

Breads



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Bagels

Yield: 12 extremely large, 16 regularly large or 24 mini

Ingredients

Sponge

- 1 tsp instant yeast (0.11 ounce)
- 4 cups unbleached high-gluten or bread flour (18 ounces)
- 2 1/2 cups water, room temperature (20 ounces)

Dough

- 1/2 tsp instant yeast (0.055 ounce)
- 3 3/4 cups unbleached high-gluten or bread flour (17 ounces)
- 2 3/4 tsp salt (0.7 ounce)
- 2 tsp malt powder (0.33 ounce)

Finish

- 1 Tbs baking soda
- Cornmeal or semolina flour for dusting
- Sesame seeds, poppy seeds, kosher salt, rehydrated dried minced garlic or onions, or chopped onions that have been tossed in oil (optional)



Procedure

- 1 Day one: To make the sponge, stir the yeast into the flour in a 4-quart mixing bowl. Add the water, whisking or stirring only until it forms a smooth, sticky batter (like pancake batter). Cover the bowl with plastic wrap and leave at room temperature for approximately 2 hours, or until the mixture becomes very foamy and bubbly. It should swell to nearly double in size and collapse when the bowl is tapped on the countertop.
- 2 To make the dough, in the same mixing bowl (or in the bowl of an electric mixer), add the additional yeast to the sponge and stir. Then add 3 cups of the flour and all of the salt and malt. Stir (or mix on low speed with the dough hook) until the ingredients form a ball, slowly working in the remaining 3/4 cup flour to stiffen the dough.
- 3 Transfer the dough to the counter and knead for at least 10 minutes (or for 6 minutes by machine). The dough should be firm, stiffer than French bread dough, but still pliable and smooth. There should be no raw flour – all ingredients should be hydrated. The dough should pass the windowpane test and register 77 to 71 degrees F. If the dough seems to dry and rips, add a few drops of water and continue kneading. If the dough seems tacky or sticky, add more flour to achieve the stiffness required. The kneaded dough should feel satiny and pliable but not be tacky.
- 4 Immediately divide the dough into 4 1/2 ounce pieces for standard bagels, or smaller if desired. Form the pieces into rolls.
- 5 Cover the rolls with a damp towel and allow them to rest for approximately 20 minutes.
- 6 Line 2 sheet pans with baking parchment and mist lightly with spray oil. Proceed with one of the following shaping methods: Method 1: Poke a hole in a ball of bagel dough and gently rotate your thumb around the inside of the hole to widen it to approximately 2 1/2 inches in diameter (half of this for a mini-bagel). The dough should be as evenly stretched as possible (try to avoid thick and thin spots.) Method 2: Roll out the dough into an 8-inch long rope. (This may require rolling part of the way and resting if the pieces are too elastic and snap back, in which case, allow them to rest for 3 minutes and then extend them again to bring to full length. Wrap the dough around the palm and back of your hand, between the thumb and forefinger, overlapping the ends by several inches. Press the overlapping ends on the counter with the palm of your hand, rocking back and forth to seal.
- 7 Place each of the shaped pieces 2 inches apart on the pans. Mist the bagels very lightly with the spray oil and slip each pan into a food-grade plastic bag, or cover loosely with plastic wrap. Let the pans sit at room temperature for about 20 minutes.
- 8 Check to see if the bagels are ready to be retarded in the refrigerator by using the “float test”. Fill a small bowl with cool or room-temperature water. The bagels are ready to be retarded when they float within 10 seconds of being dropped into the water. Take one bagel and test it. If it floats, immediately return the tester bagel to the pan, pat it dry, cover the pan, and

place it in the refrigerator overnight (it can stay in the refrigerator for up to 2 days). If the bagel does not float. Return it to the pan and continue to proof the dough at room temperature, checking back every 10 to 20 minutes or so until a tester floats. The time needed to accomplish the float will vary, depending on the ambient temperature and the stiffness of the dough.

- 9 The following day (or when you are ready to bake the bagels), preheat the oven to 500 degrees F with the two racks set in the middle of the oven. Bring a large pot of water to a boil (the wider the pot the better), and add the baking soda (and optionally, a few tablespoons of barley syrup, see Note at the end). Have a slotted spoon or skimmer nearby.
- 10 Remove the bagels from the refrigerator and gently drop them into the water, boiling only as many as comfortably fit (they should float within 10 seconds). After 1 minutes flip them over and boil for another minute. If you like very chewy bagels, you can extend the boiling to 2 minutes per side. While the bagels are boiling, sprinkle the same parchment-lined sheet pans with cornmeal or semolina flour. (If you decide to replace the paper, be sure to spray the new paper lightly with spray oil to prevent the bagels from sticking to the surface.) If you want to top (see note below) the bagels, do so as soon as they come out of the water. You can use any of the suggestions in the ingredients list or a combination.
- 11 When all the bagels have been boiled, place the pans on the 2 middle shelves in the oven. Bake for approximately 5 minutes, then rotate the pans, switching shelves and giving the pans a 180-degree rotation. (If you are baking only 1 pan, keep it on the center shelf but still rotate 180 degrees.) After the rotation, lower the oven setting to 450 degrees F and continue baking for about 5 minutes, or until the bagels turn light golden brown. You may bake them darker if you prefer.
- 12 Remove the pans from the oven and let the bagels cool on a rack for 15 minutes or longer before serving.

Source

Author: Peter Reinhart

Source: Bread Baker's Apprentice

Banana Flavored Flax Meal Nut Bread

A low carb recipe! Eat while warm or re-heat slices in the microwave and spread with butter or cream cheese.

Yield: 1 loaf makes 16 slices

Ingredients

- 1 cup dark flax meal
- 2/3 cup almond flour/meal
- 1/3 cup low carb bake mix (see Tips for recipe)
- 1 cup chopped walnuts
- 1/2 cup Splenda, granulated
- 1 tsp baking powder
- 1 tsp baking soda
- 5 large eggs, beaten
- 8 Tbs DaVinci's sugar-free vanilla syrup
- 1 Tbs banana extract
- 5 Tbs unsalted butter, melted
- 4 oz cream cheese, softened

Procedure

- 1 Grease loaf pan with butter and set aside.
- 2 Mix together all dry ingredients in a bowl.
- 3 Then in a separate bowl, mix all wet ingredients.
- 4 Fold dry ingredients into wet and mix well.
- 5 Allow batter to rest for a few minutes to let it thicken, then transfer batter to greased loaf pan.
- 6 Pre-heat oven to 350 degrees.
- 7 Bake for 35 to 40 minutes or until it passes the knife/toothpick/etc. test. Cover with foil if center is still soft after 35 minutes to keep the top from getting too dark.
- 8 Remove from pan immediately and cool before slicing. Slice into 4 small loaves as follows: slice lengthwise down the center, then cut each half into two equal halves on the short axis.
- 9 Store in ziploc baggie in the refrigerator or freezer.

Recipe Tips

Low Carb Bake Mix: 1 cup soy flour, 2 cups soy protein isolate, 2 Tbs baking soda, 1 tsp salt, and 2 Tbs Splenda. Sift together, then store in refrigerator in a sealed plastic baggie or container. Yield: about 3 1/4 cups.

Banana Nut Muffins

Yield: 12-16 regular muffins or 2 dozen minis

Ingredients

- 2 cups all-purpose flour (or 1 cup unbleached all purpose and 1 cup whole wheat)
- 1 1/2 tsp baking soda
- 1/2 tsp fine salt
- 4 overripe bananas
- 1 cup brown sugar
- 3/4 cup unsalted butter (1 1/2 sticks) , melted and cooled
- 2 large eggs
- 1 tsp pure vanilla extract
- 1/2 cup pecans or walnuts, chopped



Procedure

- 1 Preheat oven to 350-375 degrees F and lightly butter 2 muffin tins. (No need to butter silicon tins.)
- 2 In a large bowl, combine the flour, baking soda, and salt; set aside.
- 3 Mash 1/2 of the bananas with a fork in a small bowl so they still have a bit of texture. Set aside.
- 4 With an electric mixer fitted with a wire whisk, whip the remaining bananas and sugar together like you mean it, for a good 3 minutes.
- 5 Add the cooled melted butter, eggs, and vanilla and beat well, scraping down the sides of the bowl once or twice.
- 6 Mix in the dry ingredients just until incorporated.
- 7 Fold in the nuts and the reserved mashed bananas with a rubber spatula.
- 8 Spoon the batter into the muffin tins to fill them about halfway. Give them a rap on the counter to get any air bubbles out.
- 9 Bake until a toothpick stuck in the muffins comes out clean, 18 to 20 minutes for regular muffins and 10 to 12 minutes for mini muffins.
- 10 Let cool for a few minutes before turning the muffins out.
- 11 Serve warm or at room temperature.

Source

Source: adapted from Tyler Florence's recipe

Bread Stuffing for Poultry

Ingredients

2 Tbs vegetable oil
1 cup onion, diced
1 cup celery, diced
1/2 cup mushrooms, diced
14 oz herbed stuffing cubes
6 Tbs butter, melted
2 1/2 cups chicken or turkey stock, boiling
1 large egg, beaten
1 tsp Worcestershire sauce
1 dash hot sauce

Procedure

- 1 Add oil to a pre-heated non-stick skillet over medium heat.
- 2 When the oil is hot, add the onions and celery to the skillet and cook until soft; do not brown.
- 3 When the onions and celery are soft, add the mushrooms and continue to cook until the mushrooms have softened.
- 4 Put the herbed stuffing cubes in a large bowl and toss with the melted butter.
- 5 Add the cooked vegetables to the buttered cubes and stir well.
- 6 Pour the boiling stock over the mixture and fold gently to moisten all of the bread cubes.
- 7 When the liquid has been absorbed, add the beaten egg, Worcestershire and hot sauces. Stir well.

Recipe Tips

To cook the stuffing outside the bird: Spray the surface of a crockpot with cooking spray and add the stuffing mixture to the crockpot. Cook on high for 45 minutes, then cook on low for 3 to 4 hours.

Cheddar Cheese Garlic Biscuits

These biscuits are just like the ones that are served at Red Lobster.

Ingredients

- 2 cups Bisquick
- 1/2 cup cold water
- 3/4 cup sharp cheddar cheese, grated
- 1/4 cup butter
- 1 tsp parsley flakes
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning blend

Procedure

- 1 Preheat oven 450 degrees.
- 2 Mix Bisquick, cold water, and cheese together.
- 3 Roll out one inch thick, cut with cutter.
- 4 Place on non-greased baking sheet.
- 5 Melt butter and seasonings together; brush biscuits.
- 6 Bake 8 to 10 minutes.

Source

Author: Chris Deering

Classic Dinner Rolls

A holiday tradition for Pete and I.

Ingredients

2 cups all purpose flour (divided), plus 1/4 cup for kneading
2 1/4 tsp instant yeast
2 Tbs sugar
1/2 tsp salt
1/2 cup milk
1/4 cup water
2 Tbs butter

Procedure

- 1 Combine 3/4 cup of the flour, yeast, sugar and salt in a large bowl.
- 2 Heat milk, water and butter until very warm (120° to 130°F). Add to flour mixture.
- 3 Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.
- 4 Add 1/4 cup of the flour; beat 2 minutes at high speed.
- 5 Stir in enough remaining all-purpose flour (about 1 cup) to make soft dough.
- 6 Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes.
- 7 Cover; let rest 10 minutes.
- 8 Divide dough into 12 equal pieces; shape into balls.
- 9 Place in greased 8 or 9-inch round pan. Cover; let rise in warm, draft-free place until doubled in size, about 30 minutes.
- 10 Bake in preheated 375°F oven for 15 to 20 minutes or until done.
- 11 Remove from pan; brush with additional melted butter, if desired. Serve warm.

Source

Source: BreadWorld.com

Classic White Bread

Makes two 1-pound sandwich loaves, 18 large dinner rolls, 14 burger, or 16 hot dog buns.

Ingredients

- 4 ¼ cups unbleached King Arthur bread flour (19 ounces)
- 1 ½ tsp table salt (0.38 ounces)
- 3 Tbs sugar (1.5 ounces)
- 2 tsp instant yeast (0.22 ounce)
- 1 large egg (1.65 ounces), slightly beaten, at room temperature
- ¼ cup unsalted butter (2 ounces), at room temperature
- 1 ½ cups buttermilk or whole milk (12 ounces), at room temperature
- Spray oil (olive oil)

Optional:

- 1 large egg, whisked with 1 teaspoon water until frothy, for egg wash
- sesame or poppy seeds, for garnish



Procedure

- 1 Mix together the flour, salt, sugar, and yeast in the bowl of an electric mixer (Kitchen Aid).
- 2 Pour in the egg, butter, and milk into the flour mixture and mix on low speed - Kitchen Aid #2 - with the paddle attachment until all the flour is absorbed. If the dough seems very stiff and dry, trickle in more milk until the dough is soft and supple.
- 3 Begin kneading the dough on medium speed - Kitchen Aid #2 - with the dough hook attachment, adding more flour, if necessary, to create a dough that is soft, supple, and tacky but not sticky. Continue kneading/mixing for 4 to 6 minutes. The dough should clear the sides of the bowl but stick ever so slightly to the bottom. The dough should pass the windowpane test and register 80° F.
- 4 Lightly oil a large bowl and transfer the dough to the bowl, rolling it to coat it with oil. Cover the bowl with plastic wrap.
- 5 Ferment at room temperature for 1½ to 2 hours, or until the dough doubles in size (the length of time will depend on the room temperature), up to 4 hours.
- 6 Remove the fermented dough from the bowl and divide it in half for sandwich loaves, into eighteen 2-ounce pieces for dinner rolls, fourteen 2.5-ounce pieces for burger buns, or sixteen 2.3-ounce pieces hot dog buns. Shape the pieces into boules for loaves or tight rounds for dinner rolls or buns. Mist the dough lightly with spray oil and cover with a towel or plastic wrap. Allow to rest for about 20 minutes.
- 7 For loaves: Lightly oil two 8½ by 4½-inch glass loaf pans. Flatten each piece of dough with your hand, folding in the edges to make an even-sided rectangle about 5 inches wide and 6 to 8 inches long. Working from the short side of the dough, roll up the length of the dough one section at a time, pinching the crease with each rotation to strengthen the surface tension. The loaf will spread out as you roll it up, eventually extending to a full 8 to 9 inches. Pinch the final seam closed with the back edge of your hand or with your thumbs. Rock the loaf to even it out; do not taper the ends. Keep the surface of the loaf even across the top. Place the each loaf in one of the oiled loaf pans. The ends of the loaves should touch the ends of the pan to ensure an even-rise.
- 8 For rolls and buns: Line 2 half-sheet pans with baking parchment. Rolls require no further shaping. For burger buns, gently press down on the rolls to form the desired shape. For hot dog buns, gently flatten the piece of dough and fold in the sides to square it off. Roll it up and seal the crease like a batard, creating surface tension. Transfer the rolls or buns to the sheet pans.

- 9 Mist the tops of the dough with spray oil and loosely cover with plastic wrap or a towel. Proof the dough at room temperature for 60 to 90 minutes, or until it nearly doubles in size, up to 2 hours.



- 10 Preheat the oven: 350° F for loaves; 400° F for roll and buns.

- 11 Optional: Brush the rolls or buns with the egg wash and garnish with poppy or sesame seeds. Sandwich loaves also may be washed and garnished, or score them down the center and rub a little vegetable oil in the slit.



- 12 Bake loaves for 35 to 45 minutes, rotating 180 degrees halfway through for even browning. The tops should be golden brown and the sides, when removed from the pan, should also be golden. The internal temperature of the loaves should be close to 190° F, and the loaves should sound hollow when thumped on the bottom.

- 13 Bake the rolls or buns for about 14 minutes (rotating 180 degrees halfway through for even browning), or until they are golden brown and register just above 180° F in the center.

- 14 When finished baking: remove the bread immediately from the pans and cool on a wire rack. Loaves should cool for at least 1 hour before slicing or serving. Rolls and buns should cool for at least 15 minutes.



Recipe Tips

This bread freezes really well. After fully cooled, freeze in ziploc baggies, then thaw to room temperature as needed.

Source

Source: adapted from Peter Reinhart's Bread Baker's Apprentice

Corn Tortillas

Perfect for tacos when lightly fried in a bit of peanut oil!

Yield: 12 tortillas

Ingredients

- 1 ½ cups instant corn masa flour (maseca)
- 3/16 tsp salt
- 1 cup hot water (it is critical that the water be hot)



Procedure

- 1 Put the masa flour and salt into a medium size bowl and stir.
- 2 Add the hot water and mix with a spoon until the dough comes together, then blend well with your hands.
- 3 Form the masa into a dozen even sized balls and cover to keep moist. (Make sure your dough is moist. Re-hydrate each individual ball of masa with a little bit of water as you are working with it. The masa should be fully saturated with water.)
- 4 Heat a cast iron comal or skillet until medium hot.
- 5 Place a plastic sheet (½ of sandwich size baggie) on your tortilla press and place your masa ball in the center; use two fingers to slightly flattened the ball.
- 6 Put another plastic sheet on top and press gently; turn the tortilla 180 degrees and press again to even out thickness.
- 7 Lightly grease the hot comal with Crisco or manteca.
- 8 Remove top plastic sheet and carefully remove raw tortilla.
- 9 Carefully place tortilla on the greased comal, so that it lies flat.
- 10 Turn tortilla over after a very short time, when it slides it is ready to turn (you will learn with experience.)
- 11 The tortilla will begin to cook – look for spots of browning on bottom side and turn again.
- 12 The tortilla will begin to puff.
- 13 When fully puffed, remove tortilla to plate and cover to keep warm.
- 14 Repeat the process with the rest of the masa balls.

Cornbread

Ingredients

- 1 1/2 cups plain cornmeal
- 1/2 cup King Arthur all purpose flour
- 1 Tbs baking powder
- 3/4 tsp salt
- 1/4 cup sugar
- 1 1/4 cup milk
- 1/2 cup vegetable oil (or shortening)
- 2 large eggs
- 3 Tbs bacon drippings



Procedure

- 1 Preheat oven to 400 degrees F, placing medium size round or square cast-iron skillet in the oven while it heats.
- 2 Mix dry ingredients in a large bowl.
- 3 Mix milk, oil, and eggs in another bowl, then add to the dry ingredients. Mix until all is combined.
- 4 Remove hot skillet from the oven and slip bacon drippings into skillet, brushing it to cover all surfaces well. Place skillet back in the oven for a few minutes--you want it to be very hot.
- 5 Remove hot skillet from the oven and pour in the batter - it should sizzle.
- 6 Bake until golden brown on the top, about 25 minutes. When the cornbread is done, a toothpick should pull out clean when pushed into the center.
- 7 Remove the skillet from the oven. Using a cake rack, carefully place the rack on top of the skillet and invert. The cornbread should come out easily. Resist cutting into it for 5 minutes.

Source

Source: adapted from Keri's Blue Ribbon Cornbread, 1st place cornbread recipe from the 2002 Oklahoma State Fair

Crusty Andouille Sausage Stuffin' Muffins

Servings: 12

Ingredients

- 1 cup Onion, chopped (divided use)
- 1 cup Celery, chopped (divided use)
- 1/2 lb Andouille sausage, chopped
- 2 cloves Garlic, minced
- 1 Tbs Peanut oil
- 4 oz Unsalted butter, softened (divided use)
- 1 tsp Worcestershire sauce
- 1/2 tsp Louisiana or Tabasco hot sauce
- 3 1/2 cups Chicken broth, low sodium
- 2 tsp Fresh parsley, chopped fine
- 1/4 tsp Sage, dried
- 12 oz Herb seasoned stuffing, cubed (such as Pepperidge Farm)
- Cooking spray (such as Pam)



Procedure

- 1 Chop onions, celery, and sausage. Mince garlic.
- 2 Preheat a large skillet over medium-high heat. Add peanut oil. When oil is hot, add one-half each of onions and celery, and sauté until lightly browned.
- 3 Add remaining onions and celery along with garlic, andouille sausage, 1 Tbs of the butter, Worcestershire and hot sauces. Sauté until bubbly and heated through.
- 4 Add chicken broth, parsley, sage and bring to a boil. Reduce heat to a simmer and cook uncovered until most of the fat rises to the surface; skim off fat.
- 5 Continue to cook until the liquid has been reduced by half and vegetables are soft.
- 6 Preheat oven to 375 degrees F.
- 7 Remove the skillet from heat and gently stir in the remaining butter and stuffing cubes to combine completely. Let rest until all liquid has been absorbed.
- 8 Spray cups of non-stick muffins tins with cooking spray. Using a large spoon, fill and mound up the stuffing in the muffin tins.
- 9 Bake until set and crisp on top (15 to 20 minutes).
- 10 Remove muffins from the tins. Can be served warm or room temperature.

Recipe Tips

To make muffins crispy all over, remove from tins, put on parchment paper lined cookie sheet and bake an additional 10 to 15 minutes.

Flaky Buttermilk Biscuits

Yield: 8 to 10 biscuits

Ingredients

| | | |
|----------|-------|---|
| 2 | cups | all-purpose flour (or 1 cup A/P and 1 cup cake flour) |
| 1 | Tbs | baking powder |
| 1 | pinch | Kosher salt |
| 1/4 | cup | vegetable shortening |
| 4 | Tbs | cold butter (1/2 stick) |
| 3/4 to 1 | cup | buttermilk |
| 2 | Tbs | butter, melted (optional) |

Procedure

- 1 Preheat oven to 400 degrees.
- 2 In a medium bowl, whisk together the flour, baking powder, and salt. Use a pastry blender or your fingers to cut the shortening and 4 Tbs of butter into the flour, until the mixture is coarse and pebbly. Using a fork, work in the buttermilk. Turn out the dough onto a lightly floured work surface. Gently kneed the dough and pat into a rectangle about 1 inch thick.
- 3 Lightly dust the surface of the dough with flour. The dough should feel tacky, slightly wet and sticky to the touch, not dry.
- 4 Using your hands or a pastry scraper, fold the dough in half, then gently roll out with into a 1-inch thick rectangle with a rolling pin. Repeat this process twice, using a light hand with the rolling pin. Use a sharp knife or biscuit cutter to cut the dough into 8 to 10 equal squares or circles, as you prefer.
- 5 Place the biscuits on a non-greased baking sheet and bake for 25 to 30 minutes, until golden brown.
- 6 Optional: The last two minutes of baking, brush or drizzle the tops of the biscuits with the melted butter.

Source

Source: adapted from Donald Link's recipe in Real Cajun

Flour Tortillas

Yield: 9 or 10 tortillas

Ingredients

- 2 cups King Arthur all purpose flour (240 g)
- 1 tsp table salt (6 g)
- 3 Tbs lard or Crisco shortening (39 g)
- 4 oz very hot water



Procedure

- 1 Combine all of the ingredients and knead for 3 minutes.
- 2 Cover with cloth and rest for 15 minutes.
- 3 Form into balls with tight skin and keep covered.



- 4 Using a rolling pin, press a dough ball out to an oval shape, turn 45 degrees, roll again, turn another 45 degrees and roll until round in shape.
- 5 Cook the tortilla in a hot, dry cast-iron skillet; watch for tiny bubbles, then turn quickly. The tortilla will puff up, then turn for a final time.



- 6 Keep the tortillas warm in a towel while you cook the rest.

Garlic Bread/Toast

Ingredients

- 1 small loaf of crusty bread
- 2 1/2 Tbs butter, softened
- 1 clove garlic, minced
- 1 tsp parsley, dried
- 4 tsp parmesan, grated



Procedure

- 1 Preheat oven to 350 degrees.
- 2 Cut bread in half, lengthwise.
- 3 Mix the butter, garlic and parsley together in a small bowl.
- 4 Spread the butter mixture over the cut side of the bread.
- 5 Place bread on a sheet pan cut side up and bake for about 10 minutes.
- 6 Remove pan from oven and sprinkle the bread with the parmesan.
- 7 Return the pan to the oven on the highest rack and broil on high heat for 2 to 3 minutes or until the edges of the bread begin to toast and the cheese bubbles. (Watch very carefully while broiling, as the bread can easily go from un-toasted to burnt.)
- 8 Remove from oven, let cool for a minute, then slice into 2-inch pieces and serve immediately.

Gerry's Spicy Zucchini & Pineapple Bread

Yield: 2 loaves

Ingredients

3 large Eggs
1 cup Vegetable oil
2 cups Sugar
2 tsp Vanilla extract
2 cups Skinned and coarsely grated zucchini
8 oz Crushed pineapple, well drained
2 tsp Baking soda
1 tsp Salt
1/2 tsp Baking powder
1 1/2 tsp Cinnamon
3/4 tsp Ground nutmeg
3 cups All-purpose flour

Procedure

- 1 Beat eggs. Beat in vegetable oil, sugar, and vanilla. Continue beating until thick and foamy.
- 2 Skin and coarsely grate the zucchini to make two cups. Stir into egg mixture.
- 3 Drain the crushed pineapple and stir in baking soda. Stir into zucchini and egg mixture.
- 4 In a separate bowl, stir together remaining dry ingredients until blended. Add to moist mixture and stir just until blended.
- 5 Pour batter into two buttered and floured loaf pans.
- 6 Preheat oven to 325 to 350 degrees.
- 7 Bake loaves for 45 to 50 minutes.
- 8 Remove from oven and cool for 5 minutes before turning out onto a wire rack to finish cooling.

Source

Author: Gerry Farrell

Homemade English Muffins

Based on Julia Child's recipe.

Yield: Seven or eight 3 1/2-inch muffins

Ingredients

| | | |
|--------|-------|-------------------------------|
| 2 1/4 | tsp | active dry yeast |
| 1/4 | cup | warm water |
| 2 | Tbs | instant mashed potatoes |
| 1/2 | cup | boiling water |
| 1/2 | cup | cold milk |
| 300 | grams | King Arthur all-purpose flour |
| 1 1/2 | tsp | salt |
| 3 | Tbs | warm water |
| 2 to 3 | Tbs | softened butter |



Procedure

- 1 Stir active dry yeast into warm water.
- 2 Add instant mashed potatoes to boiling water.
- 3 Place potatoes and milk in a large mixing bowl. Beat to combine. Stir in dissolved yeast. Add flour and beat until a thick smooth batter forms, about 1 minute. Cover with plastic wrap and let rise until batter has risen and large bubbles appear on the surface, about 1-1/2 hours. Batter must be bubbly before proceeding.
- 4 Add salt to warm water. Stir batter down, then add salted water and beat vigorously for about a minute. Cover with plastic wrap and let rise again until bubbles appear on surface of batter, about 1 hour.
- 5 Brush insides of 3-inch rings with butter or spray with non-stick cooking spray. Butter or spray surface of griddle or frying pan and set over moderately low heat.
- 6 When drops of water dance on surface, scoop batter into rings. Batter should be about 3/8-inch thick to produce a muffin twice that size.
- 7 Cook muffins slowly on one side until bubbles which form near bottom pierce through top surface and top changes to a dryish gray color, about 6 to 8 minutes depending on the heat.
- 8 Turn muffins, remove rings and let cook until they are a spotty token brown, about 1 minute. Remove to a rack to completely cool.



Low Carb Focaccia Bread

Servings: 12

Ingredients

8 oz cream cheese
4 large eggs
1/2 cup almond flour
3/8 cup parmesan cheese (divided)
3/4 cup low carb bake mix (see Tips for recipe)
1 tsp fresh garlic, minced
ground fresh pepper, to taste
1 tsp baking powder
3/4 cup mozzarella, shredded
1/4 cup romano cheese, grated
2/3 tsp dried basil
2/3 tsp dried oregano
2/3 tsp garlic powder
1 Tbs olive oil



Procedure

- 1 Soften the cream cheese by warming in the microwave on defrost for 30 seconds. Put in the food processor and pulse until smooth.
- 2 Beat eggs in a separate bowl and then add to the cream cheese. Pulse a few times to blend together.
- 3 Add the almond flour, 1/4 cup of the parmesan, bake mix, garlic, pepper, and baking powder to the food processor and pulse until smooth. Remove the mixture to a mixing bowl.
- 4 Add the mozzarella and romano cheese to the mixing bowl and stir by hand.
- 5 Pour the batter onto a jelly roll pan lined with parchment paper and spread evenly with a spatula - it is thick and sticky and this will take some time.
- 6 Sprinkle with dried herbs, garlic powder, and the remaining parmesan cheese.
- 7 Preheat oven to 350 degrees. Bake until nicely browned on top, 20 to 25 minutes.
- 8 Remove from oven and brush with olive oil.
- 9 Pop out of pan and cool on a wire rack.

Recipe Tips

Low Carb Bake Mix: 1 cup soy flour, 2 cups soy protein isolate, 2 Tbs baking soda, 1 tsp salt, and 2 Tbs Splenda. Sift together, then store in refrigerator in a sealed plastic baggie or container. Yield: about 3 1/4 cups.

Source

Source: low carb friends

Web Page: <http://www.lowcarbfriends.com/bbs/lowcarb-recipe-help-suggestions/193651-fabulous-easy-hearty-artisan-bread.html>

Low Carb Tortillas/Wraps

I love to use these wraps to make my BLT with Turkey and Swiss. They also make great soft taco wraps!

Yield: 16

Ingredients

8 oz cream cheese, softened
3 large eggs
1/4 cup water
1 Tbs Splenda
1/2 cup Low Carb Bake Mix (see Tips for recipe)
1/2 tsp baking powder
1/2 tsp garlic powder
1/2 tsp onion powder
1 Tbs parsley flakes
1 Tbs buttermilk powder



Procedure

- 1 Beat softened cream cheese with mixer until blended smooth. In a separate bowl, lightly beat the eggs and water; then add to cream cheese and mix to blend. Add all the remaining ingredients and mix until blended.
- 2 Take a piece of parchment paper and spread about a tablespoon of the batter in a very thin layer, from 6 to 8 inches in diameter, onto the paper and nuke it on high for 60 seconds. If the batter gets too thick while sitting just add a little water to it. It should be the consistency of pancake batter.
- 3 Carefully, take it out and place the paper on the counter to cool. Let it cool completely and then gently peel the paper back to free the edges and it will peel right off the paper. The recipe makes about 16 wraps at just over one carb each.
- 4 When all of the wraps have been cooked and cooled, stack them with the parchment paper in between and store them in a gallon size ziploc baggie in the refrigerator until you are ready to use them. You will have to trim the edges of the paper so that the stack will fit into the baggie.
- 5 They don't get stiff at all and they warm right up on about 20 seconds nuking or toasting the toaster oven. They are also great cold!

Recipe Tips

Low Carb Bake Mix Recipe: 1 cup soy flour, 2 cups soy protein isolate, 2 Tbs baking soda, 1 tsp salt, 2 Tbs Splenda. Sift all ingredients together and store in an airtight jar or baggie in the refrigerator. Yield: about 3 1/4 cups.

Best Burger Bun Yet! Super Easy Too! You will actually use only 1 Tbs of the mix in your waffle iron, so that they come out in a circle shape instead of the square! The neat thing too.....the little squares hold in the mayo and mustard!!! No dripping!

Pita Bread

Ingredients

- 3 cups King Arthur Unbleached All-Purpose Flour
- 2 tsp instant yeast
- 2 tsp sugar
- 1 1/2 tsp salt
- 1 cup water
- 2 Tbs vegetable oil



Procedure

- 1 Combine all of the ingredients, mixing to form a shaggy dough.
- 2 Knead the dough, by hand (10 minutes) or by mixer (5 minutes) until it is smooth.
- 3 Place the dough in a lightly greased bowl, and allow it to rest for 1 hour; it'll become quite puffy, though it may not double in bulk.
- 4 Turn the dough onto a lightly oiled work surface and divide it into 8 pieces.
- 5 Roll the pieces out into 6" circles in batches, the number depending on how many can fit on your baking stone.
- 6 Allow circles to rest on your work surface while the stone and oven pre-heat to 450 degrees.
- 7 Bake the pitas on the middle rack until puffy and slightly browned, about 7 or 8 minutes.

Source

Source: adapted from Golden Pita Bread on King Arthur Flour web site

Simple Crusty Artisan Bread

Yield: 2 loaves

Ingredients

- 2 1/4 tsp active dry yeast
- 2 1/4 tsp kosher salt
- 13.43 oz water (381 g), lukewarm - about 100 degrees F
- 16 oz King Arthur all-purpose flour (454 g), more for dusting dough
- cornmeal, to sprinkle on parchment paper



Procedure

- 1 In a large bowl or plastic container, mix yeast and salt into the lukewarm water. Stir in flour with a wooden spoon, mixing until there are no dry patches. Dough will be quite loose. Cover, but not with an airtight lid. Let dough rise at room temperature 2 hours (or up to 5 hours).
- 2 Bake at this point or refrigerate, covered, for as long as two weeks. When ready to bake, sprinkle a little flour on dough and cut off a grapefruit-size piece with serrated knife. Turn dough in hands to lightly stretch surface, creating a rounded top and a lumpy bottom. Put dough on a sprinkle of cornmeal on a peel; let rest 40 minutes if fresh, plus an extra hour if dough has been refrigerated.
- 3 Place broiler pan on bottom rack of oven. Place baking stone on middle rack and turn oven to 450 degrees; heat stone at that temperature for 20 minutes.
- 4 After resting, dust dough with flour, slash top with serrated or very sharp knife three times. Slide dough onto stone. Pour one cup hot water into broiler pan and shut oven quickly to trap steam. Bake until well browned, about 30 minutes.
- 5 Dutch Oven Variation: Preheat a Dutch oven for 20 minutes in the preheated oven. Let the dough rest on parchment paper that has been trimmed to fit the bottom of the Dutch oven and sprinkled with cornmeal. Carefully place the slashed dough and parchment in the heated Dutch oven, cover and bake for 25 minutes on the middle rack. Remove lid and bake for 15 minutes more to brown the crust.
- 6 Remove the bread from the oven and cool completely on a rack before slicing.



Source

Source: adapted from "Artisan Bread in Five Minutes a Day," by Jeff Hertzberg and Zoë François

Soft Pretzels

Yield: Makes 12 to 17 pretzels

Ingredients

- 4 1/2 cups unbleached bread flour (20 oz/567 g)
- 1 3/4 tsp salt, or 2 1/2 teaspoons coarse kosher salt (0.4 oz/11 g)
- 1 1/2 Tbs brown sugar (0.75 oz/21 g)
- 1 tsp instant yeast (0.11 oz/3 g)
- 1 1/2 cups lukewarm water (12 oz/340 g) , about 95 degrees F
- 2 Tbs vegetable oil or melted unsalted butter (1 oz/28.5 g)
- 8 tsp baking soda (2 oz/57 g) , for dipping
- 2 cups warm water (16 oz/454 g) , about 100 degrees F
pretzel salt or coarse sea salt, for garnish



Procedure

- 1 In the bowl of the electric mixer, combine the flour, salt, and sugar. Whisk the yeast into the lukewarm water until dissolved, then let it sit for 1 minute to hydrate.
- 2 Pour the yeast mixture and the oil into the dry ingredients. Use the paddle attachment and mix on the lowest speed for 30 to 60 seconds. A course ball of dough should form.
- 3 Switch to the dough hook and mix on the lowest speed for 2 minutes. The dough will become slightly smoother. Let the dough rest for 5 minutes.
- 4 Continue to mix with the dough hook on medium-low speed for 3 minutes, adjusting the water or flour as needed to form a smooth, firm, but slightly tacky ball of dough. If the dough is very tacky or sticky, add more flour.
- 5 Transfer the dough to a lightly floured work surface and knead for 1 minute to make any final adjustments. Form the dough into a ball and place it in a clean, lightly oiled bowl. Cover the bowl tightly with plastic wrap and immediately refrigerate overnight or for up to 4 days.
- 6 On Baking Day: Combine the water and baking soda in a sauce pan and bring to a gentle simmer.
- 7 Preheat the oven to 400 degrees F.
- 8 Remove the dough from of the refrigerator and immediately divide it into 2-ounce (56.5 g) pieces, or 3-ounce (85 g) pieces if you prefer larger pretzels. Roll each piece into a rope about 17 inches long, tapered at the last 3 inches of each end (if the rope shrinks back after rolling, proceed to the next piece and return a few minutes later, after the gluten has relaxed, and roll the rope again to the full length.)
- 9 Line a sheet pan with parchment paper and mist with spray oil to prevent sticking. Form each piece of dough into pretzel shape, then place it on the sheet pan.
- 10 As soon as the sheet is filled, carefully dip each pretzel into the simmering baking soda solution to thoroughly coat it, then put it back on the pan. Sprinkle on salt to taste, but be aware that a little goes a long way. Dip and pan all the pretzels.
- 11 Bake for about 8 minutes, then rotate the pan and bake another 8 to 10 minutes, until the pretzels are a rich brown.
- 12 Transfer the pretzels to a wire rack and cool for at least 10 minutes before serving.

Source

Source: from Peter Reinhart's Artisan Bread Every Day

Tea Scones

My friend Shirley's mom said these taste just like the ones she had in London. I don't know about that but they sure are wonderful! -- Jackie

Yield: 12-16

Ingredients

2 cups all purpose flour
2 Tbs sugar
1 Tbs baking powder
1/2 tsp salt
6 Tbs butter or margarine
1 large egg, beaten
1/2 cup milk
1 large egg, slightly beaten, for egg wash

Procedure

- 1 In a bowl, thoroughly stir together the flour, sugar, baking powder and salt.
- 2 Cut in butter until mixture resembles coarse crumbs.
- 3 Add beaten egg and milk, stirring just until dough clings together.
- 4 Knead dough gently on lightly floured surface (12 to 15 strokes).
- 5 Cut dough in half, shape each half into a ball, and pat or roll to 6" circle about 1/2" thick.
- 6 Cut each circle into 6 or 8 wedges.
- 7 Place wedges, not touching, on a non-greased cookie sheet.
- 8 Brush with slightly beaten egg. (I haven't done this the past few times and they still come out nicely golden - Shirley)
- 9 Bake at 425 degrees for 12 to 15 minutes, or until dark golden brown. (Do not overcook. I prefer a light golden brown. - Jackie)

Source

Source: submitted by Shirley Robbins from The Better Homes & Gardens Heritage Cookbook

Three Minute Microwave Bread

After making this bread, I like to brown/toast it in a medium hot non-stick skillet, make a sandwich with ham and cheese, and nuke it again just until the cheese melts. The Best Grilled Ham And Cheese Ever!

Servings: 1

Ingredients

- 1 Tbs butter
- 1 large egg
- 2 Tbs almond flour
- 2 Tbs flax meal
- 1/4 tsp baking powder
- 1 pinch sugar or Splenda

Procedure

- 1 Melt butter in square "bread slice size" or larger microwavable container.
- 2 Beat in egg. Stir together dry ingredients in another bowl and then add to beaten egg and butter.
- 3 Mix thoroughly with a fork. Cover with plastic wrap and vent.
- 4 Microwave on high for about 1 minute 30 seconds. Microwaves may vary. Check on it. Do not over cook.

Source

Source: lowcarbfriends.com