



CANADA
4-H Ontario

www.4-hontario.ca

4-H ONTARIO PROJECT



BREADVENTURE
RECIPE BOOKLET

Credits

The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living, for my club, my community,
my country, and my world.

The 4-H Motto

Learn To Do By Doing

4-H Ontario Provincial Office

111 Main Street, Box 212

Rockwood, ON N0B 2K0

TF: 1.877.410.6748

TEL: 519.856.0992

FAX: 519.856.0515

EMAIL: inquiries@4-hontario.ca

WEB: www.4-HOntario.ca

Project Resource Information:

Written by: Diane O'Shea

Layout by: Autumn Unwin, 4-H Ontario

Date: February, 2023



CANADA

4-H Ontario

Thank you to the 4-H Breadventure Committee members who assisted with the update of this resource.

Monique Baan, 4-H volunteer, Huron 4-H

Susanna Bretzler, 4-H volunteer, Stormont 4-H

Anne Bromley, 4-H volunteer, Renfrew 4-H

Thank you also to the 4-H Associations that piloted the 4-H Breadventure Project and provided feedback.

Carleton 4-H Club ~ Leaders – Cheryl Sullivan, Brianna Sullivan; Members – Isabella Dooley, Victoria Dooley, Chase Dow (Dundas), Sylvanna Dow (Dundas), Sophie Lebel, Jakub Sienkiewicz

Prince Edward 4-H Club ~ Leaders – Linda Lyons, Louise McFaul, Lynn Ward; Members – Ava Cassells, Kendra Duggan, Nikolaos Panagintopoulos, Emily Rosstriguez, Brock Ruttan

4-H Ontario is pleased to be able to provide project resource reference manuals for use by volunteers in clubs. 4-H Ontario screens and trains volunteers to equip them with the tools to serve as positive role models for youth. With so many topics to choose from, 4-H volunteers are trusted to use these resources to provide safe and quality programming while using their judgement to assess the appropriateness of activities for their particular group of youth. By downloading any 4-H resource, you agree to use it for 4-H purposes and give credit to the original creators. Your provincial 4-H organization may have restrictions on the types of 4-H projects or activities which can be completed in your region.

4-H Ontario grants permission to 4-H Volunteers to photocopy this 4-H project resource for use in their local 4-H program. All information presented in this Project Resource was accurate at the time of printing.

The development of this project resource was generously funded by Agriculture & Agri-Food Canada and the Grand River Agricultural Society.





4-H Inclusion Statement

4-H in Canada is open to all* without discrimination based on race, national or ethnic origin, colour, religion, sex, age or, mental or physical disability.**

4-H is dedicated to providing a safe and inclusive environment that allows for universal access and participation. Where barriers to participation are identified, 4-H will, with reasonable accommodation, adapt programs, rules, policies, or expectations to reduce or remove the barriers.

Any accommodations, changes or exceptions will be assessed on an individual basis, taking into account the individual experience of the member and their family. The physical safety and emotional well-being of members, leaders, staff and volunteers is 4-H's highest priority, and is the ultimate consideration in final decisions.

4-H Canada and local 4-H organizations consider inclusion a priority. Leaders are encouraged to work with individuals and their families to identify and discuss accommodations as required, and to reach out to provincial or national office staff for help with unresolved concerns.

**This applies to youth members (ages 6 to 21), volunteers, leaders, staff and professionals.*

***Definition of discrimination as per Canadian Charter of Rights and Freedoms.*

Déclaration sur l'inclusion des 4-H

L'adhésion aux 4-H au Canada est ouverte à tous les jeunes* sans discrimination fondée sur la race, l'origine nationale ou ethnique, la couleur de la peau, la religion, le sexe, l'âge ou le handicap mental ou physique. **

Les 4-H ont pour mission d'offrir un environnement sécuritaire et inclusif qui permet l'accès et la participation de tous. Lorsque des obstacles à la participation sont décelés, les 4-H adapteront, à l'aide de mesures d'adaptation raisonnables, les programmes, les règles, les politiques ou les attentes afin de réduire ou d'éliminer ces obstacles.

Toute mesure d'adaptation, modification ou exception sera évaluée au cas par cas, en tenant compte de l'expérience personnelle du membre et de sa famille. La sécurité physique et le bien-être émotionnel des membres, des animateurs et des animatrices, des membres du personnel et des bénévoles sont la priorité absolue des 4-H et constituent le facteur ultime à considérer lors de la prise des décisions définitives.

Les 4-H du Canada et les organisations locales des 4-H considèrent l'inclusion comme étant une priorité. Les animateurs et les animatrices sont encouragés à collaborer avec les personnes et leurs familles afin de définir et d'examiner les mesures d'adaptation, selon les besoins, et de communiquer avec le personnel du bureau provincial ou national pour obtenir de l'aide en cas de préoccupations non résolues.

**Ceci s'applique aux jeunes membres (âgés de 6 à 21 ans), aux bénévoles, aux animateurs, aux membres du personnel et aux professionnels.*

***Selon la définition de discrimination en vertu de la Charte canadienne des droits et libertés*

Welcome to 4-H Ontario's Breadventure!

Welcome to the RECIPE BOOKLET for Breadventure. Experimenting with recipes is a very important part of 4-H food projects and it's fun! These recipes have been chosen and tested with 4-H participants in mind. Some may be fully completed in a 4-H meeting whereas others will require advance planning and strategizing to allow for rising and resting times. The same is true for trying recipes at home. Some can be quickly completed, and others will take several hours.

The booklet includes a very large selection of recipes. Bread, despite being flour, water, salt and usually yeast, takes many forms. Recipes align with meeting themes; these are only suggestions.

Members are encouraged to try recipes at home. Be sure to check with an adult in the home to see if it is a good time to be making a recipe. Check for the availability of ingredients and equipment, too.

Club requirements include trying and reporting on at least one (1) recipe after each meeting. See PARTICIPANT JOURNAL.

Preparing food is fun! It is exciting to work with a variety of ingredients. It is fun to see the results. After all, we learn best by doing. Tasting and serving to family and friends are great things to do, too.



TIPS FOR FOLLOWING BREADVENTURE 2 RECIPES

The recipes for this project have been developed using unbleached all-purpose flour, butter, regular iodized salt, and 2% milk.

Many factors can affect these recipes. These include:

- The brand of flour used and how the flour is measured. Spooning flour into a dry measure and then levelling off with a straight edge is recommended
- The measuring equipment. Measures do vary in quantity, try to use one set consistently.
- The time of the year and the amount of humidity in the kitchen can affect the amount of flour used.
- Often a range is given e.g., 2 – 2 ½ cups. Begin with the first amount and gradually add more. The same is true with baking times.

Table of Contents

Meeting # 1 - Bread Bread Bread

BREAD IN A BAG	11
SOFT PRETZELS	12
QUICK PIZZA CRUST	13
ITALIAN STYLE BREADSTICKS	14

Meeting # 2 - Bread Making Basics

UNLEAVENED BREAD CRACKERS (MATZA/MATZO/MARZAH)	15
BASIC WHITE BREAD (TRADITIONAL)	16
BASIC WHITE BREAD (INSTANT YEAST)	17
WHOLE-WHEAT BREAD	18
MULTI-GRAIN FREE FORM BREAD	19
RYE BREAD	20
APPLE CHEDDAR DROP BISCUITS	21
HAMBURGER BUNS	22

Meeting # 3 - Variations On A Theme

ENGLISH MUFFINS IN A LOAF	23
CHEESE BREAD	24
FRENCH COUNTRY LOAF USING POOLISH	25
PIZZA DOUGH USING POOLISH	27
RUSTIC NO-KNEAD BREAD #1	28
RUSTIC NO-KNEAD BREAD #2	29
REFRIGERATOR CRESCENT ROLLS	30
TROIS BAGUETTES	31

Meeting # 4 - Beyond Yeast

ANGEL BISCUITS	32
IRISH SODA BREAD	33
RASPBERRY MUFFINS	34
HONEY LEMON SCONES	35
CRANBERRY AND NUT QUICK BREAD	36
BASIC BISCUITS AND VARIATIONS	37
CORN BREAD	38
FRUIT COBBLER	39
BEEF POT PIE WITH DROP BISCUIT TOPPING	40

Meeting # 5 - How Sweet It Is

ORANGE BISCUIT ROLLS	42
PARKER HOUSE DINNER ROLLS AND VARIATIONS	43
BASIC CHALLAH	45
STOLLEN	46
NO-KNEAD CINNAMON BUNS	47
SWEET AND SPICY STICKY BUNS	48
GLUTEN-FREE SANDWICH BREAD	51
GLUTEN-FREE RUSTIC STYLE BREAD	52
GLUTEN-FREE CHALLAH	53

Meeting # 6 - For The Fun Of Bread

PITA	54
CROCKPOT BREAD STUFFING	55
APPLE AND RAISIN BREAD PUDDING	56
SAVOURY STRATA	57
NAAN	58
BREAD SALAD	59
BAKE A BUNCH OF BAGELS	60
CRACKER-LIKE FLATBREAD	52
FOCCACIA	63
POTATO ROLLS OR LOAF	64

Before Beginning To Bake

Plan your meetings well. Review all the information well in advance so you are prepared and ready!

Before The Recipe

- Read and re-read the entire recipe to check that you are completely familiar with the ingredients, and the equipment that you need.
- Check the method description. Do you understand what you must do to make the recipe?
- Check the estimated preparation and cooking or baking times. Do you have enough time to make the entire recipe?
- Is there anything you need to do before you start? Do you need to grocery shop?



- Check with an adult in your home to see if it is a good time to be making a recipe.
- Make sure the kitchen is clean and tidy.
- Put on a clean apron. Closed-toe shoes are a good idea.
- Remove rings and bracelets. Roll up sleeves. Tie back long hair.
- Put cell phones and other electronic devices out of the way; they really carry a lot of germs from constant handling.
- Wash your hands with soap and warm water. Scrub for at least 20 seconds.
- Get out all the ingredients and equipment listed in the recipe.
- Prepare all the ingredients according to the recipe and set on a tray. You may need to use small bowls. These are called “prep bowls”. As the tray is emptied, you will know that you haven’t left out anything. This practice is known as “mise en place”, a culinary term that means “a process of preparing”.
- Place a clear plastic cover over your recipe. This will help should spills happen.
- Some people find checking off ingredients and steps in the method to be a useful way to follow a recipe.

IMPORTANT!

A Word About Measuring

Basic Measuring Equipment

All kitchens need the following basic equipment to prepare recipes:

- Dry measures
 - made of plastic or stainless steel
 - cups with handles that nest together
 - used for measuring dry ingredients such as flour, sugar, and grains
- Liquid measures
 - made of glass or plastic with spouts for pouring
 - graduated markings on the measure
 - sturdy handle
 - space to avoid spillage
- Measuring spoons
 - Typically, in sets of four or five: 1/8 tsp (0.6 mL), 1/4 tsp (1 mL), 1/2 tsp (2 mL), 1 tsp (5 mL), 1 tbsp (15 mL)
 - Used to measure small amounts of liquid or dry ingredients such as baking powder, salt, dried herbs and spices, etc.



To measure **dry ingredients**, lightly fill the measure so that the contents are slightly rounded and then level off with a straight edge such as a dinner knife. Brown sugar should be packed into the measure.

Note: For flour it is best to spoon flour into the dry measure and then level off with a straight edge. Dipping into a flour bag or cannister packs more flour into the measure, as does shaking the dry measure to level the flour.

To measure **liquid ingredients**, set a liquid measuring cup on a solid, level surface. Then pour liquid into the cup and check the measurement at eye level.

Methods to Measure Fat (butter, shortening, margarine, lard)

1. **Dry Cup** – Pack fat into dry cup measure. Pack firmly with a little over the top. Doing this will remove most of the air bubbles. Level off the excess with the back of a knife. Then use a rubber scraper to transfer the fat into the measuring bowl.
2. **Stick** – Use the measurement lines on packages and wrapping papers.
3. **Water Displacement** – Fill a large measuring cup part way with water. Add fat until the total measurement is the same as the original amount of water PLUS the amount of fat needed. For example, if 1/2 cup (125 mL) of fat is needed, measure 1 cup (250 mL) of water into the liquid measure. Add fat until the 1 1/2 cup line (375 mL) line is reached. Pour out the water and add fat, as required.

How to Measure Ingredients (video)

https://www.youtube.com/watch?v=0v-ulU_mi7o

The Best Cooks are Clean Cooks

- Clean up as you go along. Keep a clean, damp cloth handy to wipe up spills as they happen. Dispose of compostable materials such as eggshells and peelings in an acceptable way.
- Put away perishable foods such as butter and milk as you finish with them.
- Rinse dishes. Cold water works well and especially for bowls where dough has been made.
- If you have a dishwasher, load it with the rinsed bowls, cutlery, and utensils as you finish.
- Wash knives separately in hot, soapy water. Dry and put away safely.
- Wash and dry equipment and put away. Have a storage system with everything in its place.
- Be sure to wash counters, stove tops and the inside of a microwave oven, if you have used it.
- Wipe out sink(s) and dispose of any food bits.
- Launder dish cloths and tea towels.
- Sweep the floor.
- Leave the kitchen clean and tidy.

A Word about Kitchen and Food Safety

Kitchen Safety is about the prevention of accidents. **Food Safety** is about the prevention of food borne illness. Both go together. Here are a few basics to remember.

KITCHEN SAFETY

Knife Safety

- Use the kind of knife suited to the job. A French knife or Chef's knife is great for slicing or chopping while a serrated knife is good for slicing bread, tomatoes or cake.
- Always cut away from your body.
- If a knife slips, let it fall – don't try to catch it.
- Never run with a knife in your hand.
- Pass a knife handle first.
- Never point with a knife.
- Use a knife for cutting along with a cutting board. Remember that a knife is not a can opener or a hammer.
- If you cut your finger or hand, clean the area with soap and water. Apply pressure to the cut with a clean cloth to stop the bleeding. Once the bleeding is stopped apply a little antibacterial ointment and a bandage. You may want to continue with a disposable glove. If the bleeding is severe or doesn't stop after applying direct pressure for 15 – 20 minutes, seek medical attention.

Fire Safety

- Remove any clutter that might be near stoves such as paper towels, oven mitts, tea towels or boxes.
- Avoid reaching over a stove; keep things you need right beside you.
- Turn all pot handles inwards.
- Use pans that fit the size of the elements.
- Use oven mitts when handling hot bowls, dishes or pans. Be sure to replace worn oven mitts. Dish towels do not substitute for oven mitts. Never use a wet cloth since the moisture transmits heat.
- Never leave a cooking area unattended. If you need to talk on the phone or check a computer, make sure you can go safely. Turn everything off, if needed.
- Spilled grease burns easily and quickly, clean as you go to avoid fires. If a fire should start, smother the fire with a lid or bigger pan. Baking soda may work to smother flames. Never use water to put out a grease fire, this will only spread the fire further.

- Never carry a burning pan outside; this could spread the fire.
- Know where your fire extinguisher is located and know how to use it.
- Protect yourself from steam burns when opening a cooking item and especially when using the microwave oven. Open the lid or covering away from your face. Steam can cause serious burns.
- If a minor burn happens, place the area under cool running water. This will prevent further burning and may help reduce pain and blistering. A serious burn will require medical attention from a doctor or hospital.

Preventing Falls and Other Accidents

- Be sure to clean up spills or broken glass as they happen.
- Keep cupboard doors and drawers closed.
- Use a proper step stool to reach items that are placed in high places.
- Never use unsafe equipment such as chipped glassware or pans with insecure handles.
- Use electrical appliances for their intended use.
- Do not use an electrical appliance if its cord is frayed or cracked.
- Do not overload an electrical outlet with too many appliances.
- Do not run cords in and around kitchen sinks.

Food Safety

These simple practices are the best ways to prevent food-borne illness (food poisoning).

<p style="text-align: center;">CLEAN</p> <ul style="list-style-type: none">• Wash hands for at least 20 seconds with warm water and soap along with plenty of scrubbing. Wash hands before, during and after food preparation, and touching your face or hair.• Wash utensils and equipment with hot soapy water, dry well and put away.• Wash all counters and tables with hot, soapy water.• Sanitize countertops, cutting boards and utensils if you have been working with raw meat or poultry. Use a mild bleach and water solution so cross contamination from other foods is prevented.• Clean up spills as you go.• Use clean dish cloths, scouring pads and tea towels. Wash these often in hot, soapy water <p>BLEACH SANITIZER: Combine 5 ml (1 tsp) of bleach with 750 ml (3 cups) of water. After cleaning, spray sanitizer on the surfaces and let stand briefly. Rinse with plenty of clean water. Air dry or use clean towels.</p>	<p style="text-align: center;">COOK</p> <ul style="list-style-type: none">• Cook foods to safe internal temperatures.• Use a meat thermometer when cooking meat. Follow correct temperature guidelines.• Keep hot foods at or above 60°C (140°F).• Bring sauces, soups, and gravies to a boil when you reheat them.• Stir or rotate the food in the microwave halfway through the cooking time to eliminate any cold spots.
<p style="text-align: center;">SEPARATE</p> <ul style="list-style-type: none">• Keep raw meats and poultry away from other foods during storage and preparation. Always place meat products on lower shelves of refrigerator or in a separate part of the shopping cart.• Place raw meat products in leak-resistant containers or plastic bags when transporting or thawing.• Use separate cutting boards for raw meats and vegetables.• Make sure cutting boards are in good repair.• Check “best before” and expiry dates.	<p style="text-align: center;">CHILL</p> <ul style="list-style-type: none">• Refrigerate food at 4°C (40°F) or lower. This is a standard refrigerator temperature.• Place leftovers in shallow dishes in the refrigerator or freezer within two (2) hours of cooking or preparing to prevent growth of bacteria.• Once food has been thawed, it must be cooked. After thoroughly cooking, it can be frozen again.• Thaw foods in the refrigerator.

If in doubt, throw it out! Keep hot foods hot and cold foods cold!

Adapted from: Ontario’s Tasty Fruit and Vegetables

BREAD IN A BAG

(Adapted from Agriculture in the Classroom Manitoba)

A fun way to make a loaf of bread without getting your hands too sticky.

Yield: 1 loaf using 8 x 4 x 2½" (20 x 10 x 6 cm) pan

Rising Time: 30 – 45 minutes

Baking Time: 30 -35 minutes

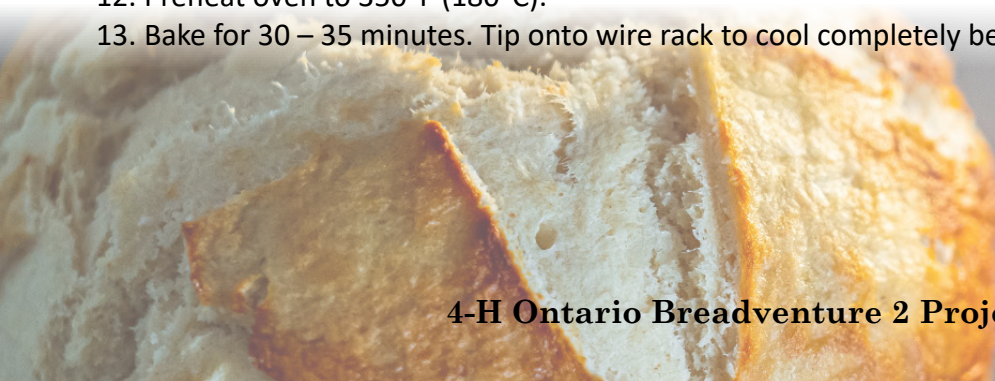
Equipment: large, heavy duty, resealable plastic bag (1 gallon/3.79 mL), liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, prep bowls, rubber scraper, greased loaf pan - 8 x 4 x 2½" (20 x 10 x 6 cm) or parchment-lined baking sheet, clean damp tea towel or plastic wrap, oven mitts, wire rack for cooling baked loaf

Ingredients:

- 4 cups (1000 mL) all-purpose flour
- 1 package or 2 ¼ tsp (11 mL) instant yeast
- ½ cup (125 mL) warm water (first amount)
- 2 tbsp (30 mL) granulated sugar
- ¾ cup (200 mL) warm water (second amount)
- 1 tbsp (15 mL) vegetable oil
- 2 tsp (10 mL) salt
- Extra vegetable oil for greasing hands

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In a large, heavy duty, resealable plastic bag, combine ½ cup (125 mL) of the flour, yeast, warm water, and sugar.
4. Close the bag and work the mixture with your fingers until the ingredients are completely blended. Leave bag closed, with contents in a corner and let rest 10 minutes.
5. Add 2 cups (500 mL) of the flour, ¾ cup (200 mL) warm water, oil, and salt to the bag. Close the bag. Mix well by working the ingredients together.
6. Open the bag. Add enough of the remaining all-purpose flour - about ½ cup (125 mL) at a time - to make a stiff dough.
7. Close the bag and knead the dough through the bag. You may need to remove some of the air in the bag.
8. Add more flour until the dough no longer sticks to the bag. Let the dough rest for 5 minutes.
9. Open the bag. Grease hands. Remove dough from the bag and shape into a loaf. A little more flour may be needed.
10. Set the loaf into a greased loaf pan or on a parchment-lined baking sheet.
11. Cover with a clean, damp tea towel or plastic wrap. Let rise in a warm place for 30 – 45 minutes or until doubled in size.
12. Preheat oven to 350°F (180°C).
13. Bake for 30 – 35 minutes. Tip onto wire rack to cool completely before slicing.



SOFT PRETZELS

Hot from the oven, thick and chewy, these soft pretzels make for a tasty snack. Traditionally, soft pretzels are topped with coarse salt and served with mustard.

Yield: 8 pretzels

Preparation Time: 20 minutes

Rising Time: none

Baking Time: 12-15 minutes

Equipment: dry measures, large liquid measuring cup, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, wooden spoon, large mixing bowl, prep bowls, a lightly floured kneading surface, pizza cutter or sharp knife, parchment lined baking sheet, small bowl, fork, pastry brush, oven mitts, wire cooling rack

Ingredients:

- 3 ½ - 4 cups (825 mL - 1 L) all-purpose flour
- 1 pkg or 2 ¼ tsp (11 mL) instant yeast
- 1 tsp (5 mL) salt
- 1 tbsp (15 mL) sugar
- 1 ½ cups (375 mL) very warm water - 120 - 130°F (49 - 55°C)
- 1 egg
- 1 tbsp (15 mL) water
- 1 tbsp (15 mL) coarse sea salt

Method:

1. Read the entire recipe.
2. Assemble ingredients and equipment (mise en place).
3. Preheat oven to 425°F (220°C).
4. Combine flour, yeast, salt, and sugar in mixing bowl.
5. Gradually pour warm water into dry ingredients while mixing with a wooden spoon. Stir until a slightly sticky dough forms.
6. Turn the dough onto the lightly floured kneading surface. Knead the dough until smooth and elastic, adding small amounts of flour, if necessary, to prevent sticking. This should take about 8-10 minutes.
7. Use a pizza cutter or a sharp knife to cut the dough into 8 pieces.
8. Roll each piece of dough to form dough ropes about 15" (40 cm) long. Begin by rolling pieces through the palms of your hands and then rolling on the kneading surface.
9. Place ropes on baking sheet. Cross the left side of each rope over the middle of the rope, creating a loop. Then fold the right side of each rope up and over the first loop to form pretzel shape.
10. Place pretzels on baking sheet about 3" (8 cm) apart. Enlarge holes in pretzels by inserting thumb and index fingers into holes and stretching them a little.
11. In a small bowl beat egg and water. Brush on pretzels and then sprinkle on salt.
12. Bake for 15 – 20 minutes or until golden brown. Pretzels taste best when warm.

PREP TIP

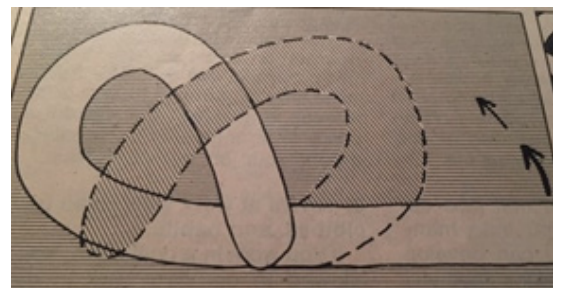


Begin with 3 ½ cups (825 mL) all-purpose flour. Then add extra flour as necessary.

NUTRITION NUGGET



Replace sea salt with flax seeds, poppy seeds or sesame seeds.



QUICK PIZZA CRUST

Need a quick meal? This pizza base is just the thing. Reduce food waste. Use up small bits of vegetables, meats, and cheese that might be sitting in the refrigerator. Anything goes when it comes to pizza.

Yield: 1 pizza crust - approximately 14" (35 cm)

Preparation Time: 15 minutes

Rising Time: 10 minutes resting time

Baking Time: 18 – 20 minutes

Equipment: food processor fitted with dough blade mixer or stand mixer, dry measures, liquid measuring cup, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, prep bowls, wooden spoon, rubber scraper or dough scraper, kneading surface, cutting board, sharp knife, cheese grater, greased baking sheet or pizza pan, oven mitts, hot pad

Ingredients:

- 1 tbsp (15 mL) cornmeal
- 2 – 2 ¼ cups (500 – 625mL) all-purpose flour
- 1 pkg or 2 ¼ tsp (11 mL) instant yeast
- ½ tsp (1 mL) salt
- ½ tsp (1 mL) sugar
- ¾ cup (200 mL) very warm water - 120 - 130°F (49 - 55°C)
- 1 tbsp (15 mL) vegetable oil + a little more for greasing hands
- Pizza toppings of choice e.g., 1 cup (250 mL) tomato sauce, thinly sliced red onion, sliced mushrooms

PREP TIP

Stretch and fold the dough into the centre of the dough ball. This will help to develop the gluten.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 425°F (220°C).
4. Sprinkle cornmeal on greased baking sheet or pizza pan.
5. Place 2 cups (500 mL) of the flour, yeast, salt, and sugar in the bowl of the food processor or stand mixer. Blend together.
6. Add vegetable oil to warm water. With the processor or mixer running, slowly pour it into the dry ingredients. Continue to process or mix the dough for about 1 – 2 minutes or until the dough forms a soft ball. Add more flour, if needed OR more water if needed, to make a smooth ball.
7. Turn dough onto lightly floured surface. Knead slightly. Cover with processor or mixing bowl and let rest for 10 minutes. This will give time to prepare pizza toppings.
8. Fold dough into the centre 3 or 4 times. Knead lightly.
9. Grease hands and place dough on baking sheet or pizza pan. Push dough out to form pizza crust. Form a thick rim around the outside.
10. Cover with favourite toppings beginning with tomato sauce and finishing with cheese.
11. Bake on the bottom rack for about 18 – 20 minutes.

NUTRITION NUGGET



Try replacing part of the all-purpose flour with whole wheat flour.

ITALIAN STYLE BREADSTICKS

Crunchy breadsticks make for good snacks or accompaniments with soup, salads, and casseroles. A great addition to charcuterie boards, too.

Yield: about 30 thin breadsticks

Preparation Time: 30 minutes

Rising Time: 20 minutes

Baking Time: 20-25 minutes

Equipment: dry measures, liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, wooden spoon, large mixing bowl, electric mixer or stand mixer, prep bowls, sharp knife or pizza cutter, a lightly floured kneading surface, pastry brush, parchment lined baking sheets, clean damp tea towel, small bowl, fork, oven mitts, wire cooling rack

Ingredients:

- 2/3 cup (150 mL) warm water -100 –110°F (38 - 43°C)
- 1 pkg or 2 ¼ tsp (11 mL) active dry yeast
- Pinch of sugar
- 1 tsp (5 mL) salt
- ¼ cup (60 mL) olive oil (first amount)
- 1 tbsp (15 mL) sugar
- 2 – 2 ¼ cup (500 – 550 mL) all-purpose or bread flour
- 1 tbsp (15 mL) olive oil (second amount)
- 1 egg white
- 1 tbsp (15 mL) water
- Coarse sea salt, sesame seeds or poppy seeds (optional)

PREP TIP

Aim for a consistent size and shape when rolling the dough sticks so that they will bake evenly.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Rinse large mixing bowl or stand mixer bowl in hot water. Pour in warm water. Add a pinch of sugar and stir to dissolve. Sprinkle yeast over water. Let stand until frothy, about 10 minutes.
4. Stir well and then stir in salt, olive oil (first amount), and sugar.
5. Add 1 cup (250 mL) flour. Beat with electric mixer or paddle attachment until mixture is smooth.
6. Gradually add remaining flour to make a dough that is easy to handle. A stand mixer can do this or use a wooden spoon to work in remaining flour.
7. Turn dough onto the lightly floured kneading surface. Knead until smooth and elastic, about 5-8 minutes.
8. Shape dough into a long roll, about 10" (25 cm). Using a pizza cutter or sharp knife, cut dough into about 30 pieces.
9. Dust hands with flour and roll by hand each piece of dough into an 8" (20 cm) stick. Place sticks on parchment lined baking sheets.
10. Using a pastry brush, lightly brush each bread stick with a little olive oil (second amount). Cover with a damp tea towel. Set in a warm place to rise, about 20 -25 minutes or until doubled in size.
11. Preheat oven to 350°F (180°C).
12. Beat egg white with water. Brush over bread sticks. Sprinkle with seeds, if using.
13. Bake for 20 – 25 minutes or until golden brown.

NUTRITION NUGGET



Refrigerate any left-over egg white. Use in scrambled eggs or omelets.

UNLEAVENED BREAD CRACKERS (MATZA/MATZO/MATZAH)

Flour and water combine to make this cracker-like bread. In the Jewish tradition, all ingredients must be Kosher (fit for Jewish law) and the entire process is timed to be completed in 18 minutes.

Yield: 8 Matzah style breads

Preparation Time: 15-20 minutes

Rising Time: none

Baking Time: 4 minutes

Equipment: dry measuring cups, liquid measures, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, measuring spoons, mixing bowl, fork, dough scraper, metal spatula, rolling pin, kneading surface, baking sheet, oven mitts, wire cooling rack

Ingredients:

- 1 cup (250 mL) all-purpose flour
- 1/3 cup (80 mL) water
- + extra flour for kneading and rolling
- 1 tsp (5 mL) olive oil (optional)
- ½ tsp (2 mL) sea salt (optional)

PREP TIP

Take special care when removing the hot baking sheet from the oven. Use hot mitts and a hot pad for the baking sheet.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 475°F (250°C). Set baking sheet in the oven to preheat.
4. Place all-purpose flour in mixing bowl. Slowly add the water while stirring with a fork. Stir until the dough forms a rough ball.
5. Turn the ball of dough onto a well-floured kneading surface. Knead quickly until the dough is smooth, about 1-2 minutes.
6. Divide the dough into 8 pieces. First cut the ball of dough in quarters, then cut each quarter in half.
7. Using lightly floured rolling pin roll each piece very thin adding a little extra flour to keep the pieces from sticking.
8. Pierce the bread rounds with a fork. Flip the rounds over and pierce the back, too. Use lots of piercings.
9. Carefully remove the hot baking sheet from the oven. Place the bread rounds on the sheet. A metal spatula may help.
10. Return the baking sheet to the top rack of the oven and bake for 2 minutes. Carefully turn the rounds and bake for an additional 2 minutes. The end product should be lightly browned and crisp.
11. Transfer to a wire rack to cool. If desired, brush with a little olive oil and sprinkle with sea salt.



BASIC WHITE BREAD (TRADITIONAL)

Yield: 2 loaves using loaf pans sized 8 x 4 x 2 ½" (20 x 10 x 6 cm)

Preparation Time: 25 minutes

Rising Time: 2 rising times, 1 hour each

Baking Time: 35-40 minutes

Equipment: dry measures, liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small prep bowls, large mixing bowl or stand mixer, electric beater if not using stand mixer, small saucepan or microwave safe bowl, wooden spoon, rubber scraper or bench scraper, food safe thermometer, fork, floured kneading surface, 2 greased loaf pans - 8 x 4 x 2 ½" (20 x 10 x 6 cm), rolling pin (optional for shaping loaves), clean damp tea towel, pastry brush (If brushing risen dough with an egg-white wash or cornstarch wash), wire cooling rack, oven mitts

Ingredients:

- 1 cup (250 mL) milk
- 2 tbsp (30 mL) granulated sugar (first amount)
- 2 tsp (10 mL) salt
- 2 tbsp (30 mL) butter
- 1 cup (250 mL) warm water - 110 - 120°F (45 - 55°C)
- 1 tsp (5 mL) granulated sugar
- 1 pkg or 2 ¼ tsp (11 mL) active dry yeast
- 4 – 5 cups (1000 – 1250 mL) all-purpose flour
- Vegetable oil for greasing bowl and loaf pans
- + extra flour for kneading and rolling

PREP TIP

Stirring vigorously with a wooden spoon can replace the use of an electric mixer or stand mixer.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Heat milk, sugar (first amount), salt and butter in a small saucepan or microwave safe bowl. Cool to lukewarm, about 105 - 110°F (40 - 45°C). Check temperature with food safe thermometer.
4. Pour warm water into a large mixing bowl or stand mixer bowl. Stir in granulated sugar (second amount). Sprinkle yeast over this mixture. Let stand 10 minutes or until frothy.
5. Using a fork, stir yeast mixture. Add lukewarm milk mixture. Stir well.
6. Add 3 cups (750 mL) all-purpose flour. Using electric beater or paddle attachment in stand mixer, beat until smooth, about 3 minutes. Remove beaters. Scrape sides of bowl.
7. Add remaining flour a little at a time to make a stiff dough. Use a wooden spoon or the dough hook of the stand mixer. Dough may be kneaded in the stand mixer or turned onto floured kneading surface.
8. Knead dough until smooth and elastic, about 10 minutes. Shape into a ball.
9. Wash and dry mixing bowl. Lightly grease with vegetable oil. Place ball of dough in the greased bowl. Rotate to ensure all surfaces are lightly covered with vegetable oil. Cover with a damp clean tea towel.
10. Set in a warm place to rise. Dough should double in size, about 1 hour.
11. Punch down dough. Pull edges to centre. Reshape into a ball, kneading lightly. Cover with the mixing bowl and leave for 10 minutes.
12. Shape dough into 2 loaves. Place dough in greased loaf pans. Cover as before and let rise until doubled in size, about 1 hour.
13. Preheat oven to 400°F (200°C).
14. Bake for 35 – 40 minutes. Crusts should be golden brown. Bottoms of loaves will sound hollow when tapped.
15. Remove from pans, loosening sides with a table knife, if necessary. Cool on wire racks.

BASIC WHITE BREAD (INSTANT YEAST)

Yield: 2 loaves (using loaf pan size 8 x 4 x 2 ½" (20 x 10 x 6 cm))

Preparation Time: 20 minutes

Rest Time: 10 minutes

Rising Time: 45 minutes

Baking Time: 30-35 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small prep bowls, wooden spoon, large mixing bowl, microwave safe bowl or small saucepan for heating liquids, food safe thermometer, surface for kneading, clean damp tea towel, 2 well-greased loaf pans sized 8 x 4 x 2 ½" (20 x 10 x 6 cm), oven mitts, wire rack

Ingredients:

- 2 cups (500 mL) water
- ½ cup (125 mL) milk
- 3 tbsp (45 mL) butter
- 6 ½ cups (1625 mL) all-purpose flour
- 3 tbsp (45 mL) granulated sugar
- 2 tsp (10 mL) salt
- 2 ¼ tsp (11 mL) instant yeast

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Heat water, milk and butter in a small bowl in the microwave oven. Alternatively heat on top of the stove using a saucepan. Liquid needs to be hot 120 - 130°F (49 - 55°C). Check temperature with food safe thermometer.
4. Set aside 1 cup (250 mL) flour. Combine remaining flour, sugar, salt and instant yeast in a large mixing bowl or bowl of stand-mixer. Blend well using wooden spoon or paddle attachment in stand mixer.
5. Slowly add hot liquids and mix well.
6. Mix in enough reserved flour to make a soft dough that does not stick to the side of the bowl.
7. Turn out onto floured kneading surface and knead until smooth and elastic, 8 – 10 minutes. If using a stand mixer, use dough hook for kneading.
8. Cover dough with mixing bowl turned upside down and allow dough to rest for ten (10) minutes.
9. Divide dough in half and shape into two (2) loaves. Place in well-greased loaf pans. Cover with a damp clean tea towel and let rise in a warm place until doubled in bulk, about 45 minutes.
10. Preheat oven 400°F (200°C).
11. Bake for 30-35 minutes.
12. Remove from pans, loosening sides with a table knife, if necessary. Cool on wire rack.

WHOLE WHEAT BREAD

Recipes for white bread can often be used to make whole wheat bread. Simply replace up to half of the all-purpose or bread flour with whole wheat flour. Honey adds a nice flavour to this recipe.

Yield: 2 loaves using pans 9 x 5 x 3" (23 x 13 x 8 cm)

Preparation Time: 25 minutes

Rising Time: 1 hour x 2

Baking Time: 40-45 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small prep bowls, wooden spoon, large mixing bowl, microwave safe bowl or small saucepan for heating liquids, food safe thermometer, surface for kneading, dough scraper, clean damp tea towel, 2 well-greased loaf pans 9 x 5 x 3" (23 x 13 x 8 cm), serrated knife, oven mitts, wire rack

Ingredients:

- ½ cup (125 mL) warm water - 110 - 120°F (45-55°C)
- ¼ tsp (1 mL) sugar
- 2 packages or 4 ½ tsp (22 mL) active dry yeast
- 1 ½ cups (375 mL) water
- 1/3 cup (80 mL) honey
- ¼ cup (60 mL) shortening
- 1 tbsp (15 mL) salt
- 3 cups (750 mL) whole wheat flour
- 3 – 4 cups (750 mL – 1000 mL) all-purpose flour
- Vegetable oil or shortening for greasing bowl and pans
- + extra flour for kneading and rolling
- Extra whole wheat flour for sprinkling on the top

NUTRITION NUGGET

Whole Wheat Bread contains about 3 times more fibre than white bread. Eating fibre rich foods is encouraged as part of a healthy diet.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Rinse mixing bowl with hot water. Pour warm water into warmed mixing bowl or stand mixer bowl. Stir in sugar to dissolve. Sprinkle active dry yeast over top and leave for 10 minutes.
4. Meanwhile, heat water, honey and shortening in a small bowl in the microwave oven. Alternatively, heat on top of the stove using a saucepan. The honey and shortening should be melted. Cool to 105–115° F (41–46°C). Check with food safe thermometer.
5. Stir yeast mixture. Add the water, honey and shortening mixture. Stir well.
6. Add salt and whole wheat flour and mix well using wooden spoon.
7. Stir in enough all-purpose flour to make a dough that is easy to handle.
8. Turn dough onto lightly floured kneading surface and knead until smooth and elastic, adding more flour as necessary to prevent sticking. Knead for about 10 minutes.
9. Wash and dry mixing bowl. Grease mixing bowl and set dough in the bowl, turning to grease all surfaces of the dough.
10. Cover with a clean damp tea towel and place in a warm place to rise, approximately 1 hour or until doubled in bulk.
11. Punch down the dough. Pull edges into the centre and roll into a ball. Divide ball in half. Shape into loaves and place in well-greased loaf pans. Sprinkle lightly with whole wheat flour. Cover with clean tea towel and set in warm place to rise – about 1 hour.
12. Preheat oven to 375°F (190°C).
13. Using a serrated knife make four (4) diagonal slashes on the dough.
14. Bake for 40-45 minutes or until loaves are a deep golden brown and sound hollow when tapped.
15. Remove from pans, loosening sides with a table knife, if necessary. Cool on a wire rack before slicing.

MULTI-GRAIN FREE FORM BREAD

Discover a variety of grains and seeds in this easy multi-grain bread. Multi-grain cereals can be easily found in grocery stores, health food stores and bulk food stores. Experiment with different combinations.

Yield: 1 loaf or 2 small loaves

Rising Time: 30-35 minutes

Baking Time: 35-40 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small saucepan or microwave safe bowl, large mixing bowl, food safe thermometer, fork, small prep bowls, wooden spoon, dough scraper, kneading surface, clean damp tea towel, baking sheet lined with parchment paper or greased, pastry brush, wire cooling rack, oven mitts

Ingredients:

- 1 ½ cups (375 mL) water
- 1 cup (250 mL) multi-grain cereal
- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 1 package or 2 ¼ tsp (11 mL) instant yeast
- 1 tsp (5 mL) salt
- 1 tbsp (15 mL) granulated sugar
- ¼ cup (60 mL) molasses
- 2 tbsp (30 mL) butter
- 1 egg
- All-purpose flour for kneading (about ½ cup (125 mL))
- 1 egg white
- 1 tbsp (15 mL) water
- 2 tbsp (30 mL) multi-grain cereal (second amount)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Heat water to 120 – 130°F (49 - 55°C). Use a saucepan and range top OR a microwave safe bowl and a microwave oven. Check temperature with thermometer.
4. Add multi-grain cereal to the hot water and set aside for 5 minutes.
5. Measure out 1 cup (250 mL) of the all-purpose flour and set aside.
6. In large mixing bowl combine remaining flour (1 cup/250 mL), whole wheat flour, yeast, salt and sugar.
7. Add molasses and butter to the water-multi-grain mixture. Stir well and then stir this mixture into the flour mixture using a wooden spoon. Beat well.
8. Beat egg in a small prep bowl using a fork. Add this to the batter mixture. Stir well.
9. Mix in enough reserved flour to make a soft dough that doesn't stick to the sides of the bowl.
10. Sprinkle a little flour on a kneading surface. Turn dough out onto the surface. Clean bowl with a dough scraper. Knead for 5 minutes adding small amounts of flour to prevent sticking.
11. Shape dough into a round, about 6" (15 cm). Place on prepared baking sheet. Cover with a clean damp tea towel. Let rise for about 30 -35 minutes.
12. Preheat oven to 375°F (190°C).
13. Beat egg white with water using a fork. (Store egg yolk covered with water in refrigerator for a later use). Brush the egg white wash onto the surface of the dough using a pastry brush. Sprinkle with the multi-grain cereal.
14. Bake for 35 – 40 minutes. Cool on wire racks.

PREP TIP



The strength of the molasses can make an interesting taste difference. Molasses is made during the refining of sugar cane and sugar beets. Juice is squeezed from the cane or beets and boiled to a syrupy mixture from which sugar crystals are extracted. The remaining brownish-black liquid is molasses. Light molasses comes from the first boiling. It is light in flavour and colour. Dark molasses is from the second boiling. It is darker, thicker and less sweet. Blackstrap molasses comes from the third boiling. It is very thick and somewhat bitter.

RYE BREAD

Rye flours contain less protein than all-purpose and bread flours. Therefore, all-purpose or bread flours must be used with rye flour to produce sufficient gluten. Rye flour is heavier and darker in colour than most other flours and produces dark, dense loaves. Look for different types of rye flours in grocery stores and health food stores.

Yield: 1 loaf using 9 x 5 x 3" (23 x 13 x 8 cm) pan)

Preparation Time: 15-20 minutes

Rising Time: Rest 10 min, Rising 40 min

Baking Time: 30 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, large mixing bowl, small saucepan or microwave safe bowl, small prep bowls, wooden spoon, rubber scraper or bench scraper, food safe thermometer, lightly floured kneading surface, greased loaf pan - 9 x 5 x 3" (23 x 13 x 8 cm), clean damp tea towel, wire cooling rack, oven mitts

Ingredients:

- 3 cups (750 mL) all-purpose or bread flour
- 2 cups (500 mL) rye flour
- 2 tsp salt (10 mL) salt
- 1 pkg or 2 ¼ tsp (11 mL) instant yeast
- 1 tbsp (15 mL) caraway seeds (optional)
- 1 cup (250 mL) milk
- ¾ cup (175 mL) water
- ¼ cup (60 mL) molasses
- 1 tbsp (15 mL) butter
- + extra flour for kneading and shaping

PREP TIP

Caraway seeds are a savory spice used in traditional European breads such as rye. They present a distinct flavour and add a nutty like texture to the bread.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Measure 1 cup (250 mL) of the all-purpose or bread flour. Set aside.
4. In a large mixing bowl, combine remaining all-purpose flour or bread flour, rye flour, salt and yeast. Stir in caraway seeds, if using.
5. Heat milk, water, molasses and butter in a small saucepan on the range top or in a microwave safe measure. Temperature should be 120 - 130° F (49 - 55°C). Use the thermometer to check.
6. Stir hot liquid mixture into dry ingredients using a wooden spoon. Mix in enough reserved flour to make a stiff dough.
7. Turn dough onto lightly floured kneading surface. Knead for 6 -8 minutes or until smooth and somewhat elastic. Add flour as needed to prevent sticking. Shape into a ball.
8. Cover dough ball with mixing bowl and let rest for 10 minutes.
9. Shape dough and place in greased loaf pan. Cover with clean damp tea towel. Let rise in a warm place until doubled, about 40 minutes.
10. Preheat oven to 375°F (190°C).
11. If desired, brush top with egg white wash or cornstarch wash.
12. Bake for 30 minutes.
13. Remove from pans, loosening sides with a table knife, if necessary. Cool on wire racks.

PREP TIP

Use an egg white wash or a cornstarch wash to make a shiny crust. Combine egg white with 1 tbsp (15 mL) water and brush on risen dough before baking.

For cornstarch wash, heat 1 tbsp (15 mL) cornstarch and ¼ cup (60 mL) water in microwave. Brush on risen dough before baking.

APPLE CHEDDAR DROP BISCUITS

Apples and cheese are perfect go-togethers. These tasty drop biscuits combine those flavours in a quick bread-like treat for just about any meal or snack.

Yield: 12 biscuits

Preparation Time: 15-20 minutes

Rising Time: None

Baking Time: 15 minutes

Equipment: dry and liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, cutting board, apple corer, paring knife, box grater, two knives or pastry blender, large mixing bowl, fork, parchment-lined baking sheet, $\frac{1}{4}$ cup (50 mL) dry measure, rubber scraper, oven mitts, wire cooling rack

Ingredients:

- 1 $\frac{3}{4}$ cup (450 mL) all-purpose flour
- 1 tbsp + 1 tsp (20 mL) baking powder
- 1 tbsp (15 mL) granulated sugar
- $\frac{1}{2}$ tsp (2mL) salt
- $\frac{1}{4}$ cup (50 mL) cold butter
- 1 cup (250 mL) shredded old Cheddar cheese
- 1 large, unpeeled apple finely diced about 1 cup (250 mL)
- $\frac{3}{4}$ cup (200 mL) milk

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 425°F (215°C).
4. In large mixing bowl combine flour, baking powder, sugar and salt.
5. Cut in butter using two (2) knives or pastry blender. Butter should be the size of small peas.
6. Toss in grated cheese and finely diced apple.
7. Make a well in the centre of the mixture and pour in the milk. Use fork to thoroughly combine the dry and wet ingredients. The batter will be stiff. Do not overstir.
8. Using a $\frac{1}{4}$ cup (50 mL) measure and rubber scraper, drop batter onto prepared baking sheet. There should be 12 biscuits. Leave about 1 $\frac{1}{2}$ inches (4 cm) between each biscuit.
9. Bake in the hot oven for about 15 minutes.
10. Serve warm with butter and jam, if desired.



HAMBURGER BUNS

Dress up burgers with these delicious buns. Use this recipe for a pan of dinner rolls, too.

Yield: 10 average sized hamburger buns, 12 -15 slider style

Preparation Time: 20 minutes

Rising Time: 2 hours (first rise), 1 hour (second rise)

Baking Time: 15-20 minutes

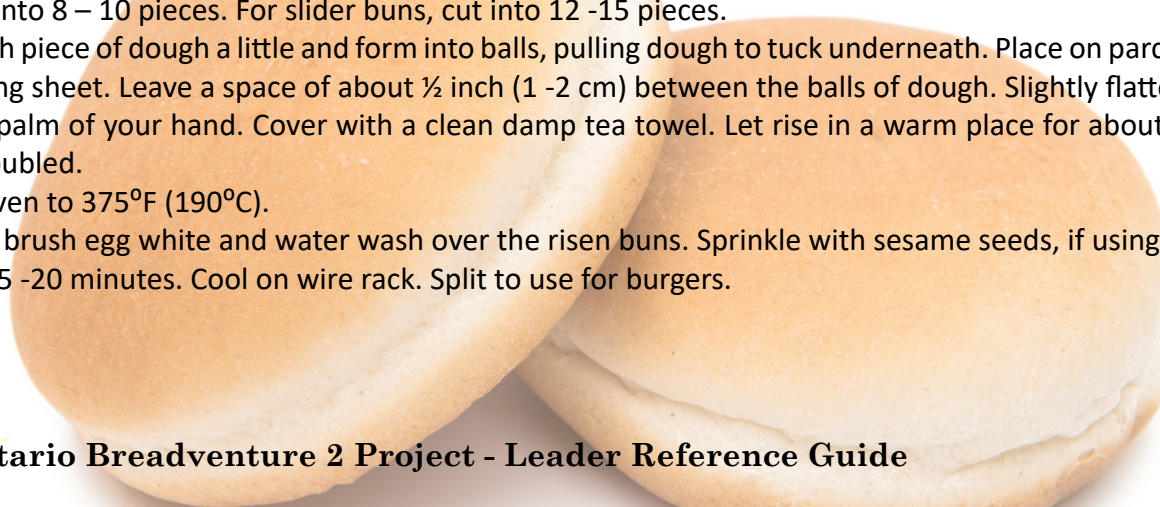
Equipment: dry measures, liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small prep bowls, stand mixer or large bowl, wooden spoon, kneading surface (if not using a stand mixer), fork, lightly oiled bowl for rising, bench scraper, clean damp tea towel, parchment-lined baking sheet, oven mitts, cooling rack

Ingredients:

- 1 cup (250 mL) warm water - 110 - 120°F (45-55°C)
- ½ tsp (2 mL) granulated sugar
- 1 pkg or 2 ¼ tsp (11 mL) dry active yeast
- 3 tbsp (45 mL) butter, melted
- 2 tbsp (30 mL) granulated sugar
- 1 tsp (5 mL) salt
- 1 egg, beaten
- 3 ½ cups (875 mL) all-purpose flour
- Vegetable oil for greasing bowl for rising dough
- + extra flour for kneading and shaping
- 1 egg white beaten with 1 tbsp (15 mL) water (optional)
- 1 tbsp (15 mL) sesame seeds (optional)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Rinse stand mixer bowl or large mixing bowl with hot water. Pour in warm water. Sprinkle with the ½ tsp (2 mL) sugar. Stir to dissolve.
4. Sprinkle dry active yeast over the water-sugar mixture. Let stand 10 minutes until the mixture is frothy.
5. Stir in melted butter, 2 tbsp (30 mL) granulated sugar, salt and beaten egg.
6. Add 3 cups (750 mL) of flour. If using a stand mixer, use a dough hook and knead until the flour has been incorporated. If the dough remains sticky, continue adding the remaining flour a tablespoon at a time until the dough is smooth and elastic and stops sticking to the bottom of the bowl. Alternatively, add flour to the mixture in the mixing bowl. When no longer easy to stir, knead remaining flour into the dough on floured kneading surface. Take care to only add extra flour as needed to prevent sticking.
7. Form dough into a ball and place in the lightly oiled bowl. Turn to grease all surfaces. Cover with clean damp tea towel. Place in a warm, draft free place to let rise for about 2 hours or until doubled in size.
8. Form dough into a log and cut into desired number of buns using bench scraper. For average sized hamburger buns, cut into 8 – 10 pieces. For slider buns, cut into 12 -15 pieces.
9. Knead each piece of dough a little and form into balls, pulling dough to tuck underneath. Place on parchment-lined baking sheet. Leave a space of about ½ inch (1 -2 cm) between the balls of dough. Slightly flatten each using the palm of your hand. Cover with a clean damp tea towel. Let rise in a warm place for about 1 hour or until doubled.
10. Preheat oven to 375°F (190°C).
11. If desired, brush egg white and water wash over the risen buns. Sprinkle with sesame seeds, if using.
12. Bake for 15 -20 minutes. Cool on wire rack. Split to use for burgers.



ENGLISH MUFFINS IN A LOAF

(adapted from Breadventure)

This batter bread requires no kneading and only one rising. It is crusty on the outside but tender on the inside with lots of air pockets. These soak up condiments such as butter, jam or cream cheese to make a delicious taste.

This moist bread is best toasted.

Yield: 2 loaves using loaf pan size 8 x 4 x 2 ½ "(20 x 10 x 6 cm)

Rising Time: 30 minutes

Baking Time: 25-30 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, microwave-safe measuring cup or bowl or small saucepan, food safe thermometer, electric mixer, large mixing bowl, small prep bowls, wooden spoon, pliable dough or bench scraper or rubber spatula, 2 well-greased loaf pans 8 x 4 x 2 ½" (20 x 10 x 6 cm), greased waxed paper, oven mitts, wire cooling rack

Ingredients:

- 2 ½ cups – 3 ½ cups (625 mL – 875 mL) all-purpose flour
- 1 ½ cups (375 mL) whole wheat flour
- 2 packages or 4 ½ tsp (22 mL) instant yeast
- 1 tbsp (15 mL) sugar
- 2 tsp (10 mL) salt
- ¼ tsp (1 mL) baking soda
- 2 cups (500 mL) milk
- ½ cup (125 mL) water
- Cornmeal – about 2 tbsp (30 mL) (for pans and tops)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Sprinkle cornmeal in well-greased loaf pans. Tip pans so that cornmeal sticks to the sides. Shake out any loose grains.
4. Combine 2 cups (500 mL) of the all-purpose flour, whole wheat flour, yeast, sugar, salt, and baking soda in a large mixing bowl.
5. Heat milk and water until hot - 120 - 130°F (49 - 55°C) using a small saucepan and range top or a microwave safe bowl and microwave oven. Check temperature with food safe thermometer.
6. Add liquids to dry ingredients. Beat with electric mixer on low for 30 seconds, then high for 3 minutes.
7. Using a wooden spoon stir in enough remaining flour to make a very stiff batter.
8. Divide batter into the loaf pans. This is tricky because the batter is very soft. Use pliable bench scraper or rubber spatula to help.
9. Sprinkle the tops lightly with cornmeal.
10. 10. Cover filled pans with greased waxed paper and place in a warm area. Let rise 30 minutes or until doubled in size.
11. Preheat oven to 400°F (200°C).
12. Bake 25 minutes.
13. Remove from pans, loosening sides with a table knife, if necessary. Cool completely on wire rack before slicing.

PREP TIP

Out of whole wheat flour? Substitute all-purpose for the entire amount of flour.

PREP TIP

The batter should be so stiff that a spoon will stand upright.

PREP TIP

Watch the rising. Avoid letting the sticky dough touch the greased wax paper. Otherwise, it will be difficult to separate the dough from the paper and the loaves may collapse.

CHEESE BREAD

(adapted from Breadventure)

Be sure to use an aged Cheddar Cheese to enjoy the wonderful cheese flavour in this easy to make batter bread.

Yield: 2 loaves using loaf pans sized 8 x 4 x 2 ½" (20 x 10 x 6 cm)

Preparation Time: 20 minutes

Rising Time: 30 - 40 minutes

Baking Time: 30-35 minutes

Equipment: liquid and dry measures, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, measuring spoons, large mixing bowl, small prep bowls, wooden spoon, cheese grater, small microwave-safe bowl or small saucepan, food safe thermometer, 2 greased loaf pans (8 x 4 x 2 ½" (20 x 10 x 6 cm), clean damp tea towel or greased waxed paper, oven mitts, wire rack

Ingredients:

- 4 cups (1000 mL) all-purpose flour
- 1 cup (250 mL) grated Cheddar cheese
- ¼ cup (50 mL) granulated sugar
- 2 tsp (10 mL) salt
- 1 pkg or 2 ¼ tsp (11 mL) instant yeast
- 1 cup (250 mL) milk
- ½ cup (125 mL) water
- ¼ cup (50 mL) butter
- 1 egg, slightly beaten
- 2 tbs (30 mL) grated Parmesan cheese

PREP TIP

Experiment with other popular Canadian cheeses such as Oka, Gouda and Colby to make this delicious bread.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Measure 1 cup (250 mL) flour. Set aside.
4. Combine remaining flour, cheese, sugar, salt, and yeast in large mixing bowl. Stir well using a wooden spoon.
5. Heat milk, water and butter in microwave oven or in a small saucepan until hot 120 - 130°F (49 - 55°C). Check temperature with food safe thermometer.
6. Stir hot liquids into dry ingredients using wooden spoon. Beat well for 2 or 3 minutes. Stir in beaten egg.
7. Add as much of the reserved flour as needed to make a very stiff batter.
8. Spoon the batter into the two (2) loaf pans. Sprinkle with Parmesan cheese. Cover and set in a warm place until doubled in size, about 30 – 40 minutes.
9. Preheat oven to 350°F (180°C).
10. Bake loaves for 30 – 35 minutes.
11. Remove from pans, loosening sides with a table knife, if necessary. Cool on wire rack

PREP TIP

Watch the rising. Avoid letting the sticky dough touch the greased wax paper. Otherwise, it will be difficult to separate the dough from the paper and the loaves may collapse

FRENCH COUNTRY BREAD USING POOLISH

This French bread recipe is an authentic way of making a truly delectable loaf of bread. A country bread usually contains whole-wheat or rye flour. Be aware that the process is quite long but the rewards are great.

Yield: 2 free form loaves

Rising Time: 8 hours or 12 – 15 hours (refrigerator) for polish, 1st rising – 2-3 hours, 2nd rising 1 ½ - 2 hours

Baking Time: 40-45 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small bowl for mixing polish, fork, large mixing bowl, wooden spoon, pliable dough scraper or rubber spatula, kneading surface, sharp knife, large parchment-lined baking sheet, tea kettle, large pan to set in oven during baking, clean tea towels, oven mitts, wire racks.

Polish Ingredients:

- ½ tsp (2 mL) active dry yeast
- ½ cup (125 mL) water (room temperature)
- ¾ cup (200 mL) whole wheat flour

PREP TIP

The polish is ready when it is bubbly and loose with a definite smell of fermentation.

Method:

1. Read the entire recipe.
2. Assemble ingredients and equipment (mise en place).
3. Dissolve yeast in water.
4. Using a wooden spoon, stir in flour until mixture forms a thick batter.
5. Beat as hard as possible, about one hundred (100) strokes.
6. Cover with a clean damp tea towel and let sit at least 2 hours at room temperature. Longer is best – 8 hours.
7. The polish can ripen in the refrigerator for 12 – 15 hours but it will need to come to room temperature before proceeding. This may take an extra 2 hours.

French Bread Ingredients:

- All of the polish
- 2 ½ cups (625 mL) water (room temperature)
- ½ tsp (2 mL) active dry yeast
- 5 ½ cups – 6 ½ cups (1375 – 1625 mL) all purpose or bread flour
- 1 tbsp (15 mL) sea salt
- Vegetable oil
- + extra flour for kneading and shaping

Method:

1. Scrape polish into large mixing bowl. Add water and yeast. Using a fork, stir until the polish is broken up and the mixture is frothy.
2. Add flour one (1) cup (250 mL) at a time, stirring with a wooden spoon. Add flour until the dough becomes too difficult to stir, then turn out onto a well-floured kneading surface. Knead for 10-12 minutes adding flour as necessary to prevent sticking.
3. Sprinkle the salt over the dough and knead for an additional 5-7 minutes. Add as little flour as possible. A moist dough makes for a chewy texture.
4. Press a finger into the dough. If it springs right back it is ready to shape into a ball. Place the ball in a well-oiled clean bowl. Turn the ball to coat with oil. Cover the bowl with a clean damp tea towel.
5. Let the dough rise at room temperature until doubled in volume, about 2 -3 hours or until an indentation remains when a finger is pressed into the dough.
6. Deflate the dough by pulling the edges of the dough into the centre. Consider using two (2) forks to do this.
7. Cover the bowl with a damp tea towel and let the dough rest for 30 minutes. This will relax the gluten.
8. Cut the dough into two (2) pieces and place on one (1) large, heavily floured parchment-lined baking sheet

or two (2) smaller ones. Dust the tops with flour.

9. Cover with damp tea towels and let rise for 1 ½ -2 hours, or until the loaves increase in size about 1 ½ times.
10. Preheat oven to 450°F (230°C). Adjust oven racks so that a large pan can be set on the lowest shelf and bread can be baked on the centre rack. Fill pan with boiling water from the teakettle.
11. Make several diagonal slits on the tops of the loaves using a very sharp knife.
12. Bake the loaves at 450°F (230°C) for 10 minutes. Then reduce temperature to 400°F (200°C). Bake for another 25 – 30 minutes.
13. Turn off the oven and let bread sit for 5 – 10 minutes before removing the loaves to cool on wire racks.
14. Resist the temptation to cut into the hot bread. Let loaves cool completely before slicing.



PIZZA DOUGH USING POOLISH

Make a batch of pizza dough. Use one ball of dough for a pizza supper. Wrap the other ball of dough in plastic wrap and tightly seal in a freezer bag. Dough can be frozen for up to three (3) months. Thaw the dough in the refrigerator, overnight. Rest dough for 30 minutes at room temperature before proceeding with pizza recipe.

Yield: 2 – 14" (35 cm) pizza crusts

Preparation Time: Polish – 5 minutes Dough – 10 – 15 minutes

Rising Time: Polish – 2 hours Dough – 2 hours or overnight (12 hours)

Baking Time: 20 minutes

Equipment: liquid and dry measures, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, measuring spoons, large mixing bowl, a second mixing bowl or the bowl of a stand mixer, fork, small prep bowls, wooden spoon, pliable dough scraper or rubber spatula, clean damp tea towel, floured work surface, well-greased large bowl (for rising dough), plastic wrap, sharp knife, pizza pan, oven mitts, wire cooling rack

Polish Ingredients:

- 1 ¼ cup (310 mL) all-purpose flour
- ½ tsp (2 mL) salt
- ¾ cup (200 mL) water (room temperature)

Method:

1. Read the entire recipe.
2. Assemble ingredients and equipment (mise en place) for the polish.
3. Combine flour and salt in a large mixing bowl or stand mixer.
4. Add water and stir well.
5. Cover with a clean damp tea towel. Let sit at room temperature for 2 hours or until doubled in volume.

Dough Ingredients:

- All of the polish
- 2 ½ cups (625 mL) all-purpose flour
- 2 tsp (10 mL) sugar
- 1 ½ tsp (7 mL) salt
- 1 cup (250 mL) water (room temperature)

- + extra flour for kneading and shaping
- Pizza toppings of choice

Method:

1. Assemble ingredients and equipment (mise en place) for the dough.
2. Combine flour, sugar, and salt in a mixing bowl or the bowl of a stand mixer. Set aside.
3. Pour water into the bowl of polish. Using a fork, stir well to dissolve the polish into the water.
4. Pour the polish-water mixture into the dry ingredients. Stir to make a shaggy dough.
5. Turn onto the floured work surface and knead for 5 – 8 minutes or until smooth. Alternatively, use the dough hook and the stand mixer. The dough will be soft and sticky. Use extra flour, if necessary.
6. Shape the dough into a soft ball. Place in the well-greased mixing bowl. Cover tightly with plastic wrap. Leave on kitchen counter for 2 hours or refrigerate overnight (12 hours).
7. Sprinkle the dough with flour. With floured hands retrieve the dough from the bowl and place on a well-floured surface. Shape into a ball. A little extra flour may be necessary. Cut in two pieces. Use one ball for pizza or freeze for later use.

PREP TIP

Pizza dough can be used for all sorts of great foods. Use for making bread sticks, focaccia, dinner rolls and savoury rustic pies.



RUSTIC NO-KNEAD BREAD #1

The success of this bread starts with a long fermentation both on the kitchen counter and in the refrigerator. Steam producing techniques create a crispy, chewy crust and a loaf that is very similar to a French or Italian bread.

Yield: 1 large free form loaf or 2 loaves approximately 8" (20 cm)

Preparation Time: 10 – 15 minutes, then shaping for 5 – 10 minutes

Rising Time: 1st rising-2-3 hours, 2nd rising - 12 hours and up to 36 hours, 3rd rising - 1 hour

Baking Time: 25 minutes

Equipment: dry measuring cups, liquid measure, measuring spoons, straight edge for levelling off, dessert- sized spoon for measuring flour, large mixing bowl, prep bowls, wooden spoon, plastic wrap or aluminum foil, large baking sheet sprinkled with cornmeal, sharp knife, bench or dough scraper, floured surface, damp tea towel, shallow pan approximately 9 x 13" (33 x 23 x5 cm), tea kettle filled with water, spray bottle with water, oven mitts, wire cooling rack

Ingredients:

- 3 ½ cups (875 mL) all-purpose or bread flour
- 2 tsp (10 mL) instant yeast
- 1 ¾ tsp (8 mL) salt
- 1 ½ cups (375 mL) water (room temperature)
- Cornmeal for baking sheet
- Flour for dusting loaf

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In a large mixing bowl and using the wooden spoon, stir together the flour, yeast, and salt.
4. Pour in the water and gently mix. The dough will be soft and shaggy but mix until all the flour is well moistened. The dough will be sticky.
5. Cover with plastic wrap or aluminum foil and set on the counter at room temperature for 2 – 3 hours. The dough should double in size. It will still be soft, but it will have lots of bubbles.
6. Place in the refrigerator and allow to rest for at least 12 hours and up to 36 hours. The dough will likely puff up. Deflate gently.
7. Turn the cold dough onto a floured surface. Knead a little, adding more flour, if necessary, to make the dough manageable. Shape into 1 large loaf or 2 smaller loaves and place on cornmeal dusted baking sheet. Dust loaves with flour. Loosely cover with a damp tea towel and allow to rise for about 1 hour.
8. Preheat oven to 475°F (246°C).
9. Boil the teakettle.
10. When oven has preheated set the shallow pan on the bottom rack. Pour in boiling water to half fill the pan.
11. Score the top of the loaves by cutting 3 slits about ½" (1.27 cm) diagonally. Spritz with water.
12. Quickly place the baking sheet on the middle rack over the pan of steaming water.
13. Bake for about 25 minutes depending on the size of the loaf. The bottom should sound hollow when tapped.
14. Remove the baking sheet to cool slightly and then remove the bread to fully cool on the rack.

RUSTIC NO-KNEAD BREAD #2

This rustic no-knead bread achieves an artisan quality because it is baked in a very hot oven and in a preheated Dutch oven cooking pot. Great care must be taken in placing the dough into the hot cooking pot.

Yield: 1 loaf

Preparation Time: 10 minutes

Rising Time: 1st rising – 8 hours to 24 hours 2nd – 30 minutes

Baking Time: 45-50 minutes

Equipment: dry measuring cups, liquid measure, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, large mixing bowl, small prep bowls, wooden spoon, plastic wrap or aluminum foil, sharp knife, bench or dough scraper, Dutch oven or heavy-lidded casserole dish, floured surface, parchment paper, oven mitts, wire cooling rack

Ingredients:

- 3 cups (750 mL) all-purpose flour
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) instant yeast
- 1 ½ cups (375 mL) warm water - 120°F (55°C)
- + extra flour for shaping

PREP TIP



If the dough looks wet and sticky, add more flour, up to ¼ cup (50 mL).

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Combine flour, salt, and yeast in a large mixing bowl.
4. Stir in the warm water. Mix until the dough looks dry and shaggy.
5. Cover the bowl with plastic wrap or aluminum foil. Set on kitchen counter for 8 -24 hours.
6. Wet hands and carefully pull the sticky dough out onto a well-floured surface. Use the pliable bench scraper or rubber spatula to help. Form a ball using a little extra flour, if necessary. Place on a large piece of parchment paper. Cover with mixing bowl. Let rest for 30 minutes.
7. While dough is resting, place Dutch oven cooking pot in oven. Preheat all to 450°F (230°C).
8. Make an “X” on the top of the dough with a sharp knife. Generously dust with flour.
9. Open the oven door. Using oven mitts set the lid of the Dutch oven to one side on the oven rack.
10. Pick up the parchment paper and the dough together. Carefully transfer into the hot Dutch oven. Replace the lid.
11. Bake covered for 30 minutes. Uncover and bake 15 – 20 minutes more or until crispy and golden brown.
12. Remove Dutch oven to a hot pad. Carefully remove lid. Lift parchment paper and bread together to a cooling rack. Cool completely before slicing.

PREP TIP



The oven and Dutch oven pot are very, very hot. Proceed with care. Use well-padded oven mitts.

REFRIGERATOR CRESCENT ROLLS

Refrigerated bread dough is an excellent convenience. The no-knead dough can be made ahead and refrigerated until needed, 2 hours and up to 3 days

Yield: 16 crescent rolls

Preparation Time: 20 – 25 minutes

Rising Time: 1st rising - 2 hours and up to 3 days, 2nd rising – 30 minutes

Baking Time: 15-20 minutes

Equipment: dry measuring cups, liquid measure, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, large mixing bowl or stand mixer bowl with paddle attachment, prep bowls, wooden spoon, large, oiled mixing bowl for rising, plastic wrap or aluminum foil, sharp knife, bench or dough scraper, floured surface, parchment lined or greased baking sheet, rolling pin, dinner knife, clean tea towel, pastry brush, oven mitts, wire cooling rack

Ingredients:

- 1 cup (250 mL) warm water 110 - 120°F (45-55°C)
- Generous pinch of sugar
- 1 pkg or 2 ¼ tsp (11 mL) active dry yeast
- 2 tbsp (30 mL) melted butter
- 2 tbsp (30 mL) sugar
- 1 tsp (5 mL) salt
- 1 egg
- 3 cups (750 mL) all-purpose flour
- 2 tbsp (30 mL) soft butter
- + extra flour for shaping

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Measure out 1 ½ cups (375 mL) of the flour. Set aside.
4. Pour warm water into mixing bowl or stand mixer bowl. Stir in the pinch of sugar. Sprinkle yeast over water. Let stand 10 minutes. Stir to dissolve yeast.
5. Add melted butter, sugar, salt, egg and 1 ½ cup (375 mL) flour. Beat until smooth 2-3 minutes.
6. Add remaining flour and beat well. The dough will be soft.
7. Transfer dough into the oiled mixing bowl for rising. Rotate dough to completely cover with vegetable oil.
8. Cover bowl with plastic wrap or foil. Refrigerate for at least 2 hours and up to 3 days. Dough may have to be punched down occasionally.
9. To make the crescents:
 - a. Turn dough onto lightly floured kneading surface. Roll out to a large circle, 12" (30 cm).
 - b. Spread dough with softened butter.
 - c. Using sharp knife or bench scraper divide circle in half, then each piece in half again and again so that there are 16 wedges.
 - d. Roll up each wedge beginning at wide end.
 - e. Place rolls on prepared baking sheet with points underneath. Curve ends of wedges to give crescent effect. Brush with soft butter.
 - f. Cover with a clean tea towel. Let rise for 30 minutes.
 - g. Preheat oven to 400°F (200°C).
 - h. Bake 15-20 minutes or until golden.

PREP TIP

After brushing with the wedges with soft butter, sprinkle finely chopped herbs and Parmesan cheese to make tasty dinner rolls.

TROIS BAGUETTES

This bread takes time, but the result is worth the effort. Be sure to freeze loaves if all three (3) cannot be used within a day or two. Otherwise, wrap loosely in a tea towel and store in a bread box.

Yield: 3 baguettes

Preparation Time: 20 minutes, another 15 minutes when shaping

Rising Time: 1st rising – 1 hour, 2nd rising - 8 hours (up to 24 hours), 3rd rising – 1 hour

Baking Time: 30 minutes

Equipment: dry measures, large liquid measuring cup, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, small prep bowls, wooden spoon, large mixing bowl, pliable dough scraper or rubber spatula, lightly floured kneading surface, sharp knife, parchment-lined baking sheet, oven mitts, wire cooling rack

Ingredients:

- 6 cups (1500 mL) all-purpose or bread flour
- 1 tbsp (15 mL) salt
- 1 tbsp (15 mL) sugar
- 1 pkg (2 ¼ tsp (11 mL)) instant yeast
- 2 cups (500 mL) warm water - 110-120°F (45-55°C)
- Vegetable oil
- A little extra flour for dusting baking sheet

PREP TIP

Warm ferment times combined with a cold ferment increases the flavour of these breads.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In a large mixing bowl combine the flour, salt, sugar and yeast.
4. Pour in the warm water and mix with a wooden spoon until a shaggy dough forms.
5. Turn the dough onto a lightly floured kneading surface. Knead the dough until smooth, about 5 -8 minutes. Add as little extra flour, as possible.
6. Wash and dry the mixing bowl and lightly coat with vegetable oil.
7. Place the ball of dough in the mixing bowl. Turn to coat so that all surfaces have a thin layer of oil. Cover dough with a clean damp tea towel and allow dough to rise until doubled in size, about 1 hour.
8. To deflate, draw sides of the dough to the centre. Cover tightly with plastic wrap or tin foil.
9. Refrigerate for at least 8 hours and up to 24 hours.
10. Remove from refrigerator. Turn out onto floured kneading surface. Knead a little and roll dough to a thick rope shape. Cut into 3 equal pieces.
11. Roll each piece of dough to form a 16" (40 cm) rope-like shape.
12. Sprinkle baking sheet with a little flour. Set loaves of dough on the baking sheet. Cover loosely with plastic wrap or damp tea towel. Let rise until doubled in size, approximately 1 hour.
13. Preheat oven to 450°F (230°C).
14. Meanwhile, fill tea kettle and set to boil.
15. Using a sharp knife, slash the tops several times cutting through by ½" (1 cm).
16. Working quickly set the shallow pan in the bottom of the oven. Pour in the boiling water from the tea kettle, approximately 4 cups (1 L). Quickly place the baking sheet on the shelf above the hot water. Shut the door so that the oven has a steamy environment in which to bake the bread. This will ensure a crisp crust.
17. Bake for about 30 minutes or until baguettes are crisp and golden.
18. Remove baguettes to wire rack to cool.

ANGEL BISCUITS

These unique biscuits combine both yeast and chemical leavening (baking soda and buttermilk, and baking powder). They make tasty meal additions but can also be the beginnings for slider size sandwiches. Tender and light with a good buttery flavour.

Yield: 12 – 15 biscuits depending on the size of the biscuit cutter

Preparation Time: 15 minutes

Rising Time: about 30 minutes

Baking Time: 12-15 minutes

PREP TIP

To break down the fat, try grating cold butter using a box grater instead of a pastry blender or 2 dinner knives.

Equipment: dry measures, liquid measures, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, 2 small bowls, prep bowls, fork, large mixing bowl, wooden spoon, pastry blender or two dinner knives for cutting in fat, lightly floured kneading surface, parchment-lined baking sheet, biscuit cutter, clean damp tea towel, pastry brush, oven mitts, wire cooling rack.

Ingredients:

- ¼ cup (60 mL) warm water - 100 - 110°F (38 - 43°C)
- Pinch of sugar
- 1 pkg or 2 ¼ tsp (11 mL) dry active yeast
- 2 ½ - 2 ¾ cups (625 – 700 mL) all-purpose flour
- 1 ½ tsp (12 mL) baking powder
- ½ tsp (2 mL) baking soda
- ½ tsp (2 mL) salt
- 1 tbsp (15 mL) sugar
- ½ cup (125 mL) cold butter
- 1 cup (250 mL) buttermilk
- 2 tbsp (30 mL) melted butter
- + extra flour for kneading and shaping

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Rinse small bowl with hot water. Pour in the warm water. Add pinch of sugar. Sprinkle with the yeast. Set aside for 10 minutes or until frothy.
4. In large mixing bowl, combine flour, baking powder, baking soda, salt, and sugar.
5. Cut-in the cold butter using a pastry blender or 2 dinner knives until the mixture resembles coarse crumbs.
6. Using a fork, stir the yeast mixture. Pour into the dry ingredients. Stir a little and then add the buttermilk. Stir until the mixture forms a soft ball.
7. Turn dough onto the lightly floured kneading surface. Knead a little. The dough will be soft.
8. Pat the dough into a ½" (1 cm) thickness. Cut into circles using a biscuit cutter and place on parchment-lined baking sheet. Re-roll scraps of dough and cut. A 2 ½" (7 cm) cutter should make 12 biscuits.
9. Cover with a clean damp tea towel and let rise for 30 – 45 minutes.
10. Preheat oven to 425F° (215°C).
11. Brush tops with melted butter. Bake 12 -15 minutes. Let cool on wire racks. Best served warm.

PREP TIP

Buttermilk can be substituted with sour milk. Pour 1 tbsp/15 mL white vinegar or lemon juice into a 1-cup /250 mL measure. Add regular milk to the 1 cup/250 mL line. Let sit for 5 minutes to curdle.

IRISH SODA BREAD

A satisfying bread to enjoy with a hearty stew or soup. Pull apart chunks of bread to dip in the gravy or broth.

Some soda bread recipes contain fat, this one does not and needs to be enjoyed on the day it is made.

Yield: 1 free form loaf

Preparation Time: 10 minutes

Rising Time: none

Baking Time: 45 minutes

Equipment: dry measures, large liquid measuring cup, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, small prep bowls, wooden spoon, large mixing bowl, pliable dough scraper or rubber spatula, lightly floured kneading surface, sharp knife, parchment-lined baking sheet, oven mitts, wire cooling rack

Ingredients:

- 1 ½ cup (375 mL) all-purpose flour
- 1 ½ cup (375 mL) whole-wheat flour
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) salt
- 2 tbsp (30 mL) honey or maple syrup
- 2 cups (500 mL) buttermilk
- A little extra flour

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 350°F (180°C).
4. In a large mixing bowl, combine flours, baking powder, baking soda and salt. Mix well.
5. Combine honey or maple syrup and buttermilk in large liquid measuring cup.
6. Pour liquid mixture into dry ingredients. Stir well.
7. Turn the dough onto the lightly floured kneading surface. Knead the dough for 1-2 minutes. Form the dough into a free form ball. Use a little extra flour, only if necessary. Place on parchment lined baking sheet.
8. Using a sharp knife make a cross on the loaf, piercing the dough about ½" (1 cm).
9. Bake for 45 minutes. Check for doneness by inserting a long, thin skewer into the centre. If it comes out clean, bread is done.

PREP TIP

Substitute other grain flours such as spelt for the whole-wheat flour. Look for these in bulk food stores.

PREP TIP

A food safe thermometer can measure doneness. Breads like soda bread are cooked when the internal temperature is around 200°F (93°C).

RASPBERRY MUFFINS

There's something about muffins that make them true comfort foods. These are quite moist and are best eaten the day they are made.

Yield: 12 large muffins

Preparation Time: 10 – 15 minutes

Baking Time: 25-30 minutes

Equipment: muffin tins, paper liners, preferably parchment, small bowl, fork, liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, large mixing bowl, medium mixing bowl, prep bowls, ice-cream scoop for scooping batter into muffin tins, rubber scraper, oven mitts, wire cooling rack

Topping Ingredients:

- 1/3 cup (80 mL) packed brown sugar
- 1/3 cup (80 mL) quick-cooking rolled oats
- 1 tsp (5 mL) ground cinnamon
- 2 tbsp (30 mL) butter, melted

Muffin Ingredients:

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 2 tsp (10 mL) baking powder
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) baking soda
- 2/3 cup (160 mL) packed brown sugar
- 1 egg
- 1 ½ cups (375 mL) milk
- ¼ cup (60 mL) butter, melted
- 2 tbsp (30 mL) lemon juice
- 1 ½ cups (375 mL) fresh or frozen raspberries

PREP TIP

Substitute other fruits such as blueberries, apricots or peaches for these wholesome muffins.

If using frozen fruit, do not thaw. Baking time may need to be increased.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 375°F (190°C).
4. Line 12 large muffin tins with paper liners.
5. Prepare topping by combining brown sugar, rolled oats, cinnamon, and melted butter in a small bowl. Use a fork to mix ingredients together; set aside.
6. In a large bowl, combine all-purpose flour, whole wheat flour, baking powder, salt, baking soda and brown sugar. Use the fork to mix these dry ingredients together.
7. In another bowl, beat egg using a fork. Stir in milk, melted butter and lemon juice.
8. Pour liquid mixture over dry ingredients and sprinkle raspberries on top. Using a fork, stir just until dry ingredients are moistened, and raspberries are stirred in. Be sure to get all the dry mixture from the bottom of the bowl.
9. Using an ice-cream scoop, place batter in paper lined muffin tins.
10. Sprinkle tops with topping mixture.
11. Bake for 25 – 30 minutes or until firm to touch. Let cool in pans for 10 minutes. Then transfer to a rack to cool.

HONEY LEMON SCONES

Warm scones with butter and jam – another grand comfort food. These can be quickly made and enjoyed in minutes. Don't have a lemon? Try orange or tangerine zest or none at all. The lovely flavour of honey will come through to make a delicious soft, crumbly scone.

Yield: 1 free form loaf

Preparation Time: 15 minutes

Rising Time: none

Baking Time: 13-15 minutes

Equipment: dry measures, dessert-sized spoon for measuring flour, straight edge for levelling off, liquid measuring cup, measuring spoons, mixing bowl, prep bowls, zester, rasp or fine grater for zesting lemon, sifter or sieve, fork, pastry blender or 2 dinner knives, parchment-lined baking sheet, sharp knife or bench scraper, small prep bowl, pastry brush, oven mitts, wire cooling rack

Ingredients:

- Zest from 1 lemon
- ¼ cup (60 mL) granulated sugar
- 1 ¾ cups (450 mL) all-purpose flour
- ½ tsp (2 mL) salt
- 1 tbsp (15 mL) baking powder
- 6 tbsp (90 mL) cold butter
- ¼ cup (60 mL) milk
- 1 egg
- 2 tbsp (30 mL) liquid honey
- 1 tbsp (15 mL) liquid honey for brushing on baked scones

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 400°F (200°C).
4. Zest lemon and place in the mixing bowl. Add sugar. Work the zest and sugar together using the fork. This will flavour the sugar so that the lemon taste is delicately integrated in the scone mixture.
5. Sift all dry ingredients together into the lemon-sugar mixture. Mix well to combine.
6. Cut butter into the dry mixture using a pastry blender or two dinner knives.
7. Measure milk into measuring cup. Add egg and beat well. Stir in liquid honey and blend well.
8. Pour liquid mixture into the dry mixture. Stir to make a soft dough.
9. Turn dough onto a lightly floured surface and knead just a little. Use extra flour sparingly.
10. Pat into a round about 9" (23 cm). The round should be about ½" (1.25 cm) thick. Using a sharp knife or bench scraper, cut into 8 triangles.
11. Place dough triangles on parchment-lined baking sheet.
12. Bake for 13 -15 minutes.
13. Remove baking sheet to cooling rack.
14. Brush honey over the hot scones.

PREP TIP



Zest is the thin outer layer of the lemon. It contains oils that provide the characteristic lemon flavour. Use a zester, rasp or fine grater to obtain only that outer layer. The white layer next to the outer layer tends to be bitter.

1 lemon usually gives 1 tbsp (15 mL) of zest.

CRANBERRY AND NUT QUICK BREAD

What a way to enjoy fresh or frozen Ontario cranberries! This recipe uses the blended method combining all wet ingredients with all dry ingredients. Be sure to blend just until mixture is moistened.

Yield: 1 Loaf - 8½ x 4½ x 2½" (21 x 11 x 6 cm)

Preparation Time: 15 minutes

Rising Time: none

Baking Time: 50-55 minutes

Equipment: dry measures, liquid measures, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, fork, 2 mixing bowls, food processor for chopping walnuts and cranberries, zester or fine grater (if using orange or lemon zest), rubber spatula, greased loaf pan, oven mitts, wire cooling rack

Ingredients:

- 2 cups (500 mL) all-purpose flour
- ¾ cup (200 mL) granulated sugar
- ½ tsp (2 mL) salt
- 1 ½ tsp (7 mL) baking powder
- ½ tsp (2 mL) baking soda
- 1 ½ cup (375 mL) coarsely chopped cranberries
- 1/3 cup (80 mL) chopped walnuts
- 1 egg
- 2 tbsp (30 mL) vegetable oil
- ¾ cup (200 mL) orange juice
- 1 tbsp (15 mL) orange or lemon zest (optional)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 350°F (180°C).
4. In large mixing bowl and using a fork, combine flour, sugar, salt, baking powder and baking soda.
5. Add cranberries and walnuts. Stir to coat these with the floury mixture.
6. In another mixing bowl beat the egg with the fork.
7. Stir in vegetable oil, orange juice and zest, if using.
8. Pour the liquid mixture into the dry mixture and stir just until blended. Do not overmix.
9. Pour the batter into the prepared loaf pan. Use rubber spatula to collect all the batter.
10. Bake for 50-55 minutes or until toothpick inserted comes out clean.
11. Cool in pan for 10 minutes, then tip out onto wire rack to thoroughly cool.

PREP TIP

Sometimes baking soda has little lumps. Finding a little lump in a finished baked product is not nice. Consider sifting all the dry ingredients to eliminate this problem.

BASIC BISCUITS AND VARIATIONS

Use the basic biscuit technique to make these light, buttery biscuits.

Yield: 12 – 15 biscuits depending on size of biscuit cutter

Preparation Time: 15 minutes

Rising Time: none

Baking Time: 20 minutes

Equipment: dry measures, liquid measures, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, small prep bowls, box grater, small bowl or plate, mixing bowl, fork, lightly floured kneading surface, biscuit cutter approximately 2" (5 cm), bench scraper, parchment-lined baking sheet, oven mitts, wire cooling rack

Ingredients:

- ½ cup (125 mL) very cold butter
- 2 cups (500 mL) all-purpose flour
- 1 tbsp (15 mL) sugar
- 1 tbsp (15 mL) baking powder
- ½ tsp (2 mL) baking soda
- ½ tsp (2 mL) salt
- 1 cup (250 mL) plain yogurt
- + extra flour for shaping

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Using a box grater, grate the cold butter into a small bowl or onto a small plate. Place in a refrigerator or freezer until ready to use.
4. Preheat oven to 400°F (200°C).
5. In mixing bowl, combine flour, sugar, baking powder, baking soda and salt. Toss well using a fork.
6. Add the cold grated butter and toss again.
7. Add the yogurt and stir until the flour is fully absorbed. Once the dough forms a soft, rough ball, turn onto a lightly floured kneading surface.
8. Pat the dough to a ½" (1.3 cm) thickness. Carefully fold in thirds (like a business letter) and pat into a ¾" (about 2 cm) thickness. Use as little extra flour as necessary to keep dough from sticking.
9. Cut into rounds using biscuit cutter. Place on parchment-lined baking sheet. Gather up scraps of dough, re-pat, and cut, as necessary.
10. Bake for about 20 minutes. Biscuits should be golden brown. Let cool for about 5 minutes before serving.

Cheese Variation: Add ½ cup (125 mL) grated old Cheddar cheese to the flour/butter mixture and proceed with the recipe.

Herb Variation: Add 1 -2 tablespoons (15 -30 mL) finely chopped fresh herbs such as parsley and chives OR 1 – 2 tsp dried herbs to the flour/butter mixture.

Ham: Add ½ cup (125 mL) finely diced cooked ham to the flour/butter mixture. Refrigerate any leftovers.

PREP TIP



Be sure to use plain yogurt. Any yogurts that contain thickeners, gums or stabilizers will not work nor will Greek styles.

CORN BREAD

Corn bread is a savoury quick bread and a perfect side to a soup, salad, or casserole. Sometimes it becomes dessert by drizzling maple syrup on top.

Yield: 9 servings

Preparation Time: 15-20 minutes

Rising Time: none

Baking Time: 25 minutes

Equipment: dry measures, liquid measures, measuring spoons, dessert-size spoon for measuring flour, straight edge for levelling off, small prep bowls, 2 mixing bowls, fork, sifter or sieve, rubber spatula, 9" (23 cm) baking pan, pastry brush, oven mitts, wire cooling rack

Ingredients:

- ½ cup (125 mL) all-purpose flour
- 1 ½ cups (375 mL) cornmeal
- 1 tbsp (15 mL) baking powder
- ½ tsp (2 mL) baking soda
- 1 tsp (5 mL) salt
- 1 tbsp (15 mL) sugar
- 1 egg
- 1 ½ cup (375 mL) buttermilk
- ¼ cup (60 mL) vegetable oil such as canola
- Extra vegetable oil or shortening for greasing baking dish

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 400°F (200°C).
4. Grease baking pan using pastry brush and vegetable oil or shortening.
5. Place in the oven to heat while mixing the batter.
6. Using a sifter or sieve, sift together all-purpose flour, cornmeal, baking powder, baking soda, salt and sugar into a mixing bowl. Set aside.
7. In second mixing bowl beat egg using a fork. Stir in buttermilk and vegetable oil. Mix well.
8. Pour egg mixture into the dry ingredients. Combine well but do not overmix.
9. Carefully pour the batter into the hot pan. This may be achieved by either pulling the rack holding the pan out and pouring the batter into the pan OR carefully removing the hot pan with oven mitts, pouring in the batter and then returning the pan to the oven.
10. Bake for 25 – 30 minutes or until a toothpick comes out clean when inserted into the cornbread.
11. Set pan on a rack to cool.

PREP TIP

A cast iron frying pan is perfect for baking cornbread.

PREP TIP

Some recipes suggest adding fresh, canned, or frozen corn kernels to the batter before baking.

FRUIT COBBLER

Fruit cobblers are deep-dish desserts made with a fruit filling and topped with a thick, drop biscuit crust. Stories of origin suggest that the baked topping looks as though it was “cobbled” or patched together. Another idea suggests resemblance to a cobble stone road.

Yield: 6 servings using 8” or 9” (20 or 23 cm) baking dish

Preparation Time: 30 minutes

Rising Time: none

Baking Time: 25-30 minutes

Equipment: dry measures, liquid measures, measuring spoons, medium-sized saucepan, wooden spoon, 8” or 9” (20 or 23 cm) baking dish, medium-sized mixing bowl, dessert-sized spoon for measuring flour, straight edge for levelling off, small prep bowls, sifter or sieve, fork, pastry blender or 2 dinner knives for cutting in fat, small bowl, 2 dessert-sized spoons, rubber scraper, oven mitts, wire cooling rack

Fruit Filling Ingredients:

- $\frac{3}{4}$ cup (200 mL) granulated sugar
- 1 $\frac{1}{2}$ tbsp (12 mL) cornstarch
- Pinch of nutmeg
- Pinch of cinnamon
- 4 cups (1 L) e.g., frozen and thawed sliced peaches, raspberries, blueberries or chopped rhubarb and strawberries

Drop Biscuit Topping Ingredients

- $\frac{3}{4}$ cup (200 mL) granulated sugar
- 1 $\frac{1}{2}$ tbsp (12 mL) cornstarch
- Pinch of nutmeg
- Pinch of cinnamon
- 4 cups (1 L) e.g., frozen and thawed sliced peaches, raspberries, blueberries or chopped rhubarb and strawberries

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 375°F (190°C).
4. In the saucepan combine sugar, cornstarch, and spices. Stir in the fruit and additional water or fruit juice, if necessary. Cook over medium heat, stirring constantly and using a wooden spoon, until mixture thickens and boils. Pour into ungreased baking dish. Set aside.
5. Sift flour, sugar, baking powder and salt into mixing bowl.
6. Cut-in shortening or butter using the pastry blender or 2 dinner knives. Mixture should resemble coarse crumbs.
7. In a small bowl beat egg with a fork. Add milk and stir well.
8. Pour liquid mixture into flour mixture and stir well to make a very thick batter.
9. Using a dessert-sized spoon, drop thick batter into the hot fruit mixture. A second spoon can push dough from first spoon. Be sure to use the rubber scraper to remove all the dough.
10. Bake for 25 – 30 minutes. Topping should be golden brown and cooked through.
11. Serve warm with cream or ice-cream.

PREP TIP

If using fresh fruit add $\frac{1}{3}$ – $\frac{1}{2}$ cup (80-125 mL) water or fruit juice.

PREP TIP

Combining fruits such as peaches and blueberries or strawberries and rhubarb makes for a delicious dessert.

NUTRITION NUGGET

To boost nutrients, substitute half of the all-purpose flour with a whole grain or sprouted grain flour.

BEEF POT PIE WITH DROP BISCUIT TOPPING

A meal in one dish with tender pieces of beef, gravy-like sauce and an assortment of vegetables, all topped with a biscuit crust.

Yield: 4-6 servings

Preparation Time: 30 minutes

Rising Time: none

Baking Time: Total – approximately 2 ½ hours

PREP TIP

Use frozen mixed vegetables or leftover vegetable pieces. Cooking time will be reduced.

Equipment: dry measures, large liquid measuring cup, measuring spoons, wooden spoon, frying pan, slotted spoon, sharp knife, cutting board, casserole dish or Dutch oven-style baking dish, medium-sized mixing bowl, dessert-size spoon for measuring flour, straight edge for levelling off, small prep bowls, fork, pastry blender or 2 dinner knives for cutting in fat, 2 dessert-size spoons, rubber spatula, oven mitts, hot pad

Beef Pot Pie Ingredients:

- ½ cup (125 mL) all-purpose flour
- 2 tsp (10 mL) salt
- ½ tsp (2 mL) pepper
- 1-2 lbs stewing beef cubes, approximately 1" (2.5 cm)
- 2 -3 slices bacon
- 4 cups (1L) water or broth (beef, vegetable, or chicken)
- 1 bay leaf
- 1 tbsp (15 mL) dried parsley
- 1 tsp (5 mL) dried thyme
- 1 large onion, sliced
- 3–4 cups (750 mL – 1 L) vegetables (diced potatoes, diced carrots, sliced celery, mushrooms, green beans, green peas, etc.)

Beef Pot Pie Ingredients:

- 1 cup (250 mL) all-purpose flour
- ½ cup (125 mL) whole wheat flour
- 2 tsp (10 mL) baking powder
- ¾ tsp (3 mL) salt
- ¼ cup (60 mL) cold butter or shortening
- 1 tbsp (15 mL) fresh parsley or chives or 1 tsp (5 mL) dried parsley or chives
- ¾ cup (200 mL) – 1 cup (250 mL) milk

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Preheat oven to 325°F (165°C).
4. Combine flour, salt, and pepper. Add beef cubes and toss to evenly coat with the flour mixture. Set aside.
5. Cut bacon slices crosswise into 1" (2.5 cm) pieces. Pan fry until softened. Remove with a slotted spoon and place in casserole or Dutch oven-style baking dish.
6. Add the beef and flour mixture to the bacon fat in the frying pan. Cook and stir using the wooden spoon until pieces are browned.
7. Place beef in casserole or Dutch oven-style baking dish. Add the water and bay leaf. Cover and bake in the preheated oven for 1 ½ hours.
8. Increase oven temperature to 375°F (190°C).
9. Remove bay leaf.
10. Add the herbs and vegetables to the beef mixture and continue cooking, covered for another 30 minutes or until tender. If using frozen vegetables, reduce time to 10 – 15 minutes.
11. Prepare biscuit topping by combining the flours, baking powder and salt in a medium sized mixing bowl.

PREP TIP

Be careful when dropping the biscuit batter onto the hot mixture.

- Remove the hot dish from the oven.
- Carefully drop the batter onto the hot meat and vegetables.
- Return the baking dish to the hot oven to cook the biscuit topping.

Use a fork for mixing.

12. Cut in the butter or shortening using a pastry blender or 2 dinner knives. The mixture should resemble coarse crumbs. Toss in parsley.
13. Stir milk into flour mixture to make a thick batter.
14. Using a dessert-sized spoon, drop thick batter onto the hot beef-vegetable mixture. The second spoon can push dough from first spoon. Be sure to use the rubber spatula to remove all the dough from the mixing bowl.
15. Bake uncovered for 25 – 30 minutes or until biscuit topping is golden brown and cooked through.



ORANGE BISCUIT ROLLS

A sweet non-yeast treat with the zesty flavour of orange.

Yield: 16 small servings

Preparation Time: 20-25 minutes

Rising Time: none

Baking Time: 25-30 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, large mixing bowl, small mixing bowls, prep bowls, dough scraper or rubber spatula, citrus zester or fine grater, pastry blender or 2 dinner knives, floured kneading surface, greased 9" (23 cm) square baking pan, dinner knife, sharp knife, sifter or sieve, oven mitts, wire cooling rack

Dough Ingredients:

- Zest of 1 orange
- 2 tbsp granulated sugar
- 2 ½ cups (625 mL) all-purpose flour
- 4 tsp (20 mL) baking powder
- ½ tsp (2 mL) salt
- 1/3 cup (80 mL) cold butter
- 2 eggs
- ½ cup (125 mL) orange juice

Filling Ingredients

- 3 tbsp (45 mL) soft butter
- 3 tbsp (45 mL) granulated sugar

Orange Glaze Ingredients

Method:

- ½ cup (125 mL) sifted icing sugar
 - 1 tbsp (15 mL) orange juice
1. Read the entire recipe.
 2. Assemble all ingredients and equipment (mise en place).
 3. Preheat oven to 400°F (200°C).
 4. Rub the orange zest into the sugar in a large mixing bowl.
 5. Add flour, baking powder and salt. Mix well using a fork.
 6. Cut-in butter using a pastry blender or 2 dinner knives. Set aside.
 7. In small mixing bowl, beat eggs with fork. Add orange juice and stir well.
 8. Drizzle egg and orange juice mixture over flour mixture. Toss with fork until moistened.
 9. Turn out onto a floured kneading surface. Knead gently a few times to make a soft dough. Dough may be sticky. Just add a little more flour to make the dough manageable but use as little extra flour as possible.
 10. Roll or pat out into a 10" (25 cm) square.
 11. Spread soft butter over dough using a dinner knife. Sprinkle the granulated sugar over the butter.
 12. Roll up the dough. Cut crosswise into sixteen (16) pieces.
 13. Place pieces cut side down into greased cake pan.
 14. Bake until puffed and golden, about 25 – 30 minutes.
 15. Set on wire cooling rack to cool while preparing the glaze.
 16. Stir together the sifted icing sugar and orange juice. Drizzle over warm rolls.

PREP TIP



Zest is the thin outer layer of the orange. It contains oils that provide the characteristic flavour. Use a citrus zester, rasp or fine grater to obtain only that outer layer. The white layer next to the outer layer tends to be bitter.

1 orange usually gives 1 tbsp (15 mL) of zest.

Dried lemon and orange zest may be found in spice shops.

PARKER HOUSE DINNER ROLLS AND VARIATIONS

Parker House Dinner Rolls originated in the 1870's at the Parker House Hotel, Boston, Massachusetts U.S.A. Stories tell of a disgruntled hotel baker who threw a batch of unfinished rolls into the oven resulting in what became a signature fold. Cookbooks began writing about this characteristic fold as early as the 1880's with circle, square or oval pieces of dough. This soft dough recipe can be shaped into all sorts of possibilities; three (3) are described here.

Yield: 16-18 rolls

Preparation Time: 15 – 20 minutes to make dough, 15 minutes to shape

Rising Time: 1st rising -1-hour, 2nd rising – 45 minutes

Baking Time: 15 – 20 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measures, straight edge for levelling off, wooden spoon, prep bowls, large mixing bowl or stand mixer bowl fitted with paddle, wooden spoon, microwave-safe bowl or small saucepan, food safe thermometer, floured surface for kneading, pliable bench scraper or rubber spatula, greased bowl for rising, clean tea towels, large parchment-lined baking sheet, round 2 ¾" (7 cm) biscuit cutter, rolling pin, dinner knife, fork and small bowl for beating egg wash, pastry brush, oven mitts, wire rack

Ingredients:

- 3 ½ - 4 cups (825 mL – 1000 mL) all-purpose flour
- 1 pkg or 2 ¼ tsp (11 mL) instant yeast
- 3 tbsp (45 mL) granulated sugar
- 1 ½ tsp (7 mL) salt
- 1 cup (250 mL) milk
- 1 tbsp (15 mL) butter
- 2 eggs, beaten
- ¼ cup (50 mL) soft butter
- 1 egg white
- 1 tbsp (15 mL) water

Method:

1. Read the entire recipe.
2. Assemble ingredients and equipment (mise en place).
3. Combine 3 cups of the flour, yeast, sugar, and salt in large mixing bowl or stand mixer.
4. Heat milk until hot - 120 - 130°F (49-55°C). Use food safe thermometer to check temperature. Stir in butter.
5. Stir milk mixture into flour mixture. Add eggs and stir well.
6. Gradually add remaining flour, as needed, to make a stiff dough.
7. Turn dough onto kneading surface scraping bowl with pliable bench scraper or rubber spatula. Knead until smooth and satiny, gradually adding flour as needed. This will take about 8 minutes.
8. Place dough in greased bowl for rising. Turn over to make sure all the dough is covered with shortening or vegetable oil. Cover with clean damp tea towel. Let rest in a warm place – about 1 ½ hours.
9. Deflate dough by gathering edges of dough into the centre. Turn onto lightly floured surface. Knead gently and let rest for about 10 minutes.
10. Divide ball of dough in half. Roll half to about ½" (1.3 cm). Using cookie cutter, cut dough into rounds and place on large baking sheet. Reroll scraps of dough and the remaining dough to make the rounds.
11. Spread soft butter on the rounds and fold in half to create half-moon shapes. Press slightly.
12. Cover with clean tea towel and let rise in a warm place for 45 minutes.
13. Preheat oven to 375°F (190°C).
14. Beat egg white with water. Brush on each roll.
15. Bake for 15- 20 minutes.
16. Remove to rack to cool.

Variations

PULL APART PAN ROLLS

1. Divide dough into 16 – 18 equal sized pieces. Shape into balls.
2. Place balls of dough almost touching in a greased 9 x 9" (23 x 23 cm) baking pan.
3. Cover and let rise 45 minutes.
4. Preheat oven to 375°F (190°C).
5. Brush with egg white wash.
6. Sprinkle with seeds such as flax, chia, poppy or sesame, if desired.
7. Bake for 15 – 20 minutes.

BOW KNOTS

1. Divide dough into 16 – 18 equal sized pieces.
2. Roll each piece of dough into a rope about 8" (20 cm) long.
3. Tie each rope into a loose knot.
4. Place on baking sheet.
5. Cover and let rise 45 minutes.
6. Preheat oven to 375°F (190°C).
7. Brush with egg white wash.
8. Sprinkle with seeds such as flax, chia, poppy or sesame, if desired.
9. Bake for 15 – 20 minutes.

CLOVER LEAF ROLLS

1. Divide dough into 36 pieces. Roll each piece into a ball. Alternatively divide dough into 12 pieces and cut each piece into 3 pieces.
2. Place 3 balls in each well-greased cup of a muffin pan.
3. Cover and let rise 45 minutes.
4. Preheat oven to 375°F (190°C).
5. Brush with egg white wash.
6. Sprinkle with seeds such as flax, chia, poppy or sesame, if desired.
7. Bake for 15 – 20 minutes.

BASIC CHALLAH

Challah is a braided, slightly sweet, yeast bread enriched with eggs, sugar, and vegetable oil. The term “challah” is applied widely to mean any bread used in Jewish rituals. It is traditionally made to celebrate Jewish holidays. Challah is best enjoyed on the day it is made but left-over slices make wonderful French toast or bread pudding.

Yield: 2 large loaves

Preparation Time: 30 minutes

Rising Time: First rising – 1 hour, Second rising – 1 hour

Baking Time: 40 minutes

PREP TIP

This recipe makes a large quantity. The recipe ingredients can easily be cut in half.

Equipment: dry and liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, large mixing bowl or stand mixer bowl, 2 small bowls, food safe thermometer, fork, prep bowls, wooden spoon, lightly floured surface for kneading, bench scraper, greased bowl for rising, clean damp tea towel, 2 parchment-lined baking sheets, oven mitts, wire cooling racks

Ingredients:

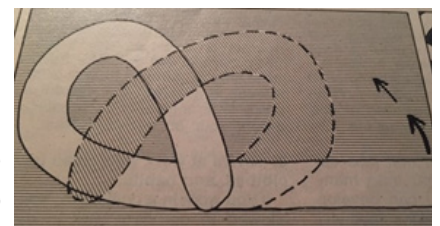
- 1 ½ cups (325 mL) warm water - 100–110°F (38 - 43°C)
- 1 tsp (5 mL) sugar
- 2 pkgs or 4 ½ tsp (22 mL) dry active yeast
- 6 – 7 cups (1750 mL) all-purpose flour
- ¼ cup (50 mL) sugar
- 2 tsp (20 mL) salt
- 2/3 cup (160 mL) vegetable oil, preferably canola
- 4 eggs
- 1 tbsp (15 mL) honey
- 1 tbsp (15 mL) water
- 1 tbsp (15 mL) flaky sea salt (optional)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In a small bowl, using a fork, stir together the warm water and 1 tsp sugar. Sprinkle yeast over top. Let stand 10 minutes or until frothy.
4. In a large mixing bowl or in the bowl of a stand mixer, combine 6 cups (1500 mL) of the flour, sugar, and salt. Set aside.
5. In another small bowl and using a fork, beat eggs. Add vegetable oil. Mix well.
6. Stir the yeast mixture into the egg mixture. Add this to the flour mixture. Stir by hand using a wooden spoon or blend on low to medium speed in the stand mixer, until well combined.
7. Knead with a dough hook, if using the stand mixer, or by hand on a lightly floured surface for about 10 minutes. Add extra flour as required to make a smooth but slightly sticky ball of dough.
8. Place dough in greased bowl. Turn ball to cover with oil or shortening. Cover with a clean damp tea towel. Let rise in a warm place until doubled, 1 hour.
9. Deflate dough and divide into 6 equal pieces. Roll each piece into a rope, about 12 – 14” (30 – 36 cm).
10. Place 3 ropes on each baking sheet. Pinch the ropes together at the top. Then braid ropes starting with the centre rope and working towards the ends. Tuck the ends under to seal. Cover with damp tea towel and allow to rise for 1 hour.
11. Prepare glaze by mixing honey and water. Warm in a microwave oven, if necessary.
12. Brush the glaze on the loaves and sprinkle with salt.
13. Bake for 40 minutes switching baking sheets after 20 minutes. If loaves are browning too quickly, tent a piece of foil over top.
14. Let cool on baking sheets for a few minutes before removing to wire cooling racks.

NUTRITION NUGGET

Replace the honey-water wash with an egg white – water wash. Sprinkle sesame seeds on top for a nutty texture and nutritious addition.



STOLLEN

Stollen is a rich German fruit bread made with dried fruit, spices, and nuts. The freshly baked bread is generously sprinkled with icing sugar. Some versions contain a soft almond roll of marzipan.

Yield: 2 stollens

Preparation Time: 15-20 minutes

Rising Time: 40-45 minutes

Baking Time: 35-40 minutes

Equipment: dry and liquid measures, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, large mixing bowl, fork, prep bowls, microwave-safe bowl or small saucepan, food safe thermometer, wooden spoon, lightly floured surface for kneading, bench scraper or rubber spatula, clean tea towel, 2 parchment-lined baking sheets, rolling pin, pastry brush, oven mitts, wire cooling rack, sifter or sieve

Ingredients:

- 1/3 cup (80 mL) granulated sugar
- 2 tsp (10 mL) grated lemon peel
- 4 ½ - 5 cups (1125 – 1250 mL) all-purpose flour
- 2 pkg or 4 ½ tsp (22 mL) instant yeast
- 1 ½ tsp (7 mL) ground cardamon
- ¾ tsp (3 mL) salt
- ½ cup (125 mL) milk
- ½ cup (125 mL) water
- 2 eggs, beaten
- 1 tsp (5 mL) almond extract
- 1 cup (250 mL) Thompson or golden raisins
- ½ cup (125 mL) candied peel
- ½ cup (125 mL) candied cherries, cut in half
- ½ cup toasted slivered almonds
- 1 egg white
- 1 tbsp (15 mL) water
- Icing sugar

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In large mixing bowl and using a fork, work lemon peel into sugar.
4. Add 2 cups (500 mL) of the flour, yeast, cardamon and salt. Mix well.
5. In a microwave-safe bowl or small saucepan, heat milk, water and butter until very warm - 120 - 130°F (49 - 55°C). Check temperature with thermometer. Stir into the flour mixture. Mix well.
6. Stir in eggs and almond extract. Mix well.
7. Add raisins, candied peel, candied cherries, and almonds. Mix well.
8. Stir in enough remaining flour to make a soft dough.
9. Turn onto a lightly floured surface. Knead until smooth and elastic, about 6-8 minutes. Add as little extra flour as possible. Turn the mixing bowl over the dough and let rest for 10 minutes.
10. Using the bench scraper cut the dough in half. Roll one piece into an oval, about 12 x 8" (30 x 20 cm). Fold in half lengthwise so that the top piece is about 1" (2.5 cm) in from the bottom piece. Pinch lightly to seal edges. Place on parchment-lined baking sheet. Repeat with the other piece of dough.
11. Cover with clean tea towel. Let rise in a warm place until doubled in size 40 - 45 minutes.
12. Preheat oven to 350°F (180°C).
13. Beat egg white and water. Brush on stollens.
14. Bake stollens for 35 – 40 minutes. Watch carefully. If stollens become too brown, tent with foil to prevent excessive browning.
15. Remove from baking sheet to wire rack. When cool, generously sift icing sugar over top.

PREP TIP

To toast almonds:

1. Spread slivered almonds on a baking sheet. Place in a preheated 350°F (180°C) oven.
2. Bake for 5 minutes. Stir.
3. Bake again for another 5 minutes.
4. Watch closely to prevent burning.

NO-KNEAD CINNAMON BUNS

Classic cinnamon buns are easily made using a refrigerated sweet, rich dough and no kneading! Be sure to finish them off with a cream cheese icing, a simple icing sugar and milk glaze or a vanilla icing as described with the recipe.

Yield: 16 – 18 buns

Preparation Time: 20 – 25 minutes, 15 minutes after 1st rising

Rising Time: Refrigerator at least 2 hours, up to 24 hours

Baking Time: 15-20 minutes

Equipment: dry and liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, prep bowls, large mixing bowl and electric mixer or stand mixer bowl and paddle attachment, microwave-safe bowl or small saucepan, food safe thermometer, wooden spoon, greased bowl for rising dough, plastic wrap, small bowl, fork, lightly floured surface for rolling and shaping, bench scraper or serrated knife, rolling pin, dinner knife or small metal spatula, large parchment-lined baking sheet, clean tea towel, oven mitts, wire rack with large baking sheet underneath, pancake lifter, small bowl, sifter or sieve, fork

Dough Ingredients:

- 4 ½ to 5 cups (1125 – 1250 mL) all-purpose flour
- ¼ cup (50 mL) granulated sugar
- 2 pkg or 4 ½ tsp (22 mL) instant yeast
- 1 tsp (5 mL) salt
- ½ cup (125 mL) water
- ¾ cup (200 mL) milk
- 1/3 cup (80 mL) butter
- 2 eggs, beaten

Filing Ingredients:

- 2/3 cup (160 mL) brown sugar
- 2 ½ tsp (12 mL) ground cinnamon
- ¼ cup (50 mL) soft butter

Icing Ingredients:

- 2 cups icing sugar
- 3 tbsp (45 mL) milk
- 1 tsp (5 mL) vanilla extract

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In a large mixing bowl or bowl of stand mixer, mix 1 ½ cups (375 mL) of the flour, granulated sugar, yeast, and salt. Set aside.
4. In microwave-safe bowl or small saucepan, heat water, milk and butter until very warm - 120° - 130°F (49 - 55°C). Check temperature with food safe thermometer. Add to flour mixture and beat well at medium speed for 2 minutes, scraping bowl occasionally.
5. Add eggs and ½ cup (125 mL) of the flour. Beat for 2 minutes at high speed.
6. Stir in enough remaining flour to make a very stiff dough.
7. Turn dough into a greased bowl. Rotate dough so that the top is greased.
8. Cover tightly with plastic wrap.
9. Refrigerate for at least 2 hours or up to 24 hours.
10. Combine brown sugar and cinnamon in a small bowl. Set aside.
11. Remove dough from refrigerator. Deflate dough. Turn onto lightly floured surface. Knead lightly to form a

- ball. Use the bench scraper to cut the dough in half.
12. Roll one piece into a large rectangle, about 16x 10" (40 x 25 cm).
 13. Spread 2 tbsp (30 mL) soft butter over dough. Sprinkle half of the sugar-cinnamon mixture over the dough.
 14. Beginning at the long end, roll up the dough. Pinch seam to seal. Using bench scrapper or serrated knife, cut dough into 8 or 9 pieces. Place rolls on large parchment-lined baking sheet, cut side down. Repeat with remaining dough.
 15. Cover rolls with a clean tea towel. Let rise in a warm place until doubled in size – about 45 minutes.
 16. Preheat oven to 375°F (190°C).
 17. Bake for 15 to 20 minutes.
 18. Remove from oven. Let cool for 1 – 2 minutes. Carefully remove buns to a wire rack set over a large baking tray. Let cool completely before icing.
 19. While buns are cooling, sift icing sugar into a small bowl. Stir in milk and vanilla.
 20. Drizzle icing over cooled buns.

PREP TIP



The wire rack helps to cool the buns. When the icing is drizzled over the buns, extra icing can drip onto the tray below making cleanup easier.

SWEET AND SPICY STICKY BUNS

Rich and gooey, these sticky buns are a welcome treat. Nuts and dried fruit are optional although typical sticky buns are topped and filled with pecans. Experiment with different spices such as allspice, cardamon, mace or fennel. All of these are sweet spices.

Yield: 12 sticky buns

Preparation Time: 30 minutes, 15 minutes after rising

Rising Time: 1 hour – 1st rising, 45 minutes – 2nd rising

Baking Time: 25-30 minutes

Equipment: dry and liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, large mixing bowl or stand mixer bowl, food safe thermometer, 2 small bowls, fork, prep bowls, wooden spoon, lightly floured surface for kneading and shaping, bench scraper, greased bowl for rising, 9 x 13" (33 x 23 x 5 cm), clean damp tea towel, large tray or plate for inverting baking pan, oven mitts, wire rack

Dough Ingredients:

- ½ cup (125 mL) warm water -110 - 120°F (45-55°C)
- ½ tsp (2 mL) sugar
- 2 pkg or 4 ½ tsp (22 mL) active dry yeast
- 1 cup (250 mL) milk
- ¼ cup + 2 tbsp (90 mL) butter
- ¼ cup (50 mL) sugar
- 1 egg, beaten
- 1 tsp salt
- 5 – 6 cups (1250 – 1500 mL) all-purpose flour

Sticky Topping Ingredients:

- 2/3 cup (160 mL) brown sugar
- 1/3 cup (80 mL) butter, melted

Filing Ingredients:

- 2 tbsp (30 mL) soft butter
- 1 cup (250 mL) brown sugar
- 1 tbsp (15 mL) ground cinnamon
- 1 tsp (5 mL) ground ginger
- 1 tsp (5 mL) nutmeg
- 1/2 tsp (2 mL) ground cloves
- ¾ cup (200 mL) chopped pecans or walnuts (optional)
- ¾ cup (200 mL) Thompson or sultana raisins (optional)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Rinse large mixing bowl with hot water. Pour in warm water. Stir in ½ tsp (2 mL) sugar. Sprinkle yeast over the water. Let stand for 10 minutes.
4. Heat milk until hot but not boiling. Stir in butter to melt and sugar to dissolve. Cool to lukewarm.
5. Stir down yeast mixture. Add milk-butter-sugar mixture. Stir well.
6. Add beaten egg and salt. Stir well.
7. Add 3 cups (750 mL) flour. Using an electric mixer, beat for 3 minutes.
8. Stir in enough flour to form a soft, sticky dough.
9. Turn dough onto a floured surface and knead until smooth and elastic, adding a little flour, as necessary. This will take about 6-8 minutes.
10. Place dough in a greased bowl. Rotate dough to cover with oil or shortening. Cover with a damp tea towel

PREP TIP

Alternatively combine the wet ingredients in a stand mixer bowl. Add flour and beat for about 3 minutes until smooth.

Change to dough hook.

Add flour to create a soft dough, kneading for about 6 minutes.

and let rise in a warm place until doubled, about 1 hour.

11. Grease 9 x 13" (33 x 23 x 5 cm) baking pan.
12. Mix brown sugar and melted butter, stirring well. Pour into the baking pan and spread evenly.
13. Punch down dough. Turn onto a floured surface. Knead lightly and roll dough into an 18 x 12" (about 46 x 31 cm) rectangle.
14. Spread softened butter on the dough.
15. Combine brown sugar and spices and sprinkle over the butter.
16. Sprinkle chopped pecans and raisins, if using, on top of the brown sugar and spice mixture.
17. Roll up jelly-roll style. Pinch seam to seal.
18. Cut roll into 12 even pieces. Arrange each piece cut side down onto the brown sugar-butter mixture in the baking pan.
19. Cover with a damp tea towel and let rise until about doubled – about 45 minutes.
20. Preheat oven to 375°F (180°C).
21. Bake for 25 – 30 minutes or until golden. Cool for 5 minutes before turning upside down onto a large tray or plate.

PREP TIP



Pour the brown sugar-butter topping into the cups of a muffin pan. Place the cinnamon-spice rolls on top. Bake. Invert while still warm. Be sure to grease the muffin cups well to make for easier clean-up.

GLUTEN - FREE SANDWICH BREAD

A well-formed loaf with good flavour, perfect for building sandwiches and toasting.

Yield: 1 loaf 8½ x 4½ x 2½" (21 x 11 x 6 cm)

Preparation Time:

Rising Time: 1 hour

Baking Time: 30-35 minutes

Equipment: dry measures, liquid measure, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, wooden spoon, large mixing bowl, small mixing bowl, food safe thermometer, fork, sifter or sieve, floured surface for kneading (using gluten-free flour), greased loaf pan 8½ x 4½ x 2½" (21 x 11 x 6 cm), sharp knife, plastic wrap, wire cooling rack

Ingredients:

- 3 – 3 ½ cups (750 -825 mL) gluten-free flour blend
- 2 tsp (10 mL) instant yeast
- 1 tsp (5 mL) salt
- 1 tbsp (15 mL) sugar
- 1 tbsp (15 mL) Xanthan gum
- 1 egg
- 2 tbsp (15 mL) vegetable oil
- 1 tsp (5 mL) vinegar
- 1 ¼ cups warm water - 110 - 120°F (45-55°C)

Method:

1. Sift together 3 cups (750 mL) of the flour, yeast, salt, sugar and Xanthan gum into large mixing bowl. Stir with a wooden spoon to make sure dry ingredients are well mixed.
2. In the small mixing bowl, beat egg using a fork. Add the vegetable oil, vinegar and warm water and stir well.
3. Make a well in the centre of the dry ingredients. Pour in the liquid mixture and stir well using the wooden spoon. (A little more gluten-free flour blend may be needed).
4. Turn the dough onto a lightly dusted gluten-free floured surface. Knead for about 5-7 minutes or until smooth.
5. Shape the dough into an oval and place in the greased loaf pan. Using a sharp knife make three (3) or four (4) slashes diagonally across the loaf. Cover with plastic wrap. Leave in a warm place to rise for one (1) hour.
6. Preheat oven to 425°F (220°C).
7. Bake loaf for 30-35 minutes. Let cool in the pan on the rack for 5 – 10 minutes before removing from pan to cool entirely on the cooling rack.



GLUTEN-FREE RUSTIC STYLE BREAD

Warm scones with butter and jam – another grand comfort food. These can be quickly made and enjoyed in minutes. Don't have a lemon? Try orange or tangerine zest or none at all. The lovely flavour of honey will come through to make a delicious soft, crumbly scone.

Yield: 1 small loaf

Preparation Time: 15 - 20 minutes, 10 minutes after resting period

Rising Time: 12 – 18 hours

Baking Time: 45 minutes

Equipment: dry measuring cups, liquid measure, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, large mixing bowl, prep bowls, wooden spoon, food safe thermometer, plastic wrap or aluminum foil, sharp knife, bench scraper or rubber spatula, floured surface for kneading (using gluten-free flour), parchment paper, Dutch Oven baking pan, oven mitts, hot pad, wire cooling rack

Ingredients:

- 3 ½ cups (875 mL) gluten-free flour blend
- 4 ½ tsp (22 mL) Xanthan gum
- 1 ½ tsp (7 mL) salt
- ½ tsp (2 mL) instant yeast
- 1 ½ cups warm water - 100 - 110°F (38 -45°C)

PREP TIP

Remember to use gluten-free flour for floured work surface and when flouring the dough before baking.

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In large mixing bowl, combine the flour, Xanthan gum, salt and yeast.
4. Check water temperature with thermometer. Stir into dry ingredients until mixture is mixed and shaggy looking. Cover with plastic wrap or aluminum foil.
5. Let rest 12 – 18 hours at room temperature.
6. Preheat oven to 450°F (230°C). While oven is preheating set Dutch Oven baking pan in the oven to heat, as well.
7. Turn dough onto floured surface. Use the bench scraper or rubber spatula to help in removing from the bowl. Dough will be very soft. Gently shape the dough into a ball. Flour well. Transfer to a piece of parchment paper.
8. When Dutch Oven is heated, carefully remove lid. Place dough and parchment paper in the pan. Cover.
9. Bake for 30 minutes. Carefully remove lid and continue to bake for 15 minutes.
10. Remove pan to a hot pad. Lift parchment and baked loaf to wire rack to cool completely.

PREP TIP

The rest period is long; preparing in the evening and letting dough rest overnight is ideal.

GLUTEN-FREE CHALLAH

Gluten-free flour blends offer good all-purpose flour alternatives. Check labels carefully. Xanthan gum is required for rising. Most gluten-free flours do not contain Xanthan gum.

Yield: 1 Loaf - 8½ x 4½ x 2½" (21 x 11 x 6 cm)

Preparation Time: 15 minutes

Rising Time: none

Baking Time: 40 minutes

Equipment: dry and liquid measures, measuring spoons, dessert-sized spoon for measuring flour, straight edge for levelling off, large mixing bowl, small mixing bowl, fork, prep bowls, food safe thermometer, wooden spoon, floured surface for kneading (using gluten-free flour), bench scraper, greased bowl for rising, clean tea towel, parchment lined baking sheet, pastry brush, oven mitts, wire rack

Ingredients:

- 2 cups (500 mL) all-purpose flour
- ¾ cup (200 mL) gluten-free flour blend
- 4 ½ tsp (22 mL) Xanthan gum
- 1 ½ tsp (7 mL) instant yeast
- 2 tsp (10 mL) salt
- 1 ¼ cups (310 mL) warm water – 100 -110°F (38 -45°C)
- ¼ cup (60 mL) honey
- 2 eggs, beaten
- ¼ cup (60 mL) vegetable oil (canola)
- 1 egg
- 1 tbsp (15 mL) water
- 1 – 2 tbsp (15 – 30 mL) poppy seeds or sesame seeds

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In large mixing bowl, mix together flour, Xanthan gum, yeast, and salt.
4. In small mixing bowl, combine water, honey, eggs, and vegetable oil.
5. Add liquid mixture to dry mixture. Stir well using a wooden spoon. Mixture will be a soft dough.
6. Cover lightly with a clean tea towel (not airtight) and allow to rest at room temperature until the dough rises and doubles in size – about 2 hours.
7. Turn dough onto gluten-flour dusted surface. Divide dough into 3 pieces. Gently roll and shape each piece into a long rope, 12 – 14" (30 – 36 cm).
8. Place dough ropes on parchment-lined baking sheet. Pinch the ropes of dough together at one end. Gently braid the ropes together.
9. Cover with clean tea towel. Let rise in a warm place for about 45 minutes.
10. Preheat oven 350°F (180°C).
11. Mix egg and water. Brush on loaf. Generously sprinkle poppy seeds or sesame seeds on top.
12. Bake for 35 – 40 minutes. Loaf should be golden and firm.
13. Remove to wire rack to cool completely before slicing.

PREP TIP

The dough can be refrigerated after the initial rising for up to 3 days. The cold dough makes for easier rolling and shaping.

PREP TIP

Sometimes baking soda has little lumps. Finding a little lump in a finished baked product is not nice. Consider sifting all the dry ingredients to eliminate this problem.

PITA

Traditional pita is made without any leavening, but this recipe adds a little yeast to make a better product. Be sure to make a hummus dip to go with pieces of pita.

Yield: 8 pitas

Preparation Time: 15 minutes, then another 15 minutes

Rising Time: 1 hour

Baking Time: 4-5 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small mixing bowl, fork, medium-sized mixing bowl, small prep bowls, wooden spoon, well-floured surface, rolling pin, dough or bench scraper, clean damp tea towel, 2 large lightly greased baking sheets, oven mitts, wire racks

Ingredients:

- 1 egg
- 2 tbsp (30 mL) olive oil
- 1 cup (250 mL) water
- 1 ½ cups (375 mL) – 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 1 tsp (5 mL) active dry yeast
- 1 tbsp (15 mL) granulated sugar
- 1 tsp (5 mL) salt

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In small mixing bowl, beat egg lightly. Add olive oil and water. Stir well. Set aside.
4. Combine all the dry ingredients in medium-sized mixing bowl.
5. Make a well in the dry ingredients. Pour in egg-oil-water mixture.
6. Using wooden spoon beat well to make a smooth soft dough.
7. Cover with damp tea towel. Leave undisturbed for 1 hour.
8. Heat oven to broil or 550°F (290°C).
9. Toss dough on to well-floured surface. Knead lightly, adding extra flour as necessary, to make a manageable dough.
10. Divide dough into 8 pieces. Press or roll each ball into a flat disc, about 6" (15 cm). Place on baking sheets.
11. Bake for 4-5 minutes one baking sheet at a time in the centre of the oven, watching carefully to avoid burning.
12. Cool on wire racks.



NUTRITION NUGGET

Hummus

- 1 cup (250 mL) canned chickpeas, drained and rinsed
- ¼ cup (50 mL) tahini OR smooth peanut butter
- ¼ cup (60 mL) olive oil
- 2-3 peeled garlic cloves
- 1 tbsp (15 mL) lemon juice
- Salt and pepper, to taste
- Hot sauce (optional)

1. Process all ingredients in a food processor until smooth.
2. Taste and adjust seasonings (salt and pepper, hot sauce), as desired.

CROCKPOT BREAD STUFFING

Technically this recipe is “dressing” since it is not tucked inside the cavity of a roasting chicken or turkey. Regardless of the name, this recipe offers a good way to use left-over bread, crusts cut from bread or stale bread or rolls. This is a safe way to prepare stuffing (dressing).

Yield: 1 – 5-6 qt crock pot (about 6 L)

Preparation Time: 20 minutes

Rising Time: none

Baking Time: 5 – 6 hours on low

Equipment: liquid and dry measures, measuring spoons, cutting board and chef’s knife for chopping vegetables and apple, large mixing bowl, small mixing bowl or large measuring cup, 2 mixing spoons for tossing, crock pot

Ingredients:

- 8 – 10 cups (about 2 L) dry bread cubes
- 1 cup (250 mL) chopped celery
- 1 cup (250 mL) chopped onion
- 1 apple, chopped (skin on)
- 1 tbsp (15 mL) crumbled sage
- 3 tbsp (45 mL) chopped fresh parsley OR 1 tbsp (15 mL) dried parsley
- 1 tsp (5 mL) salt
- ¼ tsp (1 mL) black pepper
- 1/3 cup (80 mL) soft butter
- 1 tbsp (15 mL) dry chicken bouillon
- 1 ½ cups (375 mL) hot water

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Place bread cubes, celery, onion, apple, sage, parsley, salt, and pepper in large mixing bowl. Toss lightly.
4. In small bowl or measuring cup combine butter, dry chicken bouillon and hot water. Pour this mixture over the bread mixture and toss lightly.
5. Turn mixture into a crock pot. Cook on low for 5-6 hours.
6. Check periodically and stir gently. Add a little more water or broth, if necessary, for a moister stuffing (dressing).
7. Delicious served with roast chicken or turkey.

PREP TIP

Chicken, turkey or vegetable stock can be substituted for the dry chicken bouillon and water

APPLE AND RAISIN BREAD PUDDING

A classic and economical dessert! This is a great way to use left-over bread, especially breads made with sweet, rich dough.

Yield: 6 servings

Preparation Time: 20 minutes

Rising Time: none

Baking Time: 40-45 minutes

Equipment: dry measures, liquid measures, measuring spoons, small prep bowls, fork, wooden spoon, cutting board, serrated knife for cubing bread, sharp paring knife for dicing apples, large mixing bowl, greased 9" (23 cm) baking pan, oven mitts, wire cooling rack

Ingredients:

- ½ cup (125 mL) raisins
- ¼ cup (60 mL) apple juice or apple cider
- 2 ½ cups (625 mL) milk
- 3 eggs
- 1 tsp (5 mL) vanilla
- ½ cup (125 mL) brown sugar
- 7-8 cups (about 2 L) stale bread cubes
- 2 tbsp (30 mL) brown sugar
- 1 tsp (5 mL) cinnamon
- Pinch of nutmeg
- 2 large apples, cored and diced (no need to peel)
- 2 tbsp (30 mL) butter, melted

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Plump raisins by warming apple juice or apple cider and then adding the raisins. Set aside.
4. In large mixing bowl, combine milk, eggs, vanilla, and brown sugar. Stir well.
5. Add bread cubes. Combine well. Let stand at least 30 minutes, stirring occasionally.
6. While bread mixture is standing, combine 2 tbsp (30 mL) brown sugar, cinnamon, and nutmeg. Add chopped apples and raisin mixture. Toss well.
7. Preheat oven to 375°F (190°C).
8. Combine apple mixture with bread cube mixture and spread in greased baking dish.
9. Drizzle melted butter overall.
10. Bake for 40 – 45 minutes or until the apples are tender and the dessert is golden brown.
11. Serve warm or cold with whipped cream or ice-cream, if desired.



SAVOURY STRATA

The word “strata” means layers. This strata is a layered casserole made with stale bread, ham or cooked sausage, a few vegetables, and cheese; then covered with an egg-milk mixture. Some references call strata a savoury bread pudding. This is a traditional recipe but once the basics are mastered there are all kinds of possibilities.

Vary the kinds of bread, cheese, seasonings, and additions. It is a great way to use leftovers.

Yield: 6 servings

Preparation Time: 20 – 25 minutes

Rising Time: none

Baking Time: 40 – 50 minutes

Equipment: cutting board, serrated knife, dinner knife, French knife, dry and liquid measures, measuring spoons, grater, medium sized mixing bowl, fork or whisk, rubber scraper, 9” (23 cm) baking pan, wire cooling rack, oven mitts

Ingredients:

- 10 slices of bread, any kind will do
- ¼ cup (50 mL) soft butter
- 1 cup (250 mL) chopped ham or cooked sausage
- 2-3 green onions or about ¼ cup finely chopped red or white onion
- ¼ cup (50 mL) chopped red or green pepper (optional)
- 2 cups (500 mL) shredded Cheddar cheese
- 5 eggs
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- Pinch of nutmeg
- 2 cups (500 mL) milk
- ½ tsp (2 mL) Dijon mustard
- Dash of Worcestershire sauce

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. If desired, remove crusts from bread slices. (Use these to make breadcrumbs or croutons).
4. Butter bread slices. Arrange as many slices as possible, buttered side down, to fit bottom of baking dish.
5. Scatter ham, onion, and peppers, if using, over bread slices.
6. Sprinkle about 1 ½ cups (375 mL) of shredded Cheddar cheese overall. Reserve remaining cheese.
7. Top with remaining bread slices, buttered side up. Sprinkle with reserved cheese.
8. In mixing bowl whisk eggs. Add remaining ingredients and combine well. Pour over the top. Cover with plastic wrap or foil. Refrigerate for at least 2 hours or overnight.
9. Preheat oven to 350°F (180°C).
10. Bake uncovered for 40 to 50 minutes or until top is puffed and golden.

PREP TIP

Stratas need time for the egg-milk mixture to soak into the stale bread. Prepare at least 2 hours ahead, overnight is better.

PREP TIP

Strata can be sweet, too. Look for French Toast Strata recipes for a tasty breakfast treat.

NAAN

Naan is a soft, buttery flatbread made with the usual bread ingredients but with additions of yogurt and olive oil. It may be baked on a stove-top, but this version uses a preheated baking sheet and a very hot oven for quick baking. Naan is delicious with dips, and a great base for sandwiches and pizza.

Yield: 6

Preparation Time: 30 minutes

Rising Time: 1 -1 ½ hours

Baking Time: 6 – 7 minutes, 2 or 3 naan at a time for a total of about 20 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, medium-sized mixing bowl, food safe thermometer, small mixing bowl, fork, small prep bowls, floured surface, large mixing bowl for rising, rolling pin, dough or bench scraper, clean damp tea towel, baking sheets, oven mitts, wire racks, clean tea towel, pastry brush

Ingredients:

- ¾ cup (200 mL) warm water - 110 - 120°F (45-55°C)
- Pinch of sugar
- 1 tsp (5 mL) dry active yeast
- 2 ¼ cups (210 mL) all-purpose flour
- 1 tbsp (15 mL) granulated sugar
- 1 tsp (5 mL) salt
- 3 tbsp (45 mL) plain yogurt
- 2 tbsp (30 mL) olive oil
- Butter to grease rising bowl
- 2 tbsp (30 mL) butter, melted
- 1 tbsp (15 mL) finely chopped parsley (optional)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Pour warm water into small mixing bowl. Sprinkle with pinch of sugar. Stir to dissolve.
4. Sprinkle yeast over the water and sugar mixture. Let stand until frothy, about 10 minutes.
5. In medium-sized mixing bowl, combine flour, sugar, and salt. Set aside.
6. Stir down frothy yeast mixture. Stir in yogurt and olive oil.
7. Add wet ingredients to dry ingredients and mix with fork. When dough is about to come together, dust hands and kneading surface with flour. Knead lightly until smooth and elastic, about 5 minutes.
8. Butter large mixing bowl. Transfer dough to greased bowl. Roll ball of dough around to cover with butter. Cover with damp clean tea towel. Place in a warm place 1 – 1½ hours or until doubled in size.
9. Place baking sheet in oven. Preheat oven to 500°F (250°C).
10. Deflate risen dough by pulling edges into centre and punching down. Cut into 6 pieces using the dough or bench scraper.
11. Roll each piece of dough into the shape of a pear, about 8" (20 cm) long. Carefully transfer naan to hot baking sheet, 2 or 3 at a time. Bake for 6 -7 minutes or until nicely browned.
12. Lay hot naan on clean tea towel. Brush with melted butter. Sprinkle with parsley, if using.
13. Serve warm. Leftover naan can be kept in a plastic bag and reheated.



BREAD SALAD

This classic Mediterranean-inspired salad is not a tomato salad with bread, but a bread salad flavoured with fresh tomatoes. Some recipes suggest adding cucumber, zucchini, or celery. Regardless of the additions, artisan or rustic-style bread cubes should be the main ingredient.

Yield: 4 servings

Preparation Time: 30 minutes

Rising Time: none

Baking Time: 15 minutes to toast bread cubes

Equipment: Dry and liquid measures, measuring spoons, prep bowls, large, medium, and small mixing bowls, serrated knife, French knife, cutting board, sieve or colander, forks for tossing, large, rimmed baking sheet, oven mitts, wire rack, fork or wire whisk

Ingredients:

- 3 – 4 tomatoes, cut into bite-size pieces
- 1 tsp (5 mL) coarse salt
- 3 – 4 dry bread cubes from artisan or rustic-style breads
- 1 tbsp (15 mL) olive oil

Dressing Ingredients:

- 3 – 4 tomatoes, cut into bite-size pieces
- 1 tsp (5 mL) coarse salt
- 3 – 4 dry bread cubes from artisan or rustic-style breads
- 1 tbsp (15 mL) olive oil

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Place chopped tomatoes in a medium-sized bowl. Add the coarse salt and toss well.
4. Turn the tomatoes into a sieve or colander over another bowl so that the tomato juices are collected. These will be used in the dressing later.
5. Preheat oven to 350°F (180°C).
6. In a large bowl toss bread cubes with olive oil. Transfer to a large, rimmed baking sheet. Bake for 15 minutes or until crisp and firm but not browned. Set on a wire rack to cool.
7. In a small bowl, combine shallot or green onions, garlic, mustard, wine vinegar. Add the collected tomato juices. Using a fork or wire whisk, stir constantly while drizzling in the ¼ cup (60 mL) olive oil. Add salt and pepper to taste.
8. In the large bowl, combine tomato pieces, toasted bread cubes, dressing and fresh basil. Let rest at room temperature for 30 minutes before serving. Toss mixture occasionally until the dressing is absorbed by the bread.

PREP TIP

A good Bread Salad needs dry bread cubes and fresh, flavourful tomatoes. Mix tomato colours and varieties especially in the summer when there is lots of choice.

PREP TIP

Dry bread is bread that has lost moisture as in toasting. Stale bread happens when water molecules move out of the starch molecules to re-crystallize, forming a rigid structure. In Bread Salad, bread cubes need to be oven-dried whether fresh or stale. Fully staled bread refreshes itself and toasts well.

NUTRITION NUGGET

Tomatoes are an excellent source of Vitamin C. Red varieties are high in lycopene, an antioxidant that helps the body eliminate free radicals. Free radicals contribute to various diseases including cancer.

BAKE A BUNCH OF BAGELS

For bagels, shaped rings of dough are poached in gently boiling water before baking. This will produce a dense, chewy interior with a crisp exterior. Honey can be added to the poaching liquid to produce a shiny crust.

Yield: 12

Preparation Time: 20-25 minutes

Rising Time: 20 minutes X 2 times

Baking Time: 25-30 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, stand mixer or electric beaters, large mixing bowl, food safe thermometer, dough scraper, floured surface for kneading, ungreased bowl for rising, lightly greased baking sheet, large stove top cooking pot, baking sheet and wire rack, damp tea towel, slotted lifter, small bowl, fork, pastry brush, oven mitts, cooling rack

Ingredients:

- 4 ½ - 5 cups (1375 – 6250 mL) all-purpose or bread flour
- 1 tsp (5 mL) salt
- 1 pkg or 2 ¼ tsp (11 g) instant yeast
- Pinch of baking soda
- 1 ½ cups (375 mL) hot water - 120 - 130°F (49 - 55°C)
- 2 tbsp (30 mL) liquid honey
- Approximately 8 – 10 cups (1L – 500 mL) water
- 2 tbsp (30 mL) liquid honey (second amount)
- 1 egg
- 1 tbsp (15 mL) water
- ¼ cup (50 mL) seeds of choice (sesame, poppy, super seed mixtures of hemp, chia, flax, etc.) (optional)

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Combine 1 ½ cups (375 mL) flour with salt, yeast and baking soda in stand mixer bowl or large mixing bowl.
4. Gradually add hot water and beat 2 minutes at a medium speed. Scrape sides of bowl as needed.
5. Add ½ cup (125 mL) flour. Beat at a higher speed 2 minutes. Scrape sides of bowl as needed.
6. Stir in enough flour to make a soft dough.
7. Turn dough on to floured surface. Knead about 7 to 8 minutes adding additional flour as necessary to prevent sticking.
8. Place dough in ungreased bowl. Cover with damp tea towel and let rise in a warm place for 20 minutes. The dough will not double in size, but it should rise.
9. Punch down dough. Shape into a large, thick log. Cut into 12 pieces.
10. Shape each piece into a ball. Then push a finger into each ball, twirling the ring around your finger to create a hole about 1" (2.25 cm) in diameter.
11. Place doughnut-shaped dough pieces on lightly greased baking sheet. Cover with damp tea towel and let rise for 20 minutes.
12. While bagels are rising, place water in large stovetop cooking pot. Add honey. Heat to boiling.
13. Preheat oven to 400°F (200°C).
14. Set wire rack over the second baking sheet.
15. Carefully lower bagels, a few at a time, into the gently boiling water. Poach for 2 ½ - 3 minutes, turning them over a couple of times. Bagels will puff up slightly. Using the slotted lifter lift bagels to wire rack to drain. Repeat with remaining bagels. Keep water gently boiling.

PREP TIP

The bagel dough should float when it meets the water.

16. Beat egg and water using a fork. Brush mixture over each bagel. Sprinkle with desired seed toppings, if using. Move bagels back to lightly greased baking pan.
17. Bake for 30 minutes, until golden.
18. Cool for 5 – 10 minutes before removing to wire rack to cool completely.

NUTRITION NUGGET



Save the left-over egg mixture for a quick scrambled egg. This is a nourishing snack or lunch when served on a toasted bagel.



CRACKER-LIKE FLATBREAD

Enhance cheese and charcuterie boards with crisp cracker-like pieces of flatbread. Great with soups and salads and for snacking. This recipe uses instant yeast, but many flatbread recipes do not use yeast.

Yield: 6

Preparation Time: 30 minutes

Rising Time: 30 minutes

Baking Time: 13 – 15 minutes for 2, total 40 – 50 minutes in total

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, large mixing bowl or stand mixer bowl, small microwave-safe bowl or small saucepan, food safe thermometer, small prep bowls, wooden spoon, floured surface, rolling pin, dough or bench scraper, clean tea towel, baking sheets, pastry brush, oven mitts, wire racks

Ingredients:

- 3 – 3 1/2 cups (750 – 875 mL) all-purpose flour
- 1 pkg or 2 ¼ tsp (11 mL) instant yeast
- 1 ½ tsp (7 mL) salt
- 1 tsp (5 mL) sugar
- 2 tbsp (30 mL) butter
- 1 ¼ cups (300 mL) water
- Egg white wash (1 egg white beaten with 1 tbsp (15 mL) water)
- Seed mixture

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Measure 1 cup (250 mL) all-purpose flour from the total and set aside.
4. In a large bowl or stand mixer bowl, combine remaining flour, instant yeast, salt, and sugar.
5. Heat butter and water until very hot - 120 - 130°F (49 - 55°C).
6. Add hot liquid to flour mixture stirring well using a wooden spoon or paddle of stand mixer.
7. Add enough of the reserved flour to make a soft dough that does not stick to the sides of the bowl.
8. Turn onto floured kneading surface. Knead for about 5 minutes or until smooth.
9. Cover dough with clean tea towel and leave to rise for 30 minutes.
10. Preheat oven to 375°F (190°C).
11. Divide dough into 6 - 8 pieces, cutting with a bench scraper or sharp knife. Roll each piece as thinly as possible and transfer one (1) or two (2) to ungreased baking sheet. Rolled pieces should be paper-thin.
12. Brush with egg white wash and sprinkle with seed mixture.
13. Bake one pan at a time for 13 – 15 minutes or until lightly browned around the edges. Set baking pans on wire racks. Cool. Bread will crisp during cooling.
14. Break cooled pieces into large sections. Store in airtight containers.

PREP TIP

Make your own seed mixture by combining equal amounts of seed choices: sesame, flax, poppy, bulgur or cracked wheat, chia, and hemp hearts.

FOCACCIA

Focaccia lends well to food art. Create a masterpiece using a variety of thinly sliced vegetables and fresh herbs.

Yield: 1- 9 x 13 x 2" (33 x 23 x 5 cm) baking pan

Preparation Time: 1st rise – 45 – 60 minutes or until nearly doubled in size 2nd rise – 20 – 25 minutes

Rising Time: 25 minutes

Baking Time: 25 minutes

Equipment: liquid and dry measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, prep bowls, small bowl, large mixing bowl, food safe thermometer, fork, wooden spoon, large olive-oil greased mixing bowl for rising, floured kneading surface, dough scraper, pastry brush, clean tea towel, 9 x 13 x 2" (23 x 33 x 5 cm) baking pan, oven mitts, wire cooling rack

Ingredients:

- 1 1/3 (250 mL + 80 mL) warm water- 110 - 120°F (45-55°C)
- 2 tsp (10 mL) granulated sugar
- 1 pkg or 2 ¼ tsp (11 mL) active dry yeast
- 3 ½ cups (875 mL) all-purpose flour
- ¼ cup (60 mL) olive oil + more for drizzling later
- 2 tsp (10 mL)
- Topping Suggestions: fresh herbs, caramelized onions, thinly sliced peppers, black olives

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. Warm small bowl by rinsing with hot water. Add warm water and sugar. Using a fork, stir to combine. Sprinkle yeast on top. Let sit for 10 minutes until foamy.
4. Stir down the foamy yeast and place in large mixing bowl. Using a wooden spoon gradually stir in flour, olive oil and salt until a shaggy dough forms.
5. Turn dough onto a floured surface and knead for 5 – 8 minutes adding extra flour, if necessary, to prevent sticking.
6. Place dough in greased bowl for rising and cover with a damp tea towel. Place in a warm location to let rise for 45 – 60 minutes or until nearly doubled in size.
7. While dough is rising, grease baking pan using olive oil and pastry brush. Prepare topping ingredients
8. When dough has risen, deflate the dough by pulling edges inward towards the centre. Turn onto floured kneading surface. Knead lightly. Let rest 5 – 10 minutes.
9. Transfer dough to prepared baking pan. Rub extra olive oil on hands, if needed. Gently push dough into pan. Dimple the dough by pressing fingertips to make deep dents overall. Drizzle a little olive oil all over – about 1 tablespoon (15 ml). Sprinkle with sea salt and your choice of toppings. Cover with a damp tea towel. Let rise for 20 – 25 minutes.
10. Preheat oven to 400° F (200°C).
11. Bake for 25 -30 minutes or until dough is slightly golden.

PREP TIP

To caramelize onions, thinly slice 2-3 medium-sized onions. Pan fry slowly in a little oil and butter until onions are soft and golden.

Stand Mixer Instructions

1. Warm standing mixer bowl by rinsing with hot water. Add warm water and sugar. Using a fork, stir to combine. Sprinkle yeast on top and give a quick stir. Let this sit for 5 – 10 minutes or until foamy.
2. Set the mixer to low speed and gradually add flour, olive oil and salt. Increase speed to medium-low and continue mixing for 5 -7 minutes or until pulling away from the sides. If dough is too sticky, add more flour a little at a time (up to ¼ cup (50 mL)).
3. Continue following Steps 5 through Step 10.

POTATO ROLLS OR LOAF

In days past potato water (water from boiling potatoes) and mashed potatoes were often added to bread dough. This resourceful practice led to delicious bread. This recipe can be made into a loaf or 16 rolls.

Yield: 1 Loaf - 8½ x 4½ x 2½" (21 x 11 x 6 cm) OR 16 rolls

Preparation Time: 20 minutes

Rising Time: 10 minutes 1st rising, 30 minutes 2nd rising

Baking Time: 20 minutes for rolls, 40 minutes for loaf

Equipment: dry measures, liquid measures, measuring spoons, dessert-sized spoon for measuring flour into dry measure, straight edge for levelling off, small prep bowls, large mixing bowl or stand mixer, small saucepan or microwave safe bowl, wooden spoon, rubber scraper or bench scraper, food safe thermometer, floured kneading surface, greased loaf pan or 2-8 or 9" (20 or 23 cm) cake pans, clean tea towel, wire cooling rack, oven mitts

Ingredients:

- 4 – 5 cups (1000 -1250 mL) all-purpose flour
- 3 tbsp (45 mL) granulated sugar
- 2 pkg or 4 ½ tsp (22 mL) instant yeast
- 1 ½ tsp (7 mL) salt
- 1 ¼ cups (310 mL) water
- 3 tbsp (45 mL) butter
- ½ cup (125 mL) plain mashed potatoes (no milk, butter or salt)
- 2 tsp (10 mL) dried parsley leaves or dill (optional)
- + extra flour for kneading and shaping

Method:

1. Read the entire recipe.
2. Assemble all ingredients and equipment (mise en place).
3. In a large mixing bowl or stand mixer, combine 2 cups (500 mL) flour, sugar, yeast, and salt.
4. Heat water and butter to 120 - 130°F (49-55°C). Add to dry ingredients. Beat until smooth.
5. Stir in mashed potatoes and parsley or dill, if using.
6. Add enough remaining flour to form a soft dough.
7. Turn onto a floured surface. Knead until smooth and elastic, about 8 minutes, adding additional flour as needed. Alternatively, use stand mixer and dough hook.
8. Cover dough and let it relax for 10 minutes.
9. Shape into loaf. Place in greased loaf pan. Alternatively, divide dough into 16 pieces. Shape each into a ball. Arrange 8 balls in each cake pan. Cover with a clean tea towel. Let rise in a warm place for about 35 minutes.
10. Preheat oven to 400°F (200°C).
11. Sprinkle a little flour on loaf or rolls.
12. Bake loaf for about 40 minutes or until golden brown. Bake rolls for 20 minutes.
13. Remove from pans to cool on wire racks.

PREP TIP

Replace water with water that was used when cooking the potatoes. No need to peel the potatoes. Mash skins and all.