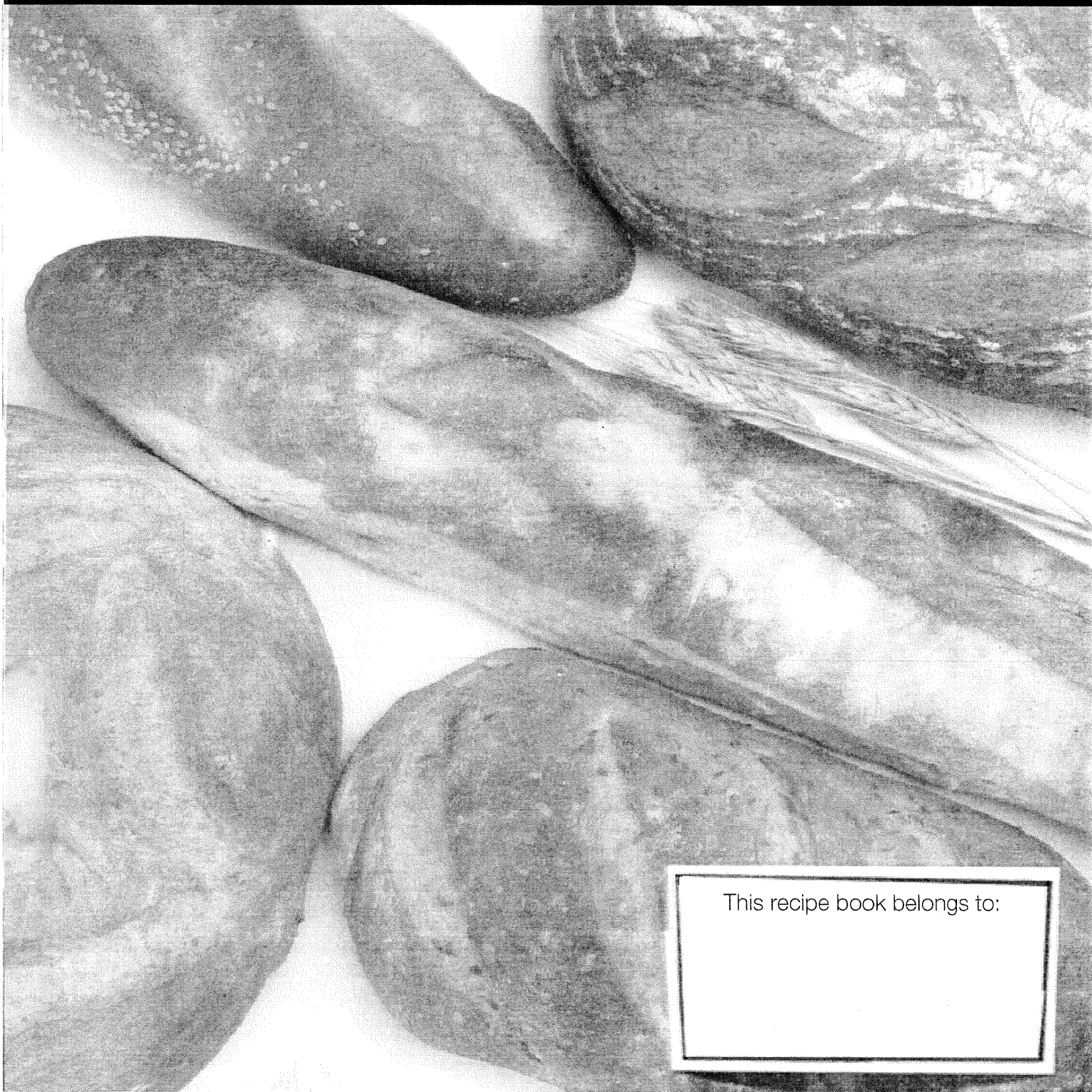


FOODS 20 RECIPE SERIES

BREAD PRODUCTS



This recipe book belongs to:

2-Hour Buns

1 tbsp active dry yeast	1/3 c vegetable oil
4 c unbleached flour	3c hot water
2 eggs	4c flour
8 tbsp sugar	1 tsp salt

1. In a large metal mixing bowl mix yeast, hot water and sugar together and let sit for 10 mins.
2. In a separate bowl, beat eggs, salt and oil together with a whisk
3. In another small bowl measure out 8 cups of flour. Set aside.
4. Add the egg mixture to the yeast mixture and whisk until smooth. Add half of the flour and whisk until very smooth. Add 1 more cup of flour and decide if you can continue whisking or change to a wooden spoon. Continue adding the remaining flour $\frac{1}{2}$ cup at a time until you reach a soft dough (The dough should be soft and slightly sticky) continue to stir with a wooden spoon until it is all combined.
5. Flour the counter and knead the dough for 10 mins. Form into a smooth, large ball.
6. Lightly spray the inside of a bowl with baking spray and place the dough inside. Let rise in the fridge overnight.
7. Punch down and let rise for another 15 mins at room temperature of in the oven (same as above)
8. Using a sharp knife cut off equal amounts and form dough into buns.
9. Grease a cookie sheet really well and place formed buns on the sheet, allow room to rise. Cover with a damp towel and let rise 1 hour at room temperature or in the oven until doubled in size.
10. Preheat the oven to 350 F and bake for 15 to 20 mins until golden brown.
11. Take buns off of cookies sheet and let cool on racks.

recipe notes

DATE:

Honey Lemon Whole Wheat Bread

Ingredients

1 ½ cups all purpose flour
1 pkg active dry yeast
1 tsp salt
1 cup + 2 tbsp hot water (120 to 130 F)
2 tbsp honey
1 ½ tbsp shortening, at room temperature
1 ½ tsp grated lemon peel, no white pith
1 to 1 ½ cups whole wheat flour
Vegetable oil

Directions

1. In a large mixing bowl, combine the white flour, yeast and salt. Pour in the hot water. Add the honey, shortening and lemon peel. Stir briskly with a wooden spoon to blend. Scrap down the bowl occasionally.
2. Add half of the whole-wheat flour. Stir by hand for 1 min. The batter will be thick and rubber like.
3. Gradually add the remainder of the whole-wheat flour, depending on the moistness of the developing dough. The dough should be elastic, soft and not overly sticky.
4. Knead dough on a lightly floured surface for 10 mins, add sprinkles of flour if the dough remains sticky.
5. Lightly grease the mixing bowl and place dough back in and cover with a towel or wax paper. Let rest for 20 mins in a warm place (proofer works well)
6. Knead the dough for 30 seconds to press out the bubbles. Shape into a ball, let rest for 3 mins.
7. Shape the dough into a loaf by pressing a ball under your palm or with a rolling pin to make a flat oval. Fold the oval in half and pinch the seam tightly to seal and tuck under the ends; place in the pan with the seam down.
8. Brush the surface with vegetable oil, cover the pan loosely with wax paper and then cover with saran wrap.
9. Place the pan in the fridge for 24 hours or until it doubles in size.
10. Remove pans from the oven and let stand until the oven reaches 400 F, about 20 mins.
11. Uncover the loaf; prick any air bubbles with a toothpick and bake on the lower rack of the oven for 30-40 mins. When the loaves are brown, and tapping the bottom crust yields a hollow sound, the bread is done. Remove the bread from the oven, turn the pan over and cool on a wire rack.

recipe notes

DATE:

Homemade Flour Tortillas

Ingredients

DOUGH

2 cups all-purpose flour
1 teaspoon salt
¼ cup lard
1 tablespoon vegetable oil
½ cup warm water

FILLING

½ lb ground beef or veggie ground round
1 tbsp taco seasoning
¼ cup water
1 cup cheddar cheese
lettuce and/or tomato
salsa
sour cream

Directions

1. Stir together flour with salt in a bowl, then cut in lard with a pastry blender or your fingertips until the mixture resembles the size of peas.
2. Drizzle vegetable oil over and stir in warm water with a fork until a soft dough forms. Knead on a lightly floured surface until smooth and elastic, about 4 minutes, dusting hands occasionally with flour if dough is sticky.
3. Form dough into a ball, cover with plastic wrap, and let rest 30 mins.
4. Heat a dry well-seasoned cast-iron pan or skillet over moderately low heat until hot. Cut dough into 12 equal pieces and form into balls.
5. When rolling out 1 ball at a time with dowel, use just enough flour to prevent dough from sticking; you don't want excess flour coming off on the pan. Keep remaining dough covered with plastic wrap. Roll out each ball into a 7-inch round, maintaining an even thinness as you roll. Cook 1 tortilla on *the skillet* as you roll the next.
6. Tortilla will bubble and puff, and bottom will be browned in spots in 45 seconds. Turn it over and cook second side in same way, moving tortilla around to compensate for any hot spots on *skillet* if necessary. Transfer to a kitchen towel. Stack and cover tortillas as cooked. They can be frozen (cool thoroughly first).
7. Brown the ground meat/veg. until cooked, add water and taco seasoning, cook until absorbed. Add remaining ingredients to your taco and roll up and enjoy!

recipe notes

DATE:

Italian Pizza

Ingredients

DOUGH

2 cups all purpose or Italian flour
¾ cup, plus 1 Tbsp lukewarm water
1 tsp salt
½ tsp sugar
½ tsp dry active yeast

SAUCE

1/3 cup crushed tomatoes
1 tbsp oil
½ tsp oregano
½ tsp pepper
½ tsp salt
dash hot pepper flakes

TOPPINGS

Fresh mozzarella
Fresh Basil leaves

Directions

1. In a large bowl, pour the water, yeast and sugar in, gently stir and let stand for 10 mins. When the 10 mins is up, stir well.
2. In a medium bowl, measure the flour and the salt together. Use a whisk to incorporate the dry ingredients.
3. Gradually add the dry ingredients; half a cup at a time, to the wet, using a wooden spoon to mix together. The dough should be soft and have good elasticity.
4. Turn out the dough onto a lightly floured surface and knead the dough until smooth, about 5 mins.
5. Form dough into a ball, place in a lightly oiled bowl and cover the dough and let it rise for 30 to 40 mins in a warm place; or until double.
6. Punch it down and push out the air bubbles. Form the dough into a large ball, or 4 equal pieces.
7. Dust your dough with flour, and store them under a damp towel, in a proofing tray, or under plastic wrap. This will prevent the outside of the ball from drying out and creating a crust, and becoming difficult to work with. The top of the dough should be soft and silky. Let rest for 20 mins, so that they can be easily stretched into a thin crust pizza. You can refrigerate the dough at this time if there isn't enough time to work with it.
8. Place pizza stone into the cold oven on the bottom rack. Preheat the oven to 500 F.
9. Using your hands, shape your pizza into a thin, round shape, do not use a rolling pin. Place your shaped pizza base on a flour dusted pizza peel (don't use cornmeal – it's gritty and burns). Using a spoon spread just enough tomato sauce to lightly cover the base. You should be able to see the dough through the sauce. Sprinkle on a handful of chopped Mozzarella, then pour on olive oil in a circular pattern. Add a little salt and a few sprigs of fresh basil leaves.
10. Test to make sure your pizza is not stuck on your peel by moving the peel forward and backward using short jerks - it should slide easily around. If it does stick, lift it up on one side using your fingers, and throw a little flour underneath. Slide your peel back and forth, and that should loosen the pizza up.
11. If your pizzas consistently stick to the peel, use more flour underneath your pizza dough before you start decorating. To place your pizza on the stone, push your peel toward your pizza peel, then stop it short just short of the back edge, allowing the pizza to slide off the peel. Pull the peel backward as the pizza slides forward.
12. The perfect pizza is bubbling on top with completely melted (and possibly slightly browned) cheese, has a brown outer crust, and a dark brown bottom. The crust is crunchy on the outside and soft and delicate on the inside. Everything is steaming hot. Throw on some fresh chopped basil and cut your pizza into eight pieces with a pizza wheel. Salute.

recipe notes

DATE:

Blitz Bread: No-Fuss Focaccia

Ingredients:

1 1/2 cups warm water
3 tablespoons olive oil (plus additional for drizzling)
1 1/4 teaspoons salt
3 1/2 cups All-Purpose Flour
1 tablespoon instant yeast

Choose 1 of the following toppings for your bread:

- Black olives, rosemary and parmesan
- Sundried tomatoes, Italian seasoning and kosher salt
- Your own culinary creation 😊

Let Mrs. Klatt know what ingredients you need since she doesn't read minds!

Directions

- 1) Lightly grease a 9" x 13" pan, and drizzle 1 to 2 tablespoons olive oil in the bottom.
- 2) Combine all of the ingredients, and beat at high speed with an electric mixer for 60 seconds.
- 3) Scoop the sticky batter into the prepared pan, cover the pan, and let it rise at room temperature for 60 minutes, till it's become puffy.
- 4) While the dough is rising, preheat the oven to 375°F.
- 5) Gently poke the dough all over with your index finger.
- 6) Drizzle it lightly with olive oil, and sprinkle with your choice of toppings, if desired.
- 7) Bake the bread till it's golden brown, 35 to 40 minutes.
- 8) Remove it from the oven, wait 5 minutes, then turn it out of the pan onto a rack. Serve warm or at room temperature with balsamic vinegar and olive oil.

recipe notes

DATE:

Birdie Bread

(full of seeds and goodies)

Makes 1 large loaf or many rolls

Ingredients

2 ½ cups unbleached bread flour
1/3 cup whole wheat or whole rye flour
¼ cup sesame seeds
2 tbsp + 2 tsp sunflower seeds, lightly toasted
2 tbsp + 2 tsp pumpkin seeds, lightly toasted
1 tbsp + 1 tsp flaxseeds
2 tsp coarse sea salt
1 ½ tsp instant yeast
1 ½ tbsp honey or agave nectar or ¼ cup brown sugar
¾ cup lukewarm water (35°C or 95°F)
¼ cup + 2 tbsp lukewarm milk (35°C or 95°F)
sesame seeds or poppy seeds for garnish (optional)

Directions

1. Combine the flours, seeds, salt, yeast, honey, water and milk in a mixing bowl. Stir with a large wooden spoon. The dough should be sticky, coarse and shaggy. Let dough rest for 5 mins.
2. Mix by hand for 3-4 mins, adding flour only as needed to keep the dough from sticking, but making sure the dough remains soft and very tacky or slightly sticky.
3. Transfer the dough to a lightly floured work surface. Knead by hand for 3 mins, adding flour as needed only to prevent sticking. The dough should be soft and slightly sticky but should hold together to form a soft ball.
4. Place dough in a clean, lightly oiled bowl. Cover tightly with plastic wrap and refrigerate overnight or for up to 4 days.
5. Remove dough from refrigerator for about 2 hours before you plan to bake.
6. Shape dough into a sandwich loaf or a loaf pan or into rolls.
7. Line a baking sheet with parchment paper and place shaped dough on pan.
8. Brush top of shaped dough with water and sprinkle with sesame seeds or poppy seeds.
9. Mist shaped dough with spray oil and loosely cover with plastic wrap. Let rise at room temperature for 1 ½ to 2 hours or until it is about 1.5 times the original size.
10. Preheat oven to 350F OR 300F for a convection oven.
11. Bake loaves for 20 mins and then rotate, total baking time is 40-45 mins.
12. Bake rolls for 8 mins and then rotate, total baking time is 20-25 mins.
13. When the bread is done it has a rich golden colour and the loaf sounds hollow when thumped on the bottom and the internal temperature is 85°C or 185°F.
14. Cool on a wire rack for 20 mins before slicing.

recipe notes

DATE:

Refrigerator Sticky Buns

Ingredients

DOUGH

1 cup + 2 tbsp lukewarm water
1 Tablespoons yeast
1 Tablespoons sugar
1 ½ Tablespoons shortening
1 teaspoons salt

FILLING

½ cup margarine
1 cup brown sugar
2 tbsp corn syrup
½ cup brown sugar
1 tsp cinnamon

+¼c margarine

Directions

1. Stir yeast into lukewarm liquid. Add rest of ingredients and 1 ¼ cups flour. Blend on low with an electric mixer, then beat at high speed for 3 minutes. Add 1 ½ to 2 cups more flour until elastic and soft. Knead until smooth & let rest in a warm place for 20 minutes.
2. Prepare pans: Grease thoroughly 1 ½ dozen muffin cups. In a small saucepan melt ½ cup margarine and stir in 1 cup packed brown sugar and 2 tablespoons corn syrup, heat until all the sugar is melted.
3. Shape dough: Roll out 18x10 inch rectangle. Spread each with ¼ cup soft margarine and then sprinkle with ½ cup brown sugar and 1 teaspoon cinnamon. Roll each rectangle up, jelly roll style, and cut each into equal slices using unflavored dental floss then tuck into your muffin tins. Lightly brush the rolls with vegetable oil.
4. Cover with waxed paper then plastic wrap and refrigerate for 2-48 hours. Remove from the refrigerator and let rest at room temperature for 20 minutes, then bake at 375 degrees for another 20 minutes.
5. Invert on a serving platter, let syrup run down over the buns, remove the pan and serve immediately.

recipe notes

DATE:

Overnight Banana Sticky Buns

Yields 12 sticky buns

For the dough

3 ½ cups unbleached all-purpose flour; more as needed
2 ¼ tsp fast-rising (instant) yeast
½ cup very warm milk or water (about 125°F)
¾ cup mashed very ripe banana (about 1 large)
2 tbsp unsalted butter, melted; more for the bowl
2 Tbs. granulated sugar
1 large egg, lightly beaten
1 ¼ tsp. table salt

For the filling

3 tbsp butter, softened
1/3 cup packed light brown sugar
2 tsp. ground cinnamon

For the caramel-pecan sauce

2 tbsp cold unsalted butter; more softened for the pan
1 ½ cups granulated sugar
1 large ripe banana, coarsely chopped into 1/2- to 1-inch pieces
1/2 cup heavy cream
1 tsp. pure vanilla extract
Generous pinch table salt
1 cup pecan halves

Make the dough: DAY 1

In a medium bowl, combine 1 cup of the flour with the yeast. Stir in the warm milk or water until combined. Cover the bowl and let sit in a warm spot in the kitchen for 20 minutes. Stir the banana, melted butter, sugar, egg, and salt into the yeast mixture until well combined. Stir in **all but** 1/4 cup of the remaining flour to make a stiff, shaggy dough. Turn the dough out onto a lightly floured surface.

Knead, folding the dough over onto itself. If the dough sticks, use a dough scraper to pick up the sticky bits and sprinkle a small amount of the remaining flour onto the surface. Continue to knead until the dough becomes smooth and easy to handle, 5 to 10 minutes. Put the dough in a lightly oil sprayed medium bowl, cover with plastic wrap, and let rise in a warm place until doubled, 40 to 50 minutes.

Fill the rolls: DAY 1

Turn the dough out onto a lightly floured surface and shape into a rectangle. Roll out into a 16x11-inch rectangle. With an offset spatula, spread the softened butter evenly over the dough to within 1/8 inch of the edge. Combine the brown sugar, and cinnamon in a small bowl; sprinkle the mixture evenly over the butter.

Roll up the dough lengthwise, starting from a long edge, and pinch the seam to seal. Turn the log so that it's seam side down. Trim off and discard 1/2 inch from each end; then cut the log into twelve 1-1/4-inch pieces. Cover with plastic wrap.

Make the caramel-pecan sauce: DAY 1

Generously grease 12 muffin tins with butter.

In a medium saucepan over medium-high heat, combine the sugar and 1/4 cup warm water and stir until the sugar dissolves, 2 to 3 minutes. Bring the syrup to a boil and cook, without stirring, until it begins to caramelize. Gently swirl the pan to help the syrup brown evenly. Once the syrup has turned an amber color, remove the pan from the heat and carefully stir in the banana and cold butter. Stir in the heavy cream, returning the pan to low heat if the mixture doesn't smooth out immediately. Add the vanilla and salt and stir until smooth. Strain the sauce, discarding the banana. Let the caramel cool until just warm, about 15 minutes. Drizzle about 1 tbsp of caramel into each muffin cup, reserving the extra sauce at room temperature in a plastic container. Sprinkle the pecans evenly among the cups.

Place the dough slices over the sauce and nuts, cut sides down. Cover **TIGHTLY** with plastic wrap and refrigerate overnight.

Bake the sticky buns: DAY 2

Remove the pan from the refrigerator and let the dough rise in a warm spot until doubled, 1 to 1-1/2 hours.

Position racks in the center and lower third of the oven and heat the oven to 350°F. Put the muffin pan on the center rack and set a foil-lined baking sheet on the rack below to catch any overflowing syrup. Bake until the tops and edges of the buns are browned, 20 to 22 minutes.

Immediately invert the pan onto a rimmed baking sheet, replace any pecans that fell off, and let cool for 10 minutes. Reheat

recipe notes

DATE:

Naan Bread

Ingredients

2 cups of All Purpose flour (Plain flour or maida)
1 teaspoon active dry yeast
1 teaspoon salt
1 teaspoon sugar
Pinch of baking soda
2 tablespoons of oil
2 1/2 tablespoons yogurt (curd or dahi)
3/4 cup lukewarm water
1 teaspoon butter
1/4 cup All Purpose flour for rolling

Directions

1. Dissolve active dry yeast in lukewarm water and let it sit for 10 minutes or until the mixture becomes frothy.
2. Add sugar, salt and baking soda to the flour and mix well.
3. Add the oil and yogurt mix, this will become crumbly dough.
4. Add the water/yeast mixture and make into soft dough. Note: after dough rise will become little softer.
5. Knead until the dough is smooth. Cover the dough and keep in a warm place for 30 – 40 mins. The dough should almost be double in volume.
6. Heat the oven to 500 degrees with pizza stone for at least thirty minutes so stone is hot. Using a pizza stone will help to give naan close to same kind of heat as clay tandoor.
7. Knead the dough for about two to three minutes and divide the dough into six equal parts.
8. Take each piece of dough, one at a time, and roll into 8-inch oval shape. Dust lightly with dry flour to help with the rolling.
9. Before putting the Naan in oven, lightly wet your hands and take the rolled Naan, and flipp them between your palms and place onto your baking/pizza stone into the oven.
10. You can place about 2 Naan on the baking/pizza stone at a time. The Naan will take about 2 to 3 minutes to cook, depending upon your oven. After the Naan is baked(Naan should be golden brown color on top).
11. Take naan out of the oven and brush lightly with butter.
12. Wait 2 to 3 minutes before baking the next batch of naan. It gives oven the chance to get heated again to max.

Almost World Famous!

For 3 dozen 6-inch sticks or

For 1 dozen 6-inch Pretzels

1 tbsp Yeast

1 tbsp Sugar

1 tsp Salt

2 tbsp softened butter or softened margarine

1 cup warm (115-+ deg F) water

2 3/4 cups flour

Coarse Salt to sprinkle on Pretzels before baking

5 tsp baking soda mixed in 4 cups water in a non-aluminum saucepan.

1 large slotted spoon to "go fishing"

Greased cookie sheet

Preheat oven to 475 F

Put yeast, sugar, salt, butter/marg, water and ONE CUP of the flour into a medium mixing bowl and pour in the water.

Stir till all smooth, and yeast starts to bubble.

At this point add the rest of the flour, stir till it is mixed in.

When mixture is too stiff to stir with a spoon, begin kneading.

Knead dough till smooth and till it no longer sticks to the bowl and your hands

Allow dough to rise to about double its height.

While dough is rising, grease the cookie sheet. and prepare the baking soda-water mixture and bring to a boil on stove.

When dough is risen enough, punch down, knead for a minute or so, then divide and roll the 6-inch sticks with your hands, to about 1/2 inch in diameter, or 12-15-inch long rolls to make into the pretzel shape.

Allow sticks or pretzels to sit for about 1-2 mins. Place them into boiling water-baking soda mixture one or two at a time.

Let the pretzels boil for 1 minute 10 seconds, then flip them over with the slotted spoon and boil on the other side for 1 minute and 10 seconds.

This boiling step gives them a firm skin and adds some flavour. Not boiling long enough leaves them too soft and allows them to rise too much. Boiling too long makes them tough.

Fish them out of the water, let them drip off and place them on the greased cookie sheet.

When all the pretzels or sticks are done, sprinkle the coarse salt on them.

Bake for 12-15 minutes or till sticks or pretzels are golden brown.

You can double the recipe in proportion.

ENJOY!!