seal the edges. Roll into a 21 x 12-inch rectangle. Fold and roll twice more. Seal the edges. Chill after after each rolling. Fold in thirds into a 12 x 7-inch rectangle. Cover. Chill for several hours. Cut the dough crosswise into fourths. Roll each into a 12-inch circle. Cut each circle into 12 wedges. Roll up each wedge loosely, starting from the side opposite the point. Place on ungreased baking sheets, point down. Curve the ends. Cover. Preheat the oven to 375F. Let rise until doubled (30-45 minutes). Beat the egg yolk with the milk. Brush on the rolls. Bake for 12-15 minutes. Remove from the baking sheets. Serve while still warm.

#### **Croissants #4**

1 cup warm milk  
1 teaspoon sugar  
1 tablespoon active dry yeast  
1 cup bread flour  
3/4 cup milk, room temperature  
1-1/2 teaspoon salt  
1/4 cup sugar  
1 egg, beaten  
1/2 cup butter, melted and cooled  
4 cups bread flour  
1 cup cold butter  
1 egg, beaten with cold water

Stir warm milk and sugar together. Add yeast. Let stand 10 minutes. Stir well. Add flour, beat well. Add milk, sugar and egg. Beat until smooth. Add butter, beat and set aside. In a large mixing bowl, place the 4 cups of flour and the chilled butter. Cut butter into flour until pieces are the size of beans (not too small). Pour the liquid batter into the flour mixture, stir until moistened. Cover the bowl with plastic wrap. Refrigerate for at least 4 hours or overnight. Remove from refrigerator. Press into a compact ball on a floured board and divide into 4 parts. Roll each into a circle 12 inches or 16 inches. Cut each circle into 6 or 8 pie-shaped wedges. For each croissant roll a wedge towards the point. Shape into a crescent and place on ungreased baking sheet. Let rise at room temperature until doubled. (May take 2 hours or more). Brush each with egg beaten with cold



water. Preheat oven to 400 F. Place croissants in oven. Lower temperature to 350 F and bake for 15 - 20 minutes until golden. Makes 24 - 32 croissants.

### **Crullas**

Although Crullas are a traditional Highland dish, they are eaten in many North Sea countries with only slight variations in the pronunciation, such as Crullers, which is what they are called in the United States. Opinion is that they originated in Holland and came to Scotland with Dutch traders who were a mainstay of Scottish overseas commerce several hundred years ago.

#### Ingredients

- a.. 3-1/2 cups flour
- b.. 1 tsp bicarbonate of soda
- c.. 1/2 tsp cream of tartar
- d.. 1/2 tsp salt
- e.. pinch of nutmeg or ginger \*
- f.. 1/2 cup butter
- g.. 1/2 cup sugar
- h.. 4 eggs
- i.. 1/2 cup buttermilk or sour milk
- j.. deep oil for frying

#### Method

Cream butter and sugar. Add eggs, flour, soda, nutmeg or ginger if used, cream of tartar, salt. Add buttermilk slowly, mix in enough to create a firm dough. Roll into long strips on floured board. Cut into 1-inch ribbons, leave tops together. Plait ribbons, damping ends so they stick. Heat oil very hot, 365°F (186°C), fry until golden brown. Drain on absorbent paper, sprinkle with fine sugar. Serves: Makes about 24 crullas.

## **More Bread**



### **Easy Tortillas**

- 1 C. yellow cornmeal
- 1/2 tsp. salt
- 1/2 C. bread flour
- 1 egg, lightly beaten
- 2 C. water

Combine cornmeal, salt and flour in bowl. Stir in egg and water until smooth. Heat lightly greased 6-inch nonstick skillet over medium heat. Spoon 3 to 4 tablespoons batter into hot pan. Turn and twist immediately to cover bottom of

pan. Cook 30 seconds, then flip and cook other side. Do not brown tortilla. Layer cooked tortilla with paper towels. Makes about 20 tortillas.

### **English Muffin Bread**

2 pkgs yeast  
6 cups flour  
1 TBS sugar  
2 tsp salt  
2 cups milk  
1/4 tsp baking soda  
1/2 cup water

Combine 3 cups flour, yeast, sugar, salt, and soda. Heat liquids until very warm. Add to dry mixture; beat well. Stir in rest of flour to make a stiff batter. Spoon into 2 loaf pans that have been greased and sprinkled with cornmeal. Cover and let rise in a warm place for 45 minutes. Bake at 400 degrees F. for 25 minutes. Remove from pans immediately and let cool.

### **Fadge-Irish Potatoe Bread**

2 lb Unpeeled "old" potatoes  
1 Egg, beaten  
1/2 Stick butter  
3 T Flour  
1 1/2 T Chopped parsley  
1 1/2 T Chopped chives  
1 1/2 T Chopped lemon thyme (these three mixed, opt)  
Creamy milk  
Salt  
Freshly ground pepper  
Seasoned flour  
Bacon fat or butter for frying

Boil the potatoes in their jackets, pull off the skins and mash straight away. Add the egg, butter, flour and herbs (if using) and mix well. Season with plenty of salt and pepper, adding a few drops of creamy milk if the mixture is too stiff. Shape into a 1" round and then cut into eight pieces. Dip in seasoned flour. Bake on a griddle over an open fire or fry in bacon fat or melted butter on a gentle heat. Cook the fadge until crusty and golden on one side, then flip over and cook on the other side (about 4-5 minutes on each side). Serve on its own on hot plates with a blob of butter melting on top.

### **Friendship Starter**

2 C all-purpose flour  
2 C milk  
2 C warm water  
2 C all-purpose flour, divided  
1 pkg. active dry yeast  
2 C sugar, divided

Day 1: Combine the first 3 ingredients in a glass bowl. Stir well, and leave on the counter uncovered at room temperature.

Days 2, 3, 4: Stir well with a wooden spoon.

Day 5: Stir and feed the starter by adding 1 C milk, 1 C flour and 1 C sugar. Stir well.

Days 6, 7, 8: Stir well with a wooden spoon.

Day 9: Stir and feed the started by adding 1 C milk, 1 C flour and 1 C sugar. Stir well.

Days 10, 11: Stir well.

Day 12: Put 1 cup starter into each of four container and refrigerate. Use one, keep one as a starter, and give the other two to friends.

Take the starter out of the refrigerator every 10 days and feed it 1 C milk, 1 C flour, and 1 C sugar. Let it sit on the counter at room temperature for two days, then divide it into four portions, use some of it or give some away and refrigerate the remainder.

### **Friendship Bread**

1 C starter  
2 tsp. baking powder  
3 eggs  
1 1/2 tsp. ground cinnamon  
2/3 C vegetable oil  
1 tsp. baking soda  
3 tsp. vanilla extract  
1 tsp. Salt  
2 C all-purpose flour  
1 C chopped pecans  
1 C sugar  
2 apples, peeled & chopped

In a large bowl, mix the starter, eggs, vegetable oil and vanilla.

Add the dry ingredients and mix well.

Add the nuts and apples.

Pour the batter into two greased 9" x 5' loaf pans. and bake at 350° for 50 minutes.

Remove from the oven and cool for 10 minutes. Turn out on a rack to finish cooling.

### **Golden Herb Rolls**

by Amanda Formaro

2/3 cup milk  
1/2 cup (1 stick) butter or margarine  
1/4 cup water  
4 cups all-purpose flour, divided  
1/3 cup granulated sugar  
1 package quick-rising yeast  
2 teaspoons dried savory leaves, crushed  
1 teaspoon salt  
3/4 teaspoon dried thyme leaves, crushed  
1/2 teaspoon dried dill weed, crushed  
1 cup canned pumpkin  
4 eggs, divided  
2 tablespoons sesame seeds

Preheat oven to 350 degrees F. Grease 20 to 24 muffin cups. Combine milk, butter and water in small saucepan; heat until butter is melted. If necessary, cool to 120° F. to 130° F. Combine 3 cups flour, sugar, yeast, savory, salt, thyme and dill in large mixer bowl. Add milk mixture and pumpkin; beat for 2 minutes. Stir in 3 eggs and remaining flour. Cover; let rise in warm, draft-free place for 10 minutes or until doubled. Spoon into prepared muffin cups, filling 1/2 to 3/4 full. Cover; let rise in warm, draft-free place for 30 to 40 minutes or until doubled. Beat remaining egg and brush on top of rolls; sprinkle with sesame seeds. Bake for 30 to 40 minutes or until rolls are golden and sound hollow when tapped. Remove from pans; serve warm or cool on wire rack.

### **Grilled Cheese Bread**

This is a tasty and easy recipe from the Best of Country Cooking 1999.

Ingredients:

1 (3 oz.) package cream cheese, softened  
2 tablespoons margarine or butter, softened  
1 cup (4 oz.) finely shredded mozzarella cheese  
1/4 cup chopped green onions  
1/2 teaspoon garlic salt  
1 loaf (1 lb.) French Bread, sliced

Directions:

In a mixing bowl, beat cream cheese and butter. Add cheese, onion and garlic

salt; mix well. Spread a thin layer on both sides of each slice of bread. Wrap loaf in a large piece of heavy duty foil (about 28 in. by 18 in.); seal tightly. Grill, covered, over medium coals for 8 - 10 minutes, turning once. Unwrap foil; grill 5 minutes longer. Yield: 10-12 servings.

Note: The cheese mix has never quite covered the entire loaf for me, but I just wrap and grill what it does cover, and follow the directions otherwise.

### **Grilled Sun-Dried Tomato Toast**

Ingredients:

1/4 cup butter, softened

2 tablespoons grated Parmesan cheese

2 tablespoons sliced drained sun dried tomatoes packed in oil and herbs

4 (1/2 inch thick) slices round sourdough bread, each cut in half

\*optional: 1 tablespoon chopped ripe olives\*

Directions:

1. Heat grill. In small bowl, combine all ingredients except bread; mix well.

2. When ready to grill, place bread slices on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 1 to 2 minutes or until bread is golden brown, turning once. Spread butter mixture on warm bread slices.

Makes 4 servings.

Notes:

Ingredient substitution: Italian bread can be used in place of the sourdough bread in this recipe.

Make-Ahead Tip: Combine the butter mixture up to one day in advance, cover and refrigerate it. Slightly soften the flavored butter at room temperature before spreading it on the bread.

### **Harvest Pumpkin Bread**

1 cup sugar

1/4 cup Margarine

1/4 cup applesauce

2 eggs

1 cup (8 ounces) solid pack pumpkin

2 cups all-purpose flour

1/2 teaspoon salt

2 teaspoons baking powder

1/4 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 cup raisins

1 teaspoon grated orange rind

1/4 cup orange juice  
1/2 cup walnuts, chopped (optional)

1. Lightly grease a 9" x 5" x 3" loaf pan or coat with vegetable spray.
2. Beat sugar, margarine, and applesauce until creamy and light (about 5 minutes). Add eggs one at a time and continue to beat. Add pumpkin and mix until smooth.
3. Combine flour, salt, baking powder, baking soda, and cinnamon. Stir into pumpkin mixture and mix until smooth.
4. Add raisins, orange rind, orange juice and nuts (optional). Stir well and pour into loaf pan.
5. Bake at 350F for 60-65 minutes. You can test for doneness by sticking a wooden pick into loaf. If it comes out clean, the bread is done.  
Cut into 12 slices.

Nutrients per serving (1 slice)

Calories: 220

Protein: 3.7 grams

Carbohydrates: 42 grams

Total fat: 4.9 grams

Saturated Fat: 0.9 gram

Dietary Fiber: 2 grams

### **Herb Bread** [makes a 1 1/2 pound loaf]

This is from THE BREAD MACHINE MAGIC by Rehberg & Conway. I adapted some of the ingredients to my own liking (I wrote the "adaptations" in parentheses). Here it is:

3 tablespoons butter or margarine [I used olive oil]

1/2 cup chopped onion [I added also, a large clove of garlic]

1 cup milk (for Welbilt/DAK and Zojirushi machines, add 2 tablespoons more milk)

[I used buttermilk]

3 cups bread flour

1 1/2 teaspoons salt

1 1/2 tablespoons sugar

1/2 teaspoon dried dill [I used 3 teaspoons fresh dill weed and seed]

1/2 teaspoon dried basil [I used 3 teaspoons fresh basil]

1/2 teaspoon dried rosemary [if I had had fresh, I would have used about 2 teaspoons, crushed]

2 teaspoons active dry yeast

In a small skillet, heat the olive oil. Add onion and garlic and saute about 5 minutes until onion and garlic are soft--be careful not to brown either, especially the garlic. Remove from heat; allow mixture to cool for about 10 minutes before adding it to the bread pan.

Place all ingredients into bread pan in the order recommended by the manufacturer. Select Light Crust setting, and press Start. After the baking cycle ends, remove bread from pan, place on a cake rack, and allow to cool 1 hour before slicing.

Calories 138 Fat 3.3 grams Carbohydrate 23.2 grams Protein 3.5 grams Fiber .9 gram Sodium 259 milligrams Cholesterol 9 milligrams

### **Honey Wheat Bread**

European bakers give certain loaves a rustic look by allowing them to rise in baskets. The floury imprint makes a handsome pattern on the crust of the baked bread. You can use a round or oblong basket, but choose one with a fairly tight weave for maximum design effect.

For one loaf you will need:

- 1 1/4 cups warm water (105° to 115°)
- 1 pkg active dry yeast
- 1 Tbsp honey
- 1 1/2 tsp salt
- 1 Tbsp butter or margarine, melted, cooled
- 3 1/2 cups unsifted unbleached flour
- 1/4 cup wheat germ

Place warm water in large bowl. Sprinkle with yeast. Let stand about 5 min. Stir in honey, salt, and butter. Add 2 1/2 cups of the flour, mixing to blend. beat about 5 min. or until dough is elastic and pulls away from the sides of the bowl. Stir in wheat germ and 3/4 cup more flour to make a soft dough. Turn onto floured surface. Knead about 15-2 min. until smooth and springy with small bubbles just beneath surface. Place dough in greased bowl turning once. Cover and let stand 1 to 1 1/2 hours in warm place until doubled. Punch down and shape into ball. Grease tightly woven basket 8-9 inches in diameter and 3-4 inches deep. Sprinkle with about 3 tbsp. of remaining flour. Place shaped loaf in basket. Cover tightly. Let rise about 45 min or until nearly doubled. Carefully turn risen loaf out onto baking sheet, pattern side up. Bake at 350° for 35 to 40 min. or until bread is nicely browned and sounds hollow when tapped. This bread is really delicious and looks attractive too. I hope you try it. It's fun to make and easy too.

### **Hopi Indian Fry Bread**

- 2 cups flour
- 1/2 cup nonfat dry milk
- 1 tbs. baking powder
- 3/4 teaspoon salt
- 3/4 cup lukewarm water

Stir and knead dough on floured board - cover and let stand for 15 minutes. Cut up into 8 sections - flatten out to 2 inches thick. Melt Crisco or comparable vegetable oil in a dutch oven so there is about 2 inches depth of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donuts holes. Roll in cinnamon and sugar.

### **Hot Cross Buns**

(Makes approximately 1 1/2 dozen)

3 Cups Flour

3/4 Cup Sugar

1 Cup Evaporated Milk

1/4 Cup Melted Butter or Margarine

1/4 tsp. Salt

1 Pkg. (1 oz.) Dry Yeast

1 Large Egg, Well-beaten

1 tsp. Cinnamon

1/8 tsp. Allspice

3/4 Cup Raisins (optional)

2 Cups Confectioners' Sugar

1 Tbsp. Milk

2 Cups Orange Juice

Combine all ingredients except yeast and eggs and mix well. Dissolve the yeast in 1/4 cup hot water. Add yeast and eggs to the rest and mix well. Cover with a cloth and allow the dough to rise in a warm spot until it has nearly doubled. This will take about an hour. Preheat oven to 400 degrees F. Shape the dough into round balls about 3 inches across and place them on a lightly greased cookie sheet or jelly roll pan. After 5 minutes, remove buns and cut into the dough about 3/4 of an inch down, slicing equilateral crosses into the tops. Return to oven. Allow to bake for another 15 to 20 minutes. Remove the buns from the oven and drizzle on the Honey Cake frosting mentioned for Imbolg.  
Recipe from The Sabbats written by Edain McCoy.

### **Indian Flat Bread**

This is an unleavened bread, so there is no yeast involved. Here is the recipe.

5 Cps all-purpose flour (white or whole wheat)

2 Tbs of baking powder

1 1/4 tbs salt

2 Cps of milk (substitute dry milk powder)

1 1/2 Tbs melted butter

oil for frying the bread



This is a good amount for two people on a weekend hike. If your hiking alone divide the recipe in half. Preparation In a large bowl mix together the flour, dry milk powder, baking powder, and salt. Stir all the ingredients together making sure that the baking powder is well distributed throughout the flour. After doing this store the flour mixture in a Ziploc bag. Use Carnation Instant milk powder and follow the directions on the back of the package to figure out how much milk powder is needed. It doesn't have to be exact just close. This is all the preparation required. when you mix the dough you will only have to add water and melted butter or margarine ( the butter is optional). You will need some kind of bowl to mix the flour mixture and water. Pour the flour mixture into your mixing bowl and slowly add water to the flour and melted butter (optional), while kneading the dough. You should end up with a stiff workable dough that is not sticky. Now that your dough is made your ready to fry some Indian flat bread. Take your dough and divide it into small balls. The size of the balls is up to you . Next take the balls and flatten them out into patties Try to flatten them so that they are about 1/4 inch thick. This will make the bread cook fast and evenly. Heat up some oil in a frying pan and cook them for a few minutes on each side until they turn golden brown and puff up like pancakes. Don't try to fry bread with margarine or butter because it will burn in the frying pan. One more closing note. If you mix your dough and don't fry it all right away don't worry the dough will keep for a few days, just keep it out of direct sunlight. You can mix all your dough for a few meals all at once.

### **Indian Hominy Bread**

From the book "Buckland's Complete Book of Witchcraft" By: Raymond Buckland

Ingredients:

2 cups cooked grits

2 beaten eggs

2 tbs. melted butter

2 tsp. salt

1/2 cup milk

Add milk, butter, and eggs to warm grits. Pour in greased pan. Bake at 375 degrees for thirty minutes. Serve hot. (Note: thin cakes of this mixture may also be fried on a hot griddle).

### **Indian Pumpkin Bread**

From the book "Buckland's Complete Book of Witchcraft" By: Raymond Buckland

Ingredients:

1 cup cornmeal

1/2 cup pumpkin (cooked)  
water enough to moisten mixture

Mix the ingredients and work until the dough is easy to handle. Form into flat cakes. Cakes may be baked in a greased pan (as biscuits) or fried quickly over an open fire.

### **Italian Bread**

3 cups warm water  
1 TBS yeast  
1/2 tsp sugar  
1 TBS salt  
6-8 cups unbleached flour

Dissolve the sugar in the water, then yeast. Add salt and four cups flour and beat until smooth and soft. Grease bowl and flip dough in it. Cover and let rise until double. Punch down and divide into three parts. Briefly knead each, return to bowl, cover and let rise again. When doubled, preheat the oven to 450F. Knead gently and shape the dough into 3 footballs. Place on greased/cornmealed baking sheet. Cover and let rise until doubled. Score bread down the middle and mist bread with water. Place in oven. Turn bread and mist every 5 minutes (about 3 times) until bread is golden brown.

### **Lammas Raisin Bread**

by Matthew Fields  
2 cups rolled oats  
5 cups water  
1/3 cup honey  
1 Tb salt  
2/3 cup wheat germ  
2 package (2 Tbs) dry yeast  
6 cups whole wheat flour  
1 cup raisins  
2 cups white flour

Cook the oats in 4 cups boiling water until they are just soft (5-10 min). Stir in honey, salt, and wheat germ. Allow to cool to lukewarm. Dissolve yeast in 1 c warm water and stir into oats with 3 c of the whole wheat flour. Beat this sponge w/wooden spoon for a few minutes. Cover bowl with tea towel. Let rise in warm, draft-free place for ca. 1 hour or until doubled volume. Stir down sponge. Stir in raisins & remaining 3 cups whole wheat flour. Sprinkle 1 c white flour over a flat wooden or marble surface and turn the dough out onto it. Sprinkle the second c

of white flour on top of the dough and carefully begin kneading. Knead for about 10 min or until smooth and elastic. Form into ball. Put in large, buttered bowl. Turn so it is evenly buttered. Cover with tea towel and put the dough away to rise for another hour or until doubled in volume. Punch down. Cut into 4 even parts. Form each into a loaf and place in 4 buttered medium-size pans. Cover with tea towels. Let rise for about ½ hour. Bake in preheated oven at 400 deg F [200 deg C] for 15 min, then turn heat down to 350 deg [175 deg C] and bake for another 30-40 min. Makes 4 loafs.

### **Lemon Thyme Tea-bread**

2 c cake flour, sifted  
2 tsp lemon zest  
1/4 tsp salt  
2 tsp dried thyme leaves  
5 large eggs  
8 oz butter  
1 tsp vanilla extract  
1 1/3 c sugar  
1/2 tsp almond extract

Combine flour and salt in bowl. Cream butter and sugar until light and fluffy. Add eggs to creamed butter and sugar. Add zest, thyme and extracts. Add flour 1/3 cup at a time to creamed mixture. When well mixed pour into loaf pan and bake at 350\* for 45-50 min or until done. Source: Debbie Downes - Champaign-Urbana Herb Society

### **Maple Monkey Bread**

4 1/2 - 5 Cups Flour  
1/3 C Sugar  
4 1/2 tsp. Yeast  
1 tsp. Salt  
1/2 C Milk  
1/2 C Water  
1/2 C Butter  
2 Eggs  
1 C Maple Syrup  
1 C Chopped Walnuts  
1/2 C Sugar  
2 tsp. Cinnamon

Combine 2 c flour with remaining dry ingredients (except last two). Heat milk, water and 5 Tbsp. butter or margarine to 120-130° F. Stir into dry mixture. Mix in eggs and remaining flour to make soft dough. Knead until smooth. Place in

greased bowl, turning once to grease top, let rise until doubled. Divide dough into 32 pieces; roll into balls. Melt remaining butter. Dip each ball into butter, roll into cinnamon sugar mixture then layer evenly in the bottom of a tube pan (angel food cake pan.) Layer as follows: Layer 1. 1/3 C syrup, 1/2 C nuts, 16 balls. Layer 2. 1/3 C syrup, 1/2 C nuts, 16 balls. Pour remaining syrup over Layer 2., cover and let rise for 30-40 minutes. Bake at 375° F. for 30-35 minutes, covering with foil the last 10 minutes. Cool in pan on rack for 10 minutes, then invert onto serving plate.

### **Master Baking Mix**

4 cups all purpose flour  
4 cups whole wheat flour  
1 cup butter flavor or solid white shortening  
1/3 cup double-acting baking powder  
1 cup nonfat dry milk powder  
3 tablespoons sugar  
2 teaspoons salt

Use a large bowl to make this mix. Mix all the dry ingredients well, then cut in the shortening until it looks like coarse oatmeal. Store in a covered container. Yields 11 cups. It keeps for 2 months at room temperature, longer if kept in the refrigerator, and even longer if kept in the freezer.

### **Master Mix Banana Bread**

2 1/2 cups Master Baking Mix  
1/2 cup sugar  
1/2 tsp baking soda  
2 eggs  
1 1/4 cups mashed banana [about 3]  
1 tsp banana or vanilla flavoring  
1/4 cup water

Preheat oven to 350 degrees F. Beat eggs and sugar together in a bowl until they turn a lemony color. Mix in flavoring, baking soda, mashed bananas, and water. Stir in Master Baking Mix and blend. Pour into a greased loaf pan. Bake for 45 to 55 minutes or until brown [a toothpick inserted in the center will come out clean].

### **Master Mix Cornbread**

1 cup Master Baking Mix

1 cup cornmeal  
2 tablespoons sugar  
1 egg, beaten  
2/3 cup milk

Preheat oven to 425 degrees F. Blend dry ingredients thoroughly. Combine beaten egg and milk; stir into dry ingredients. Pour into greased 8-inch square pan. Bake 25 to 30 minutes. Makes 9 pieces.

### **Master Mix Pumpkin Bread**

2 1/2 cups Master Baking Mix  
1/2 cup sugar  
1/2 tsp baking soda  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp ginger  
1 cup canned pumpkin [or cooked mashed pumpkin]  
2 eggs  
1/4 cup water

Preheat oven to 350 degrees F. Beat eggs and sugar together until they turn a lemony yellow. Mix in baking soda, spices, water and pumpkin. Add the Master Baking Mix and blend in. Pour into a loaf pan. Bake for 45 to 55 minutes until browned [a toothpick inserted in the middle will come out clean].

### **Master Mix Zucchini Bread**

2 1/2 cups Master Baking Mix  
2/3 cups brown sugar  
1/2 tsp baking soda  
1 1/4 tsp cinnamon  
1/4 cup chopped nuts [optional]  
1/4 cup raisins [optional]  
1 tsp vanilla  
1 1/2 cups shredded zucchini  
2 eggs  
1/4 cup water

Preheat oven to 350 degrees F. Beat eggs and sugar together until they turn a lemony color. Mix in baking soda, cinnamon, vanilla, zucchini, and water. Add the Master Baking Mix and blend in. Fold in the nuts and raisins. Pour batter into a loaf pan. Bake for 45 to 55 minutes or until browned [a toothpick inserted in the center will come out clean]. **May Day Maple Bread**

Ingredients:

1 Envelope Dry Active Yeast  
1 TBS Baking Powder  
1/3 Cup Real Maple Syrup  
1/2 Tsp. Salt  
1/4 Cup Warm (105 degree F) Water  
1 Cup Coarsely Ground Hazelnuts  
3 Cups Flour  
1/4 Cup Shortening  
3 TBS. Packed Brown Sugar

Dissolve the yeast and maple syrup in the water. Mix 1 ½ cups of the flour with the brown sugar, baking powder, salt, and hazelnuts. Cut in the shortening using a fork. Add the yeast to the mixture; stir. Slowly add the remaining flour until the dough is easy to handle. Turn onto a lightly floured surface; knead for 1 minute. Cover, let rise for 15 minutes. Form into a round or oval; place on a greased cookie sheet. Let rise for 30 minutes in a warm spot. Preheat the oven to 350 degrees F. Slice the image of a heart into the top of the bread. Bake for 30 minutes. The bread is done if the loaf sounds hollow when tapped. If desired, the loaf can be brushed with a little syrup and butter during the last 5 minutes of baking. Yield: 1 loaf (from Spirit Raven spirit\_raven69@hotmail.com)

**Mini French Loaves**

1 package active dry yeast  
1-1/4 cups warm water  
2 TBS sugar  
1 tsp garlic salt  
1 tsp salt  
1 tsp Italian seasoning  
1/4 cup Parmesan cheese  
1/4 cup grated Romano cheese  
3 to 3-1/2 cups all-purpose flour

In mixing bowl, dissolve yeast in warm water. Add sugar, seasonings, cheeses, and 2 cups flour. Beat until smooth. Add remaining flour until soft dough is formed. Turn onto floured surface and knead until smooth and elastic. Place in buttered bowl, turn once so top is buttered. Cover and let rise until double. About one hour. Punch. Divide in half and roll each half into a 15" by 10" rectangle. Roll up long side and seal well. Cut each into three 5 inch loaves and seal ends. Place seam side down on greased and cornmealed baking sheets and brush loaves with water. Cover and let rise for about 30 min. Make three sharp diagonal cuts across each loaf and bake at 400 F for 15 - 20 min. or until golden brown. Remove from pan. Cool on wire rack (or towel) and brush tops with butter.

### **Minted Herb Bread**

2/3 cup warm water  
2 TBS olive oil  
1/2 tsp salt  
1/2 tsp sugar  
2 TBS grated Parmesan cheese  
1 tsp basil  
1 tsp parsley  
1 tsp mint  
1 1/2 cup bread flour  
1 tsp yeast

Mix yeast in water. Add rest of ingredients. Knead. Place in greased bowl, flip over so that top is also greased. Cover and let rise until double in size. Punch down \*literally\* and knead on floured surface. Shape into loaf and place in greased loaf pan with cornmeal sprinkle on the bottom. (If you don't have a loaf pan, just shape into a loaf and place on a cookie sheet that has been greased and sprinkled with cornmeal). Cover and let rise again until double in size. Bake at 375F until done.

### **Monkey Bread**

1 package frozen bread or dinner rolls (thawed enough to cut into bite-size pieces)  
1 stick (1/2 cup) butter (melted)  
1 package (3.4 oz.) instant vanilla pudding  
1/2 cup brown sugar  
1 cup pecans (chopped)

Grease bunt pan thoroughly. Gently place bite-size bread pieces in even layer in pan. Pour melted butter over bread, making sure to cover all. Sprinkle bread with pudding and brown sugar top with chopped pecans. Let rise overnight (6 to 8 hours) at room temperature. Preheat oven to 350 degrees. Bake for 20 to 25 minutes. Turn at carefully and serve warm.

### **Morning Glory Muffins**

by Amanda Formaro  
1 1/4 cup sugar  
2 1/4 cup flour  
1 tablespoon cinnamon  
2 teaspoons baking soda

1/2 teaspoon salt  
1/2 cup shredded coconut  
3/4 cup raisins  
4 large grated carrots (2 cups)  
1 apple, shredded  
8 ounces crushed pineapple, drained  
1/2 cup pecans or walnuts  
3 eggs  
1 cup vegetable oil  
1 teaspoon vanilla

Sift together the sugars, flours, cinnamon, baking soda and salt into a large bowl. Add the fruit, carrots, nuts, and stir to combine. In a separate bowl whisk the eggs, oil, and vanilla. Pour this mixture into the bowl with the dry ingredients and stir to blend well.

Spoon mixture into cupcake tins lined with muffin papers. Fill to brim of each cup. Bake in preheated 350 degree oven for 35 minutes. Toothpick inserted into the middle of muffin will come out clean when muffins are done. Cool muffins in pan for 10 minutes then turn out on rack to cool. Yield is 16 muffins. Muffins improve even more after 24 hours. Freezes well.

### **Navajo Fried Bread**

4 cups flour  
1 tbs baking powder  
1 tsp salt  
2 tbs powdered milk  
1 1/2 cups warm water  
1 cup shortening

In large pot, mix flour with baking powder, salt, and powdered milk. Pour in warm water and mix to form dough. Knead by hand until it is soft but not sticky. Cover and let stand 15 minutes. Shape into balls about 2in across, then flatten by patting and stretching dough with hands and fingers until it is flat and round. Heat shortening in large skillet and fry bread until golden brown.

### **New England Brown Bread**

1 cup all-purpose flour  
1 cup whole-wheat flour  
3/4 cup dark seedless raisins  
1/4 cup sugar  
1 1/4 teaspoons baking soda  
1/2 teaspoon salt



1 1/4 cups buttermilk or plain low-fat yogurt  
3/4 cup light molasses  
1 large egg

Preheat oven to 350 degrees F. & Grease a 9" by 5" metal loaf pan. In large bowl, combine flours, raisins, sugar, baking soda, and salt. Stir in buttermilk, molasses, and egg until batter is just mixed (batter will be very wet). Pour batter into loaf pan. Bake bread 55 to 60 minutes until toothpick inserted in center of bread comes out clean. With spatula, loosen bread from sides of pan. Remove bread from pan; cool slightly on wire rack to serve warm. Or, cool completely to serve later

### **Nutmeg Thyme Bread**

2 cups flour  
1 cup sugar  
1 tablespoon baking soda  
1 teaspoon salt  
1 teaspoon nutmeg  
1 cup minced thyme sprigs, plus extra for garnish  
1 egg, beaten  
1 cup applesauce  
1 cup vegetable oil  
1 cup walnuts

Preheat over to 350(degrees F). Mix together dry ingredients except thyme and walnuts. Combine the thyme, egg, applesauce, and oil. Add to the dry mixture. Mix in walnuts. Pour the batter into two greased loaf pans. Sprinkle top with dried thyme. Bake forty-five minutes. Cool, remove from pans. Make a sweet sauce to pour over the slices when served (make an herb tea, add honey, thicken with cornstarch). It freezes well, as the flavor is enhanced as it ages. Makes 2 loaves. Submitted by Deirdre Castle (as written in Llewellyn's 1999 Magical Almanac by Carly Wall, C.A.)

### **Old-Fashioned Oatmeal Bread**

Magical Attributes : Love, Spirituality, Money

Celebrations : Any ritual for love or spirituality. Spring celebrations, Beltane.

Harvest celebrations, Lammas

Magical Ingredients include:

	PLANET	ELEMENT	ENERGIES
OATS	Venus	Earth	Money
MILK	Moon	Water	Love, Spirituality

SUGAR    Venus        Water        Love

2 Cups of Milk  
2 Tablespoons Shortening  
1/4 Cup Packed Brown Sugar  
1 1/4 Teaspoons Salt  
1 Package Yeast  
1/4 Cup Lukewarm Water  
2 Cups Regular Rolled Oats (not quick cooking)  
5 to 6 Cups Sifted Flour

Scald the milk and stir in shortening, brown sugar and salt. Stir until dissolved and cool to lukewarm. In a large mixing bowl, soften yeast in the water. Stir in the lukewarm milk mixture, add the oats and enough flour to make a soft dough. Turn the dough out on a lightly floured board. Knead until smooth and elastic, about 10 minutes. The dough will spring back when pressed with a finger. Place the dough in a warm greased bowl, grease the surface, cover and let rise in a warm place (80 degrees F.) until doubled in bulk, about 2 hours. The dough will retain a finger imprint when pressed. Turn dough out on a lightly floured board, divide into thirds, and shape into 3 loaves. Place loaves, sealed edges down, in greased 9 X 5 1/2 inch bread pans. Brush the tops with melted shortening, cover and let rise until almost doubled in bulk, about one hour. Bake in preheated hot oven (400 degrees F.) about forty-five minutes. Remove from pans and cool on racks.

Makes 3 Loaves

Craig Claiborne, "The New York Times Cook Book"

### **Old Time Gingerbread**

1 egg (beaten)  
1/2 cup sugar  
1/2 cup light molasses  
5 Tbls. butter or margarine (melted)  
2/3 cup cold water  
1-1/2 cup all-purpose flour  
1 tsp. baking soda  
1 tsp. ground ginger  
1/2 tsp. salt  
Whipped Cream

Preheat oven to 350 degrees. In a small bowl, combine egg, sugar, molasses, butter and water; mix well. In a large mixing bowl, stir together flour, baking soda, ginger and salt; add molasses mixture. Beat until well mixed. Pour into greased 8-inch square baking pan.

Bake for 30 minutes or until cake tests done. Serve warm with whipped cream.

Makes 9 servings.

## **Pan de Muertos**

by Lola

(i think there is supposed to be a "los" after the de, but my Spanish isn't good enough to be sure) "This is a version of the bread that is made for the November 2 celebration known as the Dia de los Muertos (Day of the Dead) in Mexico. You can also mold the bread into different shapes like angels and animals. Personally I like the idea of day of the dead better than some of the old Celtic superstitions, as the Mexicans celebrated their dead ancestors joyfully inviting them to the feasts, having parades, and partying in the cemeteries!

### **INGREDIENTS:**

1 TB and 1 tsp. of margarine  
1 TB and 1 tsp. of milk  
1 TB and 1 tsp. of warm water (110 degrees/45 degrees C.)  
1 cup all purpose flour 1/2 tsp active dry yeast  
1/8 tsp. salt  
3/4 tsp. anise seed  
1 TB and 1 tsp. white sugar  
2 to 3 eggs beaten  
3/4 tsp. orange zest  
1 TB and 1 tsp. orange juice  
1 tsp orange zest  
2 tsp white sugar

### **DIRECTIONS**

1 heat the milk and the butter together in a medium saucepan, until the butter melts. Remove from the heat and add the warm water. The mixture should be around 110 degrees.

2 In a large bowl combine 1 cup of the flour, yeast, salt, anise seed and 1/4 cup of the sugar. Beat in the warm milk mixture then add the eggs and orange zest and beat until well combined. Stir 1/2 cup of flour and continue adding more flour until the dough is soft.

3 Turn the dough out onto a lightly floured surface and knead until smooth and elastic.

4 Place the dough into a slightly greased bowl and cover with plastic wrap and let rise in a warm place until doubled in size. This will take about 1 to 2 hours. Punch the dough down and shape it into a large round loaf with a round knob on top. Place dough onto a baking sheet, loosely cover with plastic wrap, and let rise in a warm place for about an hour or until just doubled in size.

5 bake in a preheated 350 oven (171 C) oven for about 35 to 45 min. Remove from oven and let cool slightly then brush with glaze.

6 To make glaze: in small saucepan combine the 1/4 cup sugar, orange juice, and orange zest. Bring to a boil over medium heat and boil for 2 minutes. Brush over top of bread while still warm. Sprinkle glaze with white sugar.

### **Picnic Loaf**

Lore: Loaf Mass or Lammas was when the first ground grain was made into bread and offered to the gods in worship and thankfulness. The tomatoes in this dish also commemorate the harvest.

1 loaf unsliced Italian Bread  
3 - 4 medium chopped Tomatoes  
1/4 cup sliced Black Olives  
1 medium Onion, finely chopped  
1/2 Green Pepper, chopped  
1 tbsp minced Chives  
1/4 cup grated Parmesan Cheese  
1 tbsp Olive Oil  
1/4 tsp Basil  
1/4 tsp Thyme  
1/4 tsp Garlic  
dash of Red Wine Vinegar  
Salt  
Pepper

Cut off one end of the bread. Carefully hollow out the loaf, tearing the bread out in small pieces. Mix the tomatoes, olives, onion, green pepper, chives, Parmesan cheese, oil, basil, thyme, garlic, salt, pepper and vinegar in a large bowl. Thoroughly mix in half the bread crumbs. If the mixture is soggy, add more bread crumbs. Spoon the mixture inside the hollowed-out loaf. Chill overnight, slice to serve. The leftover crumbs can be retained for other baking needs or as a gift to the birds. Yield: 4 servings

Variations: Substitute mozzarella cheese for Parmesan and heat the loaf for a warm, stuffed pizza-like treat that is a food of peacefulness. For a more Greek-like flavor, substitute feta cheese for the Parmesan and add 1/2 cup shredded lettuce and 1 cup cooked, marinated beef or lamb. Serve warm.

Magical Attributes: Kinship, awareness, festive spirits. Celebrations: Any harvest or fire festival, especially Lammas.

### **Pita Bread**

Yield: 12

Follow the rolling directions carefully. If you overwork the dough, it won't puff during baking.

3 1/4 - 3 3/4 c. all-purpose flour  
1 package active dry yeast  
1 1/4 c. water

2 T. shortening (margarine or butter)  
3/4 t. salt

In a mixing bowl combine 1 1/4 cups of the flour and the yeast. In a saucepan heat and stir water, shortening, and salt till warm (120-130 degrees) and shortening almost melts. Add to flour mixture. Beat with an electric mixer (HA) on low speed for 30 seconds, scraping bowl constantly. Beat on high speed for 3 minutes. Using a spoon, stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3-5 minutes total). Cover; let rest in a warm place for 15 minutes. Divide dough into 12 equal portions. Roll each dough portion between well-floured hands into a very smooth ball. Cover the dough balls with plastic wrap or a damp cloth and let rest for 10 minutes. (Keep the dough balls covered till ready to use.) On a well-floured surface, lightly roll one dough ball into a 7" round, turning dough over once while rolling. Roll dough from center to edge. Do not stretch, puncture or crease dough. Repeat rolling with another ball of dough. (Work with enough flour on the surface so that the dough does not stick.) Place 2 dough rounds on a preheated ungreased baking sheet. Bake at 450 degrees for about 3 minutes or until bread is puffed and softly set. Turn over with a wide spatula. Bake about 2 minutes more or until bread begins to lightly brown. Cool slightly on a wire rack. While still warm, place bread inside a paper sack or plastic bag to keep it soft and prevent it from drying out. Repeat with remaining dough, baking one batch before rolling and baking the next batch. To serve, halve each pita crosswise. Fill as desired.  
Whole Wheat Pita Bread: Prepare as above, except substitute 2 cups whole wheat flour for 2 cups of the stirred-in all-purpose flour.

### **Pretzels**

These pretzels are quick and easy, and very delicious! They can be dipped in anything from cheese sauce, to pizza sauce, to frosting, or just buttered hot from the oven! Enjoy!

Makes 1 dozen

1 pkg. active dry yeast (or 2 1/4 tsp. bulk yeast)

1 1/4 c. warm water (105 to 115 degrees)

1/4 c. packed brown sugar

1 \* c. bread flour (or all-purpose will do)

1 \* c. all-purpose flour

\* c. water

1 Tablespoon baking soda

Pretzel salt/margarita salt (optional)

2 Tbsp. butter, melted (optional)

In a small bowl, combine yeast + warm water. Let stand for 5 minutes while you prepare the next step. In a large bowl, place the brown sugar and bread flour and

the yeast mixture (when it is ready). Mix well. Then, stir in enough of the all-purpose flour to make a soft dough. Turn dough onto a well-floured surface and knead for about 3 minutes. Cover and let rest 20 minutes (I would advise letting it set on a piece of waxed paper because it tends to get very sticky). Cut dough into 12 pieces. Roll each into a long rope (about 12-15 inches long), and shape into pretzels. Kids love to make all kinds of shapes (their initials, animals, geometric shapes, etc.). In a shallow bowl, add 1 tablespoon baking soda to \* cup water. Dip each finished pretzel shape quickly into water, shaking off excess. Place immediately on greased (or sprayed) baking sheet. Sprinkle with salt (if desired). Bake at 475 degrees for 6 minutes or until golden brown - the water and baking soda mixture helps it to brown quickly! Remove from pan quickly and serve with melted butter brushed on top, or with your favorite dip.

### **Pumpkin Bread In a Jar**

2/3 c shortening  
2 2/3 c sugar  
4 eggs  
2 c canned pumpkin (or 1 of variation items)  
2/3 c water  
3 1/3 c flour  
1/2 t baking powder  
2 tsp baking soda  
1 tsp cinnamon  
1 tsp ground cloves  
1 1/2 tsp salt  
2/3 c nuts

#### Variations:

2 c shredded apples  
2 c shredded carrots  
1 can whole cranberry sauce  
1 bag whole ground fresh cranberries  
2 c mashed bananas  
2 c fresh peaches  
1 3/4c applesauce (+ 1/4c pineapple)  
2 c shredded zucchini  
3/4 c applesauce (plus 1/4 c raisins)

1. Cream shortening and sugar.
2. Beat eggs, pumpkin, and water.
3. Sift together flour, baking powder, soda, salt, and spices.
4. Add to pumpkin mixture.
5. Stir in nuts.
6. Pour mixture into well greased wide mouth pint jars ,filling 1/2 full. Bake at 325

degrees F for 45 minutes. When done, remove 1 jar at a time and wipe sealing edge with paper towel or very clean cloth and screw cap on tightly. The heat will vacuum seal the jar and the bread will keep for up to one year. Makes a nice gift with a ribbon of the appropriate color for the season, tied just under the lid.

adding a small charm or little broom ( available at craft stores)add a nice extra touch!

Makes 8 pints

### **Pumpkin Muffins**

by Amanda Formaro

3/4 cup natural bran

3/4 cup whole wheat flour

3/4 cup granulated sugar

1 1/2 tsp cinnamon

1 tsp baking powder

1 tsp baking soda

1/2 tsp salt

1 cup raisins

1 cup mashed or canned cooked pumpkin

2 eggs (unbeaten)

1/2 cup vegetable oil

1/2 cup plain yogurt or buttermilk

In bowl, combine bran, flour, sugar, cinnamon, baking powder, baking soda, salt and raisins; toss to mix. Add pumpkin, eggs, oil and yogurt; stir just combined.

Spoon batter into paper-lined or nonstick muffin tins. Bake in 400 degree F oven for 25 minutes or until firm to the touch. Makes 12 muffins.

### **Pumpkin Pie Muffins**

by Amanda Formaro

2 cups flour

3/4 cups packed brown sugar

1 1/2 teaspoons baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon ginger

1/4 teaspoon cloves

1/8 teaspoon nutmeg

3/4 cup canned pumpkin

1/2 cup butter, melted and cooled

1/4 cup buttermilk

2 eggs, lightly beaten  
3 tablespoons molasses  
1 teaspoon vanilla  
3/4 cup coarsely chopped pecans or walnuts  
3/4 cup chopped dates (optional)

Preheat oven to 400 degrees. Grease twelve muffin cups. In a large bowl, stir together 9 ingredients. In another bowl, stir together pumpkin, butter, buttermilk, eggs, molasses and vanilla until blended. Make a well in center of dry ingredients; add pumpkin mixture and stir just to combine. Stir in pecans and dates.

Spoon batter into prepared muffin cups; bake 20 to 25 minutes or until a cake tester inserted in center of one muffin comes out clean. Remove to wire rack. Cool 5 minutes before removing muffins from cups; finish cooling on rack.

### **Rye Bread**

1 packet yeast  
1 tablespoon sugar  
1/4 cup warm water  
1 quart warm water  
3 cups rye flour  
2 tablespoons salt  
3 tablespoons caraway seeds  
1 tablespoon melted shortening  
9 cups all purpose flour

Dissolve yeast and sugar in the 1/4 cup of warm water, set aside and let stand until frothy. Pour the quart of water in a large bowl, and add the rye flour, salt, caraway seeds, shortening, and yeast mixture. Mix well. Let rise in a warm place for 1 1/2 hours, until bubbles start to form on dough's surface. Gradually mix in the all-purpose flour, until the mixture has become a firm dough. Knead on floured board for about 10 minutes. Place in a greased bowl and let rise until the dough doubles in size, about 1 1/2 to 2 hours. Knead again for 10 minutes. Form into 2 loaves and put in greased and floured loaf pans or on cookie sheets for a more natural look. Let them rise again until doubled in bulk, and then bake for 1 hour at 375 degrees.

### **Salt Rising Bread**

1 cup warm milk  
1-1/2 teaspoons salt  
2-1/2 tablespoons sugar  
1/4 cup white cornmeal



1 cup warm water  
2 tablespoons shortening  
flour  
milk

Add salt to warm milk, half the quantity of sugar, and the corn meal. Pour the mixture into a stone crock or jar, cover, and set in a bowl of hot water. Keep in a warm place about 6 hours, or until it ferments. When gasses escape freely, pour in the lukewarm water, and add shortening, remaining sugar, and 2 cups of flour, beating well. Put jar back in bowl of hot water, and let rise until batter is light and bubbly. Turn into a warmed mixing bowl, and gradually stir in enough more flour to make rather stiff dough. Turn onto a floured board and knead for 12 minutes. Put into 2 greased bread tins, brush with milk, cover with a clean cloth, and let rise in a warm place until two and half times original bulk. Bake in moderately hot oven (375 degrees F.) for 10 minutes. Lower heat to 350 degrees F. and bake 25 minutes longer. Makes 2 loaves.

### **SC Sweet Wheat Bread**

Position a rack in the lower third of the oven. Preheat to 375°F. grease a 9 5 loaf pan.

Whisk together  
2 1/2 cups whole wheat flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 /2 teaspoon round cinnamon  
1/4 teaspoon salt

Whist together in a large bowl:  
1 large egg  
1/2 cup molasses  
1/4 cup packed light or dark brown sugar  
1/4 cup vegetable oil  
1 teaspoon grated orange or lemon zest

Add the flour mixture in 3 parts, alternating with in 2 parts: 2/3 cup yogurt or buttermilk After each addition, stir or fold just until the dry ingredients are moistened. Do not over mix; the batter will be thick Scrape the batter into the pan and spread evenly. Bake until a toothpick inserted in the center comes out clean, 35 to 40 minutes. Let cool in the pan on a rack for 5 to 10 minutes before un-molding to cool completely on the rack. this recipe was taken from the Joy of Cooking---enjoy!

### **Shredded Wheat Bread**

From: The Book of Bread by Judith and Evan Jones

2 cups boiling water  
2 shredded wheat biscuits  
2 teaspoons coarse salt or 1 teaspoon table salt  
1/4 cup molasses  
3 tablespoons butter or shortening  
2 tablespoons active dry yeast  
1/2 cup warm water  
5-6 cups white flour, preferably unbleached  
Makes two 8-inch loaves

Pour the boiling water over the shredded wheat. Stir in the salt, molasses, and butter or shortening to melt. Let cool. In a large bowl, dissolve the yeast in the 1/2 cup of warm water. Add the shredded wheat mixture when cool and add enough flour, cup by cup, until it becomes hard to stir. Turn the dough out onto a floured work surface and let it rest while you clean and grease the bowl. Knead the dough, adding more white flour as necessary, until you have a smooth, resilient dough - about 8-10 minutes. Return the dough to the greased bowl, cover with plastic wrap, and let rise until double in volume - about an hour or so. Form the dough into 2 loaves and place in greased 8-inch bread pans. Cover with a towel and let rise until the dough swells to the top of the pans - about 30 minutes. Bake in a preheated 325 F. oven for 50 minutes. Turn out and cool on racks.

### **Solstice Herb Bread**

Ingredients:

3 C. flour  
1 tbsp. sugar  
1 tsp. salt  
1 pkg. dry active yeast  
2 tbsp. chopped fresh chives  
2 tsp. chopped fresh rosemary  
1 tsp. fresh thyme  
1 1/4 C. hot water  
2 tbsp. Crisco

Mix 2 cups of the flour, sugar, salt and yeast in a large bowl. Add herbs, water, and Crisco. Beat slowly, stirring in remaining cup of flour until smooth. Scrape batter from sides of bowl and let rise in a warm place for 35 minutes or until it doubles in bulk. Punch down and beat with a spoon for about 15 seconds. Place dough in a greased loaf pan, patting down and forming a loaf shape with your hands. Cover and let rise again for about 30 minutes or until it again doubles in bulk. Bake at 375 for 40-45 minutes. Brush top with butter or margarine and

remove from pan to cool. (from The Cookbook Recipes; © by Stella Maris, 1997&1998, <http://www.geocities.com/Athens/Parthenon/7039/AshlinCB.html>)

### **Soft Pretzels**

1 package yeast  
1 1/2 cups warm water  
1 TBS sugar  
1 tsp salt  
4 cups all purpose flour  
1 egg, beaten  
Coarse salt

In a large bowl, dissolve yeast in water. Add the sugar, salt and enough flour to make a soft dough; knead until smooth and elastic, about 6-8 min. Pinch off about 2 TBS of dough for each pretzel. Shape into pretzels. Place on greased baking sheets. Brush with egg, sprinkle with salt. Bake at 425F for 15 minutes or until golden brown. Cool on rack. Makes about 18 to 20 pretzels.

### **Solstice Herb Bread**

Ingredients:

3 C. flour  
1 tbsp. sugar  
1 tsp. salt  
1 pkg. dry active yeast  
2 tbsp. chopped fresh chives  
2 tsp. chopped fresh rosemary  
1 tsp. fresh thyme  
1 1/4 C. hot water  
2 tbsp. Crisco

Mix 2 cups of the flour, sugar, salt and yeast in a large bowl. Add herbs, water, and Crisco. Beat slowly, stirring in remaining cup of flour until smooth. Scrape batter from sides of bowl and let rise in a warm place for 35 minutes or until it doubles in bulk. Punch down and beat with a spoon for about 15 seconds. Place dough in a greased loaf pan, patting down and forming a loaf shape with your hands. Cover and let rise again for about 30 minutes or until it again doubles in bulk. Bake at 375 for 40-45 minutes. Brush top with butter or margarine and remove from pan to cool. (from The Cookbook Recipes; © by Stella Maris, 1997 & 1998, <http://www.geocities.com/Athens/Parthenon/7039/AshlinCB.html>)

### **Soul Cakes (Hot Pentacle Buns)**

1 c. whole milk  
1 cube butter, melted  
3 c. all-purpose flour  
1/3 c. raw sugar  
1 1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 tablespoon fennel seeds  
1/3 c. pine nuts  
1/2 c. raisins  
1 small can crushed pineapple, very well-drained  
3/4 c. chopped Turkish "dried" apricots (these are the very soft ones)

Preheat oven to 375. Beat milk and butter together with fork. Mix dry ingredients, add the milk and butter mix and the fruits and fennel seeds. Drop in about 1/4-cup globs onto a greased baking sheet, leaving some room to spread, smoothing the tops as best you can (a wet hand works). Bake till done, about 25 minutes (you may want to reduce the oven to 325 about halfway through). Cool and serve plain as "Soul Cakes" or decorate by piping pentacles on the buns with yellow frosting. (You could also bake this as a cake, in a star-shaped pan; those tend to burn a little on the points, but if you're *\*very\** careful about oven temperature.....)

### **Thought-Seed Crackers**

1 box family-favorite crackers  
Butter/Margarine  
melted Onion or garlic powder  
Caraway, celery, poppy, and sesame seeds  
Dill weed

Brush the crackers lightly with butter/margarine. Sprinkle lightly with onion or garlic powder and ever so sparingly with dill weed. Top with combination seed mix. Bake on an un-greased cookie sheet at 350 degrees for 5 minutes or until crisp and hot.

### **Yule Ginger Bread**

Preheat oven to 375 degrees 1 cup dark molasses 1/2 cup hot water 5 tbs butter 1/2 tsp salt 1 1/2 tsp grated fresh ginger a few pieces candied ginger, diced very fine 1 tsp baking soda 2 cups unbleached all-purpose flour Melt butter in hot water, mix in molasses. Add flour, salt, ginger and baking soda. Turn into greased pan, sprinkle with candied ginger. Bake at 375 degrees for 25-30 minutes. A dark traditional ginger bread for the longest night of the year, and a celebration of the rebirth of the Sun. *Optional: Add with Ginger, 1/4 ounce dry Ginseng finely grated for extra energy for that longest night Winter...*