



## Morning Wings Bread Project

No matter how small,  
each of us can lighten our little corners of creation. It is the  
tiny yeast cell's breath that transforms flour and water from  
a flat, sticky mess into risen loaves of bread. Find the  
manna that feeds your body and soul, then go and add your  
breath to the world's sticky mess. See what Love can do.

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# Anadama Bread

*from Wholesome Harvest*

*by Carol Gelles*

Makes 1 large round loaf

In a teacup, proof  
1 pkg (2.5 tsp) yeast  
½ cup warm water  
½ tsp sugar

In a large bowl, combine  
2 cups flour  
¾ cup white or yellow cornmeal  
2 tsp salt

Stir in the yeast mixture, plus  
¾ cup water  
¼ cup molasses  
3 TBS oil (not olive)  
1 cup flour

Turn the dough out onto a well-floured surface and knead for 10 minutes, adding enough flour to make the dough stiff and no longer sticky. You will use about 4 cups of flour total for this loaf of bread.

Wash and dry the bowl, coat with oil, and place the rounded dough in it, turning once to coat on all sides. Cover with plastic wrap and let rise in a warm, draft-free place until doubled in size, about 1½ hours.

Punch down. Let rest 10 minutes. Then form into a 6 inch round loaf, being careful to tuck the seams on the bottom.

Place on a greased baking sheet or in an 8" well-greased cake pan. Make a ¼- ½ " cross in the top with a sharp knife. Cover with a damp tea towel and let rise until doubled, about 1¼ hours.

Bake in a preheated oven at 350 for 50 minutes until golden brown. The bottom should sound hollow when tapped.

Cool on a wire rack.

# Challah

*From The Secrets of Jesuit Breadmaking  
by Brother Rick Curry  
Makes 3 large loaves*

Proof

**2 TBS yeast** in **1/2 cup of warm water**.

Add **1/2 teaspoon of sugar** and **1 TBS of flour**.

Let it proof for 5 or 10 minutes.

In a large bowl mix:

**2 1/4 cups warm water**, **1/2 cup oil**, **2 eggs**, **1/2 cup sugar**, & **1 1/2 TBS salt**.

Add **2 cups of flour**.

Add the **yeast mixture** and beat until your arm is tired.

Slowly add flour, cup by cup, until the dough is knead-able. Be careful not to add too much flour, or your bread will be dry. This recipe uses about 7 cups of flour in all.

Knead for about 10 minutes or until smooth and elastic. Let rise in a greased bowl, covered with plastic wrap or a damp cloth, for 60 minutes.

Gently punch down the dough. Knead very briefly. Cut into 9 equal pieces, shaped into loose rounds. Let rest 10 minutes, covered by a tea towel.

Shape into 3 braids, being sure to tuck the ends securely under. Place the loaves on greased baking sheets that have been lightly sprinkled with corn meal.

Cover with a tea towel and let rise in a warm place until double in bulk—about 1 hour.

Make a glaze by beating **1/2 cup water** and **1 egg** in a small bowl. Brush carefully over the top of the braids, being careful to cover them. (You'll have a lot of glaze left over. Sorry about that.) You can sprinkle the loaves with **poppy** or **sesame seeds**.

Bake at 350 for about 30 minutes, depending on how wet the dough is, how hot your oven is, etc. The loaves are done when they sound hollow when thumped on the bottom.

Cool on wire racks. It is best warm, but if there's any left, it makes great french toast the next day!

**Vegan option:** Before proofing yeast, grind 2 TBS flax seed. Empty it into a small bowl. Stir in 6 TBS warm water and let sit. Use in place of eggs. For wash: melt a TBS vegan "butter" per loaf, and brush onto loaf instead of egg wash.

# Cheese Bread

*from The King Arthur Flour Baker's Companion*  
These golden loaves are beautiful as well as delicious!  
Makes 2-4 loaves

In a warm teacup, proof (for 10 minutes):  
½ cup warm water  
4 teaspoons of yeast (a little less than 2 pkg)  
a pinch of sugar

Meanwhile, in a bread bowl, mix  
2 cups milk (105-115 degrees)  
¼ cup oil  
2 TBS sugar  
1 TBS salt

Pour the proofed yeast into the bowl, adding  
2 cups finely grated cheddar cheese (6 oz)  
½ cup (4 oz) finely grated parmesan cheese  
2 cups of unbleached white flour

Beat well, slowly adding 4-5 more cups of flour. (Don't add too much or the bread will be "dry"!) Knead for 10 minutes until smooth and elastic.

Clean and lightly oil the bread bowl. Place dough in the bowl and turn to coat on all sides. Cover with plastic wrap or a damp cloth and let rise for 1 to 1½ hours.

Punch down, divide in 2 to 4 pieces, and let rest 15 minutes, covered with a cloth or the saran wrap.

Shape into 2 loaves for 9x5 pans or 3 or 4 loaves for 4" or 5" flowerpots. (The cheese cooks beautifully in clay pots.)

Let rise until doubled, about 1 hour.

Bake @ 350 for 30-40 minutes. The loaves will be golden and will sound hollow (though still soft) when thumped on the bottom if they are done.

Immediately take out of the pans/pots. Cool on wire racks.

Makes 2 to 4 loaves.

# Cinnamon Swirl Bread

*Makes 2 large loaves*

Proof in a teacup:

**2 TBS yeast** in **½ cup of warm water**. Add **½ teaspoon of sugar**. Let rise 5 minutes.

Beat in a large bowl:

**1½ cups very warm milk**, **½ cup butter**, **½ cup sugar**, **1 tsp. salt**. When the butter melts, add **2 eggs** and **3 cups of flour**.

Add the **yeast mixture**. Beat until your arm is tired.

Slowly add **flour**, cup by cup, until the dough is work-able. Knead on a floured work surface for about 10 minutes, adding more flour as necessary. Be careful not to add too much flour, or your bread will be dry. This recipe uses about 7½ cups of flour in all.

Shape your dough and put it in a greased bowl to rise for about an hour. Cover with plastic wrap.

**Gently punch down the dough**. Lightly knead, adding a *little* more flour if necessary. Let it **rest** 10 minutes, covered with a tea towel. **Grease 2** bread pans.

**Divide** the dough in half. **Roll** one half into a 15x7-inch rectangle on a floured working surface. **Brush water** on the entire surface with a pastry brush. Spread 1/4 cup of sugar plus 1 tsp. cinnamon on the rectangle. **Roll** the dough up as for a jelly roll (or tortilla), beginning with one of the narrow sides. **Seal** long edge with your fingers, and then tuck the ends under and place in the greased loaf pan. Do the same for the other loaf.

**Cover** with a damp tea towel and **let rise** in a warm place until almost doubled in bulk—45 minutes or so. **Preheat the oven** to 375 degrees.

**Bake** for 35-40 minutes. The loaf should be lightly golden and sound “hollow” if thumped on the bottom. It’s a good idea to turn the pan around ½ way through the baking time so that the bread cooks more evenly. *\*\*If the crust browns too quickly, cover it with foil the last 15 minutes of baking.* **Cool** on a rack.

**You can drizzle it with confectioners’ icing if you want it to be like a coffee roll.** In a small bowl, mix ½ cup of powdered sugar, 1/8 teaspoon of vanilla, and enough milk (about 2 tsp.) to make a drizzling consistency. Cool the bread slightly before icing it. Put waxed paper underneath the cooling rack and cleaning up will be easy! With a spoon, drizzle icing back and forth across the loaf, using as much of it as you like. Feel free to sprinkle nuts, raisins or other dried fruits on top, before the icing sets.

# Cracked Wheat Bread ♥

*From Beth Hensperger's Bread Bible*

Makes 2 loaves

In a small bowl pour  
1½ cups boiling water over ¾ cup cracked wheat.  
**Let stand 1 hour to soften.**

In a warmed teacup, proof (for 10 minutes):  
¼ cup of warm water  
1½ TBS yeast  
a pinch of sugar

In another small bowl combine  
1 cup warmed buttermilk  
¼ cup molasses  
1 TBS honey  
4 TBS softened unsalted butter, cut into pieces

In a large bowl mix:  
¼ cup raw sesame seeds  
1 TBS salt  
2 cups whole wheat flour

Add both the yeast and the buttermilk mixtures and beat until very smooth, about 5 min.

Strain the cracked wheat in a screen-weave colander and stir into the flour mixture. Add **2½ to 3 cups white flour**, ½ cup at a time, until a soft dough forms.

Turn onto a floured work surface and knead until soft and springy, approx. 5 min, dusting with flour 1 TBS at a time to prevent sticking. The dough will remain quite soft and tacky.

Shape the dough into a relaxed round. Place in a greased bowl, turning once to coat. Cover with plastic wrap and let rise in a warm place until double in size, approx. 1½ hours.

Punch down. Reshape, and let it rise again, covered as before, until doubled in size, approx. 1 hour.

Punch the dough down. Cover with a damp tea towel and let rest for 10 minutes. Shape into 2 loaves and place on a greased or parchment lined baking sheet. Brush with **melted butter**, cover loosely with plastic wrap and let proof 30 min.

(continued on next page)

(Cracked Wheat Bread,continued)

Brush the top of the loaves again with **melted butter**. Bake in a preheated oven at 350 for 35-45 min. The loaves will be golden brown and sound hollow when thumped on the bottom.

Transfer the loaves immediately to a cooling rack.



# Hot Cross Buns

From *The Bread Bible* by Beth Hensperger,  
with explanations and commentary by Gretchen

## **In a teacup, proof (5–10 minutes):**

1 TBS yeast in  
 $\frac{3}{4}$  cup warm water with a pinch of sugar

## **In a large mixing bowl, combine:**

1 cup warm milk  
8 TBS (one stick) unsalted butter, melted  
*Melt the sliced butter in the warm milk. Be careful the mixture feels only warm to your finger or you will “cook” the eggs when you add them!*

## **Add and beat for 1 minute or until your arm gets tired**

$\frac{1}{3}$  cup sugar  
1 tsp salt  
3 large eggs (or ground flax equivalent)  
1 cup flour (You’ll need about 4 cups total for this recipe.)

## **Add & beat well another minute**

the proofed yeast  
 $\frac{1}{2}$  tsp ground mace  
 $\frac{1}{2}$  tsp pure vanilla extract  
1 cup of flour

**Add** more flour, 1 cup at a time, until the dough is kneadable— about  $1\frac{1}{2}$ –2 cups more. Knead for 5 minutes, adding just enough flour to keep it from sticking.

## **After 5 minutes of real kneading, incorporate:**

1 cup dried currants  
 $\frac{1}{2}$  cup chopped dried apricots

*I do this by sprinkling the fruit on the counter and then firmly kneading the dough on top of it until all of the fruit is incorporated. This is a messy process, and many bakers would not have you do it this way—including Beth. You can add the fruit with the spices when it’s easier to stir in. BUT, I find that adding dried fruit or nuts near the end of the kneading time allows me to work the dough better—and I believe it rises higher.)*

Either way, knead until the dough is springy.

**Shape the dough** into a round and place in a large, clean buttered bowl, turning once to lightly coat. Cover with plastic wrap or a slightly damp tea towel and let rise at room temperature for 1 to  $1\frac{1}{2}$  hours.

(continued on next page)

## Hot Cross Buns, continued

### Meanwhile make the sugar glaze.

In a heavy saucepan, combine

¼ cup sugar

½ cup water

Boil, uncovered, for 5 minutes. Store in a jar in the refrigerator.

**When the dough has risen beautifully, gently push it down** and turn out onto a lightly floured counter. Let it rest, covered, for 15 minutes.

**Grease 1 or 2 baking sheets or line with parchment.**

### Divide the dough into 2 equal sections

Roll each half into a long log. Use a sharp knife or dough cutter to cut each log into 11 pieces. (I know this is an odd number, but I have made hundreds of these and you'll just have to trust me!) Roll each portion into a round bun and place 1½ inches apart on the baking sheets.

**Let rise**, uncovered, at room temperature 30 minutes.

**Preheat the oven to 375.**

Optional: Just before baking, **cut a cross** no more than ½ inch deep on the top of each bun with a sharp knife.

**Bake** the buns for 15–20 minutes, until lightly brown.

**At the same time, re-boil the glaze you made earlier.**

**Remove** the buns from the oven and *transfer them to a cooling rack that is sitting over a baking sheet*. **Brush each bun with the sugar glaze.** *Be careful—they're hot!*

While they are cooling, **make the lemon icing.**

In a small mixing bowl, mix

1 cup sifted powdered sugar

1 tsp lemon juice (fresh if you have it)

1 tsp grated lemon zest

approximately 1½ TBS milk.

The consistency should be a bit thinner than cake icing.

**Ice the buns when they are cool.**

*If you are impatient, the icing will melt— but still taste good. Traditional Hot Cross Buns have crosses of icing piped on with a pastry bag or drizzled with a knife or toothpick.*

*The icing is wonderful, so you could just put a round blob on the top of each bun.*

MAKES 22 Buns

# Italian Bread

*From The Secrets of Jesuit Breadmaking*

Makes 3 baguettes

In a teacup, proof 2 TBS yeast in 1/2 cup warm water and pinch of sugar about 5 minutes.

In a large bowl mix 1 ½ cups very warm water, 1 TBS honey, & 1 TBS salt until dissolved. When this water is not too hot, add the proofed yeast and stir.

Add a scant 1/3 cup olive oil. BEAT FOR 10 MINUTES, gradually adding 7 to 8 cups of flour.

When the dough begins to pull away from the sides of the bowl and has enough substance to knead, turn it out onto a floured work surface. Knead the dough, adding more flour, until smooth & elastic. Be careful—it is easy to add too much flour to this dough. Knead for about 10 minutes. IT IS A LOT OF WORK!

Lightly grease a large bowl with 1 TBS olive oil. Shape the dough into a relaxed round and place in the bowl, turning to coat all sides. Cover with plastic wrap and let rise in a warm, draft-free place until doubled in bulk, about 1½ hours.

Gently push the dough down. Knead it on a clean, lightly floured counter for a minute. Shape into a loose round and cover with a clean tea towel. Let it rest for 10 minutes.

With a rolling pin, roll each ball of dough into a rectangle approximately 10x12 inches. Beginning at one long side roll tightly into a torpedo shape. Take your time. Try to remove all air pockets as you are rolling it. Pinch the seam closed, gently rocking it back and forth to seal it. Tuck in the ends.

Grease a cookie sheet and lightly sprinkle it with cornmeal. Place the loaves on the sheets, seam side down, 2 to a sheet.

Make 3 one-inch-deep diagonal slashes evenly spaced across each loaf. Mist the loaves with water until they are really wet. Cover with tea towels and let rise until doubled, about 45–60 minutes.

Mist the bread again with water. Bake @ 375 for approx. 30 minutes. During the baking, spray the loaves a couple more times— at the 10-minute mark and the 15-minute mark. This will set your smoke alarms off, but it's what makes the crust "just right!" They are done when golden brown and hollow sounding if "thumped" on the bottom, about 30 minutes total.

Cool on wire racks before slicing. Store well-wrapped if there is any left.

# Norwegian Cardamom Bread

*My next door neighbor, Doris Isaksen, taught me to make this. You can leave out the cardamom and it's almost as good (just don't tell Doris)*

Makes 5 or 6 loaves

In a large bowl, beat until good and frothy:

**4 eggs, 1 cup sugar, ½ tsp salt & 1 TBS cardamom.**

In a saucepan, heat until warm:

**2 cups of milk & 1 cup of butter.** The butter doesn't have to totally melt. When it's cool enough to put your finger in (and not get burnt) slowly pour into the eggs.

Proof in a teacup :

**3 TBS yeast, ½ cup of warm water + pinch of sugar.**

(Stir the water while you slowly pour in the yeast!) Rest about 5 minutes. When it's doubled, add to large bowl.

Add **3 cups of flour**. Beat well. Add flour, cup by cup, until the dough is hard to stir. Turn it out onto a floured work surface and knead, adding flour, until the dough is smooth & elastic. This will take about 6 cups of flour and 10 minutes.

Clean the bowl, coat with softened butter, and return the dough to it, turning once to coat. Cover with plastic wrap and leave in a warm place to rise until doubled (1–1½ hours).

Punch the dough down and turn it out onto a floured surface. Divide into 5-6 equal pieces and shape into rounds. Cover with a tea towel. Let rest 15 minutes.

Meanwhile, grease 5-6 pans/pots or 2 large cookie sheets.

Carefully shape the dough into loaves or braids and put them in the pans or on the sheets. Cover with tea towels, and let rise in a warm place until doubled, 30–45 mins.

Preheat the oven to 350. Bake the loaves until golden, being careful not to burn them. They'll sound "hollow" when thumped on the bottom: approx. 20 min. for braids, 35 for loaves.

Remove from pans and let cool on racks. You can rub butter on the top of the loaves if you want.

You'll probably want to eat it immediately—just know that bread slices better if you let it cool a while first. It will keep for a couple of days, but you'll probably have eaten it long before that!

# Oatmeal Bread

from *The Secrets of Jesuit Breadmaking*

by Brother Rick Curry

makes 2 loaves

*Your hands smell wonderful after kneading the dough!*

In a warm teacup, proof:

1½ cups warm water

1 pkg (2 tsp) active dry yeast

a pinch of sugar

In a large bread bowl, combine

2 TBS oil or butter

1½ cups oats (quick or regular)

½ cup molasses

2 TBS sugar

1½ tsp salt

1 egg or equivalent egg substitute

2 cups unbleached white flour

Add the yeast and mix again. Beat, adding more flour into the dough begins to pull away from the sides of the bowl. Turn out onto a lightly floured surface and knead 8–10 minutes, adding more flour as necessary to prevent sticking. **You'll use a total of 5-6 cups of white flour for this recipe.**

Lightly oil a large bowl. Place dough in the bowl and turn to coat on all sides. Cover with plastic wrap or a damp cloth and let rise for 1½ to 2 hours.

Punch down, divide in half, and let rest 15 minutes, covered with a damp cloth.

Shape into 2 loaves and place in greased loaf pans (or shape into 2 rounds and let rise on greased baking sheets or a floured bread board) seam sides down. Let rise until doubled, about 1 hour.

Bake @ 400 for about 30 minutes. The loaves should sound hollow when thumped on the bottom.

Immediately take out of the pans/pots. Cool on wire racks.

Makes 2 loaves

# Oatmeal Bread

*From King Arthur Flour*

Makes 2-3 loaves, and it's wonderful toasted!

In a warm teacup, proof:

¼ cup warm water

4½ teaspoons of yeast (2 pkg)

a pinch of sugar

Meanwhile in a bread bowl mix

2¼ cups warm milk

4 TBS butter, softened

2 cups rolled oats

6 TBS brown sugar

1 TBS salt

2 cups flour

Stir in the proofed yeast and beat well until your arm is tired. Continue to add flour until it's knead-able. Turn it out onto a floured work surface and knead until smooth and elastic (about 10 minutes), adding more flour as necessary. You will use somewhere around 6 cups of flour TOTAL for this recipe. \*\* You can also add ½ cup of raisins to each loaf if you would like.

Lightly oil a large bowl. Place dough in the bowl and turn to coat on all sides. Cover with plastic wrap or a damp cloth and let rise for 1 hour in a warm spot.

Punch down, divide in half, and let rest 15 minutes, covered with a cloth.

Shape into 2-3 loaves and place in greased loaf pans (8x4 or 9x5—the smaller size will make 3 loaves; the larger, 2).

Let rise until doubled, 1–1½ hours.

Bake @ 350 for about 35–40 minutes. The loaves are done when they sound hollow when thumped on the bottom.

Immediately take out of the pans. Cool on wire racks.

Makes 2–3 loaves.

# Peasant Bread

*From The Secrets of Jesuit Breadmaking*

*By Rick Curry*

This is the most basic of bread recipes. Once you've become familiar with it, experiment with adding various combinations of herbs, garlic, and/or sun-dried tomatoes.

Makes 2 loaves

In a warmed teacup, proof:

**½ cup of warm water**

**1 TBS yeast**

**a pinch of sugar.**

In a large bowl mix:

**1¾ cups warm water**

**1 TBS sugar**

**1 tsp. salt.**

Add the proofed yeast and **3 cups of flour.**

Beat well, adding more flour, until the dough is hard to stir. Turn out onto a floured surface and knead for 10 minutes, adding more flour to prevent stickiness. (This recipe uses 6–7 cups total.) The dough will be smooth and elastic.

Clean and grease the bowl. Return the rounded dough to it, turning once to coat. Cover with plastic wrap and let rise in a warm place until double in size (1–1½ hours).

Punch the dough down. Divide in two and shape into rounds. Cover with a tea towel and let rest for 10 minutes.

Carefully re-shape the dough into two rounds and place them on greased baking sheets or a floured bread board. Using a sharp knife, carve an X in the top of the loaves. Cover with a clean tea towel and let rise in a warm place for an hour.

Bake at 400 for approx. 25 minutes. Mist with water as soon as you put them in the oven and again 5 minutes later. Bake until golden brown and hollow-sounding when thumped on the bottom. Cool on racks.

\*\*\*To add minced herbs or garlic: Gently sauté in 1–2 TBS of olive oil. Let cool, then mix into dough before kneading. Minced, sundried tomatoes packed in olive oil (drain and pat them dry) are wonderful, too! Add them near the end of the kneading time by sprinkling on the counter and working them into the dough.

# Pizza

*There are any number of versions and bakers and families have their favorites. Here is a little of what I do.*

## **In a large bowl, proof:**

2½ tsp yeast in 1 cup warm water with a dash of sugar

## **When it starts to bubble, stir in & beat well:**

1 cup flour

1–2 TBS olive oil

½ tsp salt

**Add** flour ½ cup at a time until you have a kneadable dough (somewhere around 3 cups, but always different)

**Knead** 5 to 7 minutes

**Form** into a ball

**Let rise** in a lightly oiled, clean bowl, covered in saran wrap or beeswax wrap for 1 hour. *(Can rise in fridge for hours—needs 1 hour to warm up before proceeding)*

**Punch down**, let rest, covered, 15–20 minutes. *Don't skip this step; the dough will not cooperate being stretched out if you do.*

This recipe makes 2 regular-size or 4 or 5 individual pies.

**Stretch or roll out** *(experiment so you learn the difference in texture—I vastly prefer stretched)* the dough and lay on baking sheets either greased or lined with parchment paper and either way dusted with cornmeal (or pizza stones dusted with cornmeal) ...

**Top** with whatever you would like to put on it! 😊

**Bake** at 425-450 for about 10 minutes, switching racks, etc, so that all cooks deliciously!

This dough also works on the grill (right on the rack or on a stone). We've been experimenting with using a cast-iron skillet in our oven, too. Drop a stretched/shaped dough into a well heated, well-oiled skillet (oven-proof) and cook on stove top until bottom is lightly browned. Top with all toppings and cheese and then put under the oven broiler to finish.

**Note:** You can easily do ½ whole wheat flour with this recipe, but knead it for 12 or so minutes and let it rise a good 1½ to 2 hours.



# Pretzels

*These are a family favorite. My brother started making these when he was in elementary school.*

In a large bowl, proof  
1 TBS active dry yeast  
1½ cups warm water  
1 tsp sugar.

Add

1 tsp salt  
1 TBS sugar  
3 cups flour

Slowly add more flour until the dough starts to pull away from the side of the bowl. Turn out onto a lightly floured surface and knead for 5-10 minutes, adding more flour as necessary. The dough will be smooth and elastic.

Shape the dough into a round and cover it with a damp tea towel. Let it rest for 20 or 30 minutes. It will begin to rise.

Push the dough down, gently. Form into pretzels, or other shapes, and place on ungreased cookie sheets. Brush with beaten egg or water (though the salt will stick less if you use water) and sprinkle with kosher or coarse salt.

Bake @ 425 for 10–12 minutes.

Cool on wire racks. They are delicious warm, with or without mustard, pepper jelly or red pepper dip.

# Pull-Apart Bread

Makes 1 bundt pan loaf or 2 round cake pan loaves

Proof in a warm tea cup:

¼ cup warm water  
1 pkg (2 tsp.) yeast  
a pinch of sugar

In a saucepan or microwave, warm:

1 cup milk  
½ cup butter

In a bread bowl, beat:

3 eggs  
2 TBS sugar  
1 tsp salt  
2 cups flour.

Mix all together in the bread bowl, adding more flour until the bread is knead-able. (You'll use about 4 cups TOTAL.) Knead for 10 minutes, until smooth and elastic.

Let the dough rise in a clean and greased bowl, covered with plastic wrap, for about an hour.

Punch it down. Knead very lightly and let rest for 10 minutes. Meanwhile, melt ½ cup butter.

Roll the dough out on a lightly floured surface to a thickness of about 1/3 inch. Use a 2" cookie cutter to cut as many circles as you can. Shape the extra dough into circles as well. Dip each circle into the butter and layer in one bundt or two 9-inch round cake or pie pans.

Bake @ 350 for 35 to 60 minutes (on the shorter end if baking in 2 pans). Turn out onto a plate or basket and eat warm.

## **SUGAR & CINNAMON VERSION**

After dipping the circles of dough in butter, dip them into a bowl containing a mixture of ¾ cup of sugar and 2 tsp of cinnamon, coating both sides. Layer and bake as above.

## **HERB VERSION**

Instead of melted butter, dip the circles of dough into a mixture of 5 TBS olive oil, 1 TBS dried parsley, 1½ tsp dried thyme, 1 tsp dried oregano and one clove of minced garlic. Layer in pan(s) then *cover and let rise 45 minutes before baking as above.*

# Pumpkin Raisin Bread

from *Better Homes & Gardens Homemade Bread, 1973*

*A lovely breakfast or tea bread, moist and a little sweet.*

Makes 2 large, or 3-4 smaller, loaves.

In a small bowl, soak 1½ cups raisins in hot water.

In a warm teacup, proof (10 minutes):

¼ cup warm water

1 TBS yeast

a pinch of sugar

In a saucepan, warm (to 110–115 degrees):

1¼ cup milk

¼ cup butter or margarine

In a bread bowl, mix

½ cup brown sugar

1 cup canned or fresh pumpkin or other squash

1 tsp. ground ginger

½ tsp. nutmeg

½ tsp. cloves

1 TBS salt

And the warmed milk and butter.

Add 2 cups of white unbleached flour and the proofed yeast. Beat for several minutes.

Begin adding flour, 1 cup at a time, using about 7 cups total. Knead for 7–8 minutes until smooth and elastic. Drain the raisins (wring them to get the extra water out) and knead them into the dough. (I find it easiest to dump the raisins onto the counter and work the dough on top of them, until they are well incorporated.)

Lightly oil a large bowl. Place dough in the bowl and turn to coat on all sides. Cover with plastic wrap or a damp cloth and let rise for 1–2 hours.

Punch down, divide in 2–4 pieces, and let rest 15 minutes, covered with a cloth. Shape into 2 loaves for 9x5 pans or 3–4 loaves for 4–5" flower pots.

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

Bake @ 350 for about 30 minutes. The loaves are done if they sound hollow when thumped on the bottom. Immediately remove from pans & cool on wire racks.

# Rolls

*From The Secrets of Jesuit Breadmaking*

When he was young, our son Ben used to sit on a little stool next to the oven waiting for these rolls to come out of the oven whenever he knew I was making them. (Now he makes his own and sends me photos.)

Makes 18 rolls

Proof in a warm tea cup:

¼ cup warm water

1 pkg (2 tsp.) yeast

a pinch of sugar

In a bread bowl, beat:

1 cup warm water

¼ cup sugar

1 teaspoon salt

1½ tablespoons oil (not olive)

1 egg

Proofed yeast and water

2 cups of flour

Add more flour until the bread is knead able. (You'll use about 4 cups TOTAL.) Knead for 10 minutes, until smooth and elastic. Shape into a ball.

Lightly grease a clean bowl. Turn the dough in it once, to grease the top. Cover the bowl with plastic wrap. Refrigerate the dough for at least 2 hours, and up to 8.

Remove the dough from the refrigerator. Punch it down on a lightly floured counter or board and let it rest for 30 minutes, covered in a clean tea towel.

Divide the dough into 18 pieces. Carefully shape into rolls and place on 1 or 2 greased baking sheets, lightly dusted with cornmeal. I think it's better if the rolls don't touch each other, so give them enough room to double in size on the baking sheet. Cover with a damp tea towel and let rise until double, about 1½ hours.

Preheat the oven to 425. Bake for 12–15 minutes, until lightly browned. Transfer to a wire rack to cool.

# Buttermilk Scones

From *Simply Scones* by Leslie Weiner & Barbara Albright  
This doesn't use yeast, but it really is the best scone recipe ever.

Preheat oven to 425

Into a large bowl, sift  
2 cups flour  
1½ tsp. Baking powder  
½ tsp baking soda  
⅓ cup sugar

Cut 6 TBS of cold unsalted butter into little cubes. Use a pastry cutter, 2 knives, or a food processor to cut them into the flour mixture until the lumps are pretty small (If you use a food processor, do not overdo it!)

In a separate small bowl, beat well  
1 egg  
½ cup buttermilk  
1 tsp. vanilla

Using a fork, quickly and lightly mix the wet into the dry just until the “wet” disappears, adding ⅔ cup of raisins, dried cranberries, currents, etc. when the dough is about halfway blended. Your hands may be more successful than the fork.

Put the ball on the middle of a baking sheet (ungreased), and “smoosh” it into a 7-inch or so circle. Using a sharp knife (serrated works well), quickly cut the dough into 8–10 pie-shaped pieces. Pull them apart a bit so they have room to expand. If you like the edges softer, don't pull them as far apart. If you like them with more of a crust, pull them further.

Bake for 15–18 minutes, turning at least once so they cook evenly. Watch them, though—they burn quickly!

Best eaten warm, but they freeze nicely, if you want some for later.

This recipe is just as easy doubled!

FOR GINGER SCONES: Use a generous ½ cup minced candied ginger and ½ tsp ginger spice instead of raisins, etc., and cut the vanilla to ½ tsp.

# Sweet Bread

Follow the directions for Norwegian Cardamom Bread, but don't add the cardamom, and use one less egg if you are going to shape your bread into something other than a traditional rectangular loaf.

This basic dough is great for shaping into turtles, bears, or even suns! (Check out Elisa Kleven's *Sun Bread* (Dutton, 2001).

A few suggestions & information for shaping:

Note that very small pieces will be prone to burning. For instance, a tiny nose on a face will darken much sooner than when the middle of the loaf is done.

You can use a little teeny bit of water as glue, if you need to hold pieces together—e.g., arms or a tail to the body.

Small snips with scissors into the dough make excellent eyes, or texture, or patterns on the backs of turtles.

Make a wash of warm milk, or an egg and water, and brush it over your creation just before putting it in the oven. Be careful to cover all surfaces. This will make the baked bread shine—enhancing your creation!

Bake at 350 or 375.

The bread will dry out sooner— best to eat it within a day!

Have fun! And remember that no matter what your creation looks like, it will smell and taste delicious!

# Whole Wheat Buttermilk Bread

*From Laurel's Kitchen's Bread Book*

Makes 2 loaves

In a warmed teacup, proof (for 10 minutes):

½ cup of warm water

2 tsp yeast

a pinch of sugar

In a large bowl mix:

¾ cup very warm water

¼ cup honey

1¼ cups cold buttermilk

Add:

2 cups of whole wheat flour

2 tsp salt.

the proofed yeast

Beat well. Gradually add more flour until the dough is hard to stir and starts to pull away from the side of the bowl. Turn out onto a floured surface and knead for 15–18 minutes until smooth and elastic. Add flour as you knead to keep from sticking. (This recipe uses 5½ to 6 cups total.)

Shape the dough into a relaxed round. Clean the bowl, grease it, and return the dough, turning once to coat. Cover with plastic wrap and let rise in a warm place until double in size (1½–2 hours).

Punch down. Reshape and let it rise again, covered as before. This second rising will take 1–1½ hours.

Punch the dough down. Divide in two and shape into rounds. Cover with a damp tea towel and let rest for 10 minutes.

Grease two large flowerpots or two 8x4 loaf pans. Shape the dough into rounds or loaves and put them in the pots or pans, seam sides down. Cover with a clean damp towel and let rise 1–1½ hours. The dough makes high loaves, so be bold about giving it time.

Bake in a preheated oven at 350 for about 45 mins. The loaves will be golden brown and sound hollow when thumped on the bottom.

Cool the loaves on racks.

\*\*This dough also makes lovely whole wheat dinner rolls. Shape into 9–15 rounds, let rise in a 9x13 pan, and bake at 400 for 15–20 minutes.

# Whole Wheat Country Peasant Bread

from *Bread Alone* by Dan Leader  
Makes 2 loaves

## **Make a sponge (in a medium-small bowl)**

½ cup water

1 tsp. yeast

¾ cup of 20% whole wheat flour

(\*\* 3 cups of white to 1 cup of whole wheat)

Mix well. Cover with plastic wrap and let ferment 2 to 10 hours.

## **Dough (in a large bowl)**

2½ cups of water

1 tsp yeast

2 cups 20% whole wheat flour

1 TBS salt

the sponge

Beat well. Add 3–4½ cups 20% whole wheat flour.

If you want to add herbs, etc, you can do it now; e.g., 2 TBS of olive oil heated in a skillet, and sauté a couple tsp of garlic and some herbs.

Knead for 15–20 minutes, until smooth and elastic.

Let rise in a greased bowl for 2–2½ hours.

Punch down. Let rest 30 minutes.

Shape into 2 peasant loaves. Place on greased baking sheets or a well-floured bread board. Cover with a damp tea towel. Let rise 1½-2 hours.

Preheat the oven to 425.

Make 2 or 3 slashes carefully in the top crust ¼ to ½ inch deep. Gently slide the loaves into the oven. Spray the loaves liberally with water, being careful not to spray the light bulb (it may break). Spray again in 3 minutes.

Bake @ 425 for 20 minutes. Turn the oven down to 400 and bake another 15–20 minutes. The loaves should sound hollow when thumped on the bottom. Cool on wire racks completely before cutting.

**Note:** *You can do equal amounts of whole wheat and white rather than 3 to 1. Just make sure you knead it enough.*



# Whole Wheat Maple Oatmeal Bread

*from The King Arthur Flour Company*

This makes wonderful, moist oatmeal bread—my son says it is just like french toast.  
Makes 2 loaves

In a large mixing bowl, combine

1½ cups boiling water

1 cup rolled oats

½ cup maple syrup

1 TBS honey

¼ cup butter

1 TBS salt

1 tsp cinnamon

**Cool to lukewarm.**

Proof:

1 TBS yeast in ½ cup warm water (5–10 min.)

When the oat mixture has cooled to lukewarm, add the yeast, **2 cups whole wheat flour**, and **3–4 cups white flour** to form a rough dough. Knead until smooth and elastic 10–15 min, adding more flour as necessary. The dough is wet. Try not to add more flour than necessary to be able to knead it.

Form into a ball and let rise in a greased bowl, covered with plastic wrap, for 2 hours.

Punch down. Let rest 10 minutes. Shape into 2 loaves and place in greased loaf pans or seasoned and greased clay pots (it makes terrific crust in clay pots). The dough is too soft for peasant rounds.

Let rise 1–1½ hours. Be patient—this is a slower rising dough than some.

Bake @ 350 for approx. 35 mins. The loaves should sound hollow when thumped on the bottom.

Cool on wire racks completely before cutting. It makes great toast!

# Whole Wheat Sesame Raisin Peasant Bread

From *Bread Alone* by Daniel Leader  
Makes terrific toast & keeps very well.  
Makes 2 loaves

## **Make a sponge (in a medium bowl)**

$\frac{3}{4}$  cup water

1 tsp. yeast

$\frac{3}{4}$  cup of 20% whole wheat flour

(\*\* 3 cups of white to 1 cup of whole wheat)

$\frac{1}{2}$  cup whole wheat flour

Mix well. Cover with plastic wrap and let ferment 2 to 10 hours.

## **Dough (in a large bowl)**

$2\frac{1}{4}$  cups of water

1 tsp yeast

$1\frac{3}{4}$  cups whole wheat flour

1 cup 20% whole wheat flour

$\frac{1}{2}$  cup sesame seeds (lightly toasted)

1 TBS salt

the sponge

Beat well, adding 2 to  $3\frac{1}{2}$  cups 20 % whole wheat flour and knead for 10 minutes.

Gradually add in the raisins, kneading for a total of 15–17 minutes, until smooth and elastic. (I add these by sprinkling them on the counter and kneading them in—it's messy, but I think it allows the bread to rise more.)

Let rise in a greased bowl for 2–3 hours.

Punch down. Let rest 30 minutes.

Shape into 2 peasant loaves and place on greased loaf pans, or a well-floured bread board. Cover with damp tea towels. Let rise  $1\frac{1}{2}$ –2 hours.

Preheat the oven to 425.

Make 2 or 3 slashes carefully in the top crust  $\frac{1}{4}$  – $\frac{1}{2}$  inch deep. Gently slide into the oven. Spray the loaves liberally with water, being careful not to spray the light bulb (it may break). Spray again in 3 minutes.

(continued next page)

Whole Wheat

(Sesame Raisin Peasant Bread, continued)

Bake @ 425 for 15 minutes. Turn the oven down to 400 and bake another 15–20 minutes. The loaves should sound hollow when thumped on the bottom. Cool on wire racks completely before cutting.

# A Few Frequently Asked Questions

## **What substitutions work to make bread recipes vegan?**

**EGGS:** 1 TBS Flax Seed, ground very fine in a grinder, mixed with 3 TBS water = 1 egg. This is magical—and totally works!

**MILK:** Any of the breads in this collection will work with a non-cow milk substituted 1:1 except for rice milk (it's too thin).

**BUTTER:** I have had my best success with Earth Balance (sticks, not soft).

**HONEY:** Maple and Agave syrup both work.

## **I don't have buttermilk! What can I substitute?**

For every cup of buttermilk needed, use 1 cup of regular milk (again, can use vegan options) mixed with 1 TBS of lemon juice or rice vinegar.

## **To Season Flowerpots** (that you can then bake bread in)

Wash—**SCRUB!!**—new pots. Let dry.

Cover inside of pots in a **THICK** coat of Crisco. (Enough to see white.)

Bake in a preheated oven @ 450 for ½ to 1 hour.

(I recommend disconnecting your smoke alarms! It gets smoky.) Take out of oven and let cool completely. Recoat in Crisco, re-bake & re-cool 2 more times.

This should season the pots. When you use them, grease them with Crisco, fill the hole with a little ball of aluminum foil if you want (otherwise you can just snip the belly button of bread that pops out before you remove the loaf from the pot). Wash the pots in water if they really need it—avoid soap. Re-season if it seems necessary. I just dry-wipe them clean, leave them to dry out, and reuse them again and again.

Remember! Bread making is an experiment. Be gentle with yourself and your bread. ❤️