

# Kathy's Breakfast Casserole (Overnite)

Bakeware: 9 × 13-inch Pyrex dish, sprayed.

Oven: 350°F.

Bake time: 50 minutes.

## Ingredients

- 1 loaf cinnamon bread, cubed (Pepperidge Farm recommended)
- 3 cups milk
- 3 eggs
- 3/4 cup Egg Beaters
- 2 teaspoons vanilla

## Instructions

- 1 Put bread cubes in the prepared 9 × 13-inch dish.
- 2 Mix milk, eggs, Egg Beaters, and vanilla.
- 3 Pour mixture over bread.
- 4 Refrigerate overnight.
- 5 Bake at 350°F for 50 minutes.

# Blueberry Biscuits

Source: Printed handout (America's Test Kitchen).

Serves: 9 (makes 9 biscuits).

Equipment: 8-inch square baking pan; whisk.

Oven: 400°F.

*Before you begin (from the handout): Fresh blueberries are preferred, but you can also use 7 1/2 ounces (1 1/2 cups) frozen blueberries that have been thawed, drained, and patted dry. Leftover buttermilk can be frozen (for up to a month); after thawing, whisk to recombine if separated.*

## Ingredients

- **Biscuits**
- 11 tablespoons unsalted butter (1 tablespoon, melted; 10 tablespoons, cut into 1/2-inch pieces and chilled)
- 3 cups (15 ounces) all-purpose flour
- 1/2 cup (3 1/2 ounces) sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/4 teaspoons table salt
- 7 1/2 ounces (1 1/2 cups) blueberries
- 1 1/3 cups buttermilk, chilled
- **Honey Butter**
- 2 tablespoons unsalted butter
- 1 tablespoon honey
- Pinch table salt

## Instructions

- 1 Adjust oven rack to middle position and heat oven to 400°F. Brush bottom and sides of an 8-inch square baking pan with melted butter.
- 2 Whisk flour, sugar, baking powder, baking soda, and salt together in a large bowl. Add chilled butter to flour mixture and smash butter between your fingertips into flat, irregular pieces. Add blueberries and toss with flour mixture. Gently stir in buttermilk until no dry pockets of flour remain.
- 3 Using rubber spatula, transfer dough to prepared pan and spread into even layer and into corners of pan. Using bench scraper sprayed with vegetable oil spray, cut dough into 9 equal squares (2 cuts by 2 cuts), but do not separate. Bake until browned on top and paring knife inserted into center biscuit comes out clean, 40 to 45 minutes.
- 4 Meanwhile, combine butter, honey, and salt in a small bowl and microwave until butter is melted, about 30 seconds. Stir to combine; set aside.
- 5 Remove pan from oven and let biscuits cool in pan for 5 minutes. Turn biscuits out onto baking sheet, then reinvert biscuits onto wire rack. Brush tops of biscuits with honey butter (use all of it). Let cool for 10 minutes. Using serrated knife, cut biscuits along scored marks and serve warm.

# Applesauce Loaf

Source: Mom.

Yield: 1 loaf (9 1/2 x 5 x 3-inch pan).

Oven: 350°F.

Bake time: 1 hour.

## Ingredients

- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 1 3/4 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup applesauce
- 1/2 cup chopped nuts
- **Sugar Glaze**
- 1/2 cup sifted confectioners' sugar
- 1 tablespoon water

## Instructions

- 1 Stir shortening to soften; gradually add sugar, creaming until light.
- 2 Add eggs; beat till light and fluffy.
- 3 Sift together dry ingredients; add to creamed mixture alternately with applesauce.
- 4 Stir in nuts.
- 5 Pour into a paper-lined 9 1/2 x 5 x 3-inch loaf pan.
- 6 Bake at 350°F for 1 hour.
- 7 Cool in pan 10 minutes before removing.
- 8 While warm, spread with sugar glaze (combine confectioners' sugar and water).

# Refrigerator Rolls

Source: Mom.

Yield: 4 dozen medium rolls.

Oven: 400°F.

Bake time: 12–15 minutes.

## Ingredients

- 2 packages yeast
- 2 cups lukewarm water
- 1/2 cup sugar
- 1 teaspoon salt
- 6 1/2 to 7 cups sifted flour
- 1 egg
- 1/4 cup shortening

## Instructions

- 1 Dissolve yeast in lukewarm water.
- 2 Add sugar, salt, and about half of the flour. Beat thoroughly for 2 minutes.
- 3 Add egg and shortening, blending well.
- 4 Gradually add remaining flour and mix until smooth.
- 5 Cover with a damp cloth, then overwrap with plastic. Place in refrigerator.
- 6 Punch down occasionally as dough rises in refrigerator.
- 7 About 2 hours before baking, cut off amount needed; return balance to refrigerator.
- 8 Shape chilled dough into rolls and place on greased baking sheets. Cover and let rise until light (1–2 hours).
- 9 Bake 12–15 minutes at 400°F.
- 10 For bread sticks: brush with egg white and sprinkle with sesame or poppy seed.

# Sweet Roll Dough

Source: Mom.

Yield: 60 rolls.

Oven: 425°F.

Bake time: 20 minutes.

## Ingredients

- 2 cups milk, scalded
- 2 tablespoons sugar
- 4 tablespoons butter
- 1/2 teaspoon salt
- 1 package yeast
- 2 eggs
- 5 1/4 cups sifted flour

## Instructions

- 1 Scald milk. Add sugar, butter, and salt; stir to dissolve. Cool to lukewarm.
- 2 Add yeast; stir to dissolve.
- 3 Add eggs; beat in.
- 4 Stir in part of the flour; knead in the rest. Use just enough flour so dough can be handled easily.
- 5 Place dough in bowl. Brush top with melted butter. Cover and let rise to double in bulk in a warm place (about 2 hours).
- 6 Roll and shape as desired (Parker House, cinnamon, etc.). Put in greased pan and let rise until light (about 35 minutes).
- 7 Bake at 425°F for about 20 minutes.

# Aitch Jay's Fast Crustless Quiche

Note from clipping: "This is a good Sunday brunch or a fast Sunday supper."

Oven: 350°F.

Bake time: 35 minutes (a bit longer if using a glass pan).

## Ingredients

- Butter, for greasing a 10-inch pie plate (or regular-size quiche pan)
- 4 ounces cheese, shredded (Swiss, Cheddar, etc.)
- 6–7 slices crisp bacon, crumbled (or chopped cooked ham)
- A few sautéed mushrooms (optional)
- 4 eggs, unbeaten
- 1/2 cup chopped onion
- 1/2 cup flour
- 2 tablespoons butter or margarine
- 1/2 teaspoon salt, plus pepper to taste
- 1 1/2 cups nonfat milk

## Instructions

- 1 Butter a 10-inch pie plate or a regular-size quiche pan.
- 2 Sprinkle in cheese, bacon (or ham), and mushrooms (if using).
- 3 In a blender, combine eggs, onion, flour, butter or margarine, salt, pepper, and milk.
- 4 Blend for 1 minute (or beat hard with an eggbeater if you don't have a blender).
- 5 Pour over fillings in the pie plate and bake for 35 minutes at 350°F if the pan is metal; bake a bit longer if it's glass.
- 6 Let stand 3–4 minutes before serving.

# Pretzels (Old recipe)

Yield: Makes 6 dozen.

Oven: 425°F.

Bake time: 5–6 minutes.

*Use caution handling lye water.*

## Ingredients

- 1 cake yeast
- 1 cup warm water
- 2 tablespoons sugar
- 2 quarts whole milk, warmed (“like for a baby”)
- 6–8 cups flour (first addition)
- 1 cup lard, melted and totally cooled
- A handful of kosher salt
- More flour, 6–8 cups additional (for a total of about 12–16 cups), as needed
- **For dipping**
- Lye water: 1 tablespoon Red Devil 100% lye + 1 quart water (boiling)
- **For topping**
- Pretzel salt or kosher salt (use a very small amount)

## Instructions

- 1 Dissolve yeast in warm water.
- 2 Add sugar.
- 3 Add warmed whole milk.
- 4 Add 6–8 cups flour. (Mixture will be gooey.) Cover and let rise until double, about 1 hour.
- 5 Add lard (melted and totally cooled) and a handful of kosher salt.
- 6 Add flour and knead until soft and elastic, using enough flour to make workable dough (total flour about 12–16 cups).
- 7 Shape into pretzel form: use a piece of dough about golf-ball size and roll as thin as a pencil.
- 8 Let rise on a cloth for 1 hour, until doubled and bottom is dry (use an old white tablecloth or linen towels).
- 9 Dip in boiling lye water (use an old granite or porcelain bowl).
- 10 Place on WELL-greased pans (use old pans—lye will leave marks). Sprinkle lightly with pretzel salt or kosher salt.
- 11 Bake at 425°F for 5–6 minutes.

# Ia Cohen Egg Pancakes (Eierkuchen-style)

Serves: 4.

Method: Thin pan-cooked pancakes (traditional Eierkuchen/Pfannkuchen style), rollable.

## Ingredients

- 5 eggs
- 3 cups milk
- 1/2 teaspoon salt
- 2 3/4 cups flour
- Butter or oil, for the pan (as needed)

## Instructions

- 1 Beat eggs in a large bowl until combined.
- 2 Whisk in milk and salt.
- 3 Gradually whisk in flour until smooth (a few small lumps are okay).
- 4 Optional (recommended): let batter rest 5–30 minutes.
- 5 Heat a lightly buttered skillet or griddle over medium heat.
- 6 Pour in enough batter to coat the pan in a thin layer, swirling the pan to spread it out.
- 7 Cook until the top looks set and the underside is lightly golden, then flip and cook the other side briefly until golden.
- 8 Repeat with remaining batter, adding a little more butter/oil as needed. Pancakes should be thin enough to roll.



# Date Nut Bread

Source: Mom.

Yield: 2 loaves (9 × 5 × 3-inch pans).

Oven: 325°F.

Bake time: 1 1/4 to 1 1/2 hours.

## Ingredients

- 2 cups water
- 2 teaspoons baking soda
- 1 cup chopped dates
- 1 cup nuts
- 1/2 cup shortening
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla
- 4 cups flour

## Instructions

- 1 Cook dates and baking soda in boiling water, stirring constantly, about 4 minutes.
- 2 Add nuts and cool.
- 3 Cream shortening and sugars.
- 4 Add eggs and vanilla; beat till fluffy.
- 5 Add flour and the date mixture; mix well.
- 6 Bake in greased and floured pans at 325°F for 1 1/4–1 1/2 hours.
- 7 Turn out onto racks immediately. Wrap and keep in refrigerator.

# Grandma Moog's Quick and Easy Cinnamon Rolls

Yield: 18 cinnamon rolls.

Prep time: 15 minutes.

Oven: 350°F.

Bake time: 20–25 minutes.

Source line on clipping: Penzeys (recipe card/handout).

## Ingredients

- **Dough**
- 3 cups flour
- 1/4 teaspoon salt
- 4 teaspoons baking powder
- 1/2 cup sugar
- 2 eggs
- 2/3 cup milk
- 1/2 teaspoon pure vanilla extract
- 1/2 cup shortening, melted (and cooled slightly—warm, not hot)
- **Filling**
- 1/2 cup white sugar
- 1/4 cup melted butter
- **Topping**
- 1 1/2 teaspoons cinnamon
- 1/2 cup brown sugar
- 1/2 cup broken walnuts
- 3 tablespoons melted butter
- **Icing**
- 1 cup powdered sugar
- 2 tablespoons warm milk
- 1 tablespoon melted butter
- 1/4 teaspoon pure vanilla extract

## Instructions

- 1 Sift flour with salt, baking powder, and sugar into a large mixing bowl and make a well in the center.
- 2 In another bowl, beat eggs until well mixed. Pour into the center of the dry ingredients along with milk, vanilla, and melted shortening (warm, not hot).
- 3 Mix by hand with a wooden spoon, or on the lowest speed with a mixer.
- 4 Once dough is holding together, turn out onto a floured board and knead for 1 minute. If sticky, sprinkle a bit more flour as you work.
- 5 Roll dough into a rectangle about 1/4-inch thick (about 9 × 13 inches, but it doesn't have to be exact).
- 6 Combine filling ingredients; spread over dough, smoothing from the middle to within 1/2 inch of the edge.
- 7 Roll dough up jellyroll-style. Using a sharp knife, cut evenly into 18 pieces.
- 8 Mix topping ingredients. Grease an 18-cup muffin pan and divide topping between muffin tins.

- 9 Place one piece of dough, cut side down, in each muffin tin on top of the topping.
- 10 Bake at 350°F for 20–25 minutes, until golden brown.
- 11 Remove rolls right away to cool. If topping stays in the tin, spoon it out and replace it on top of the roll while still hot.
- 12 Let cool, then ice if desired (mix icing ingredients). Serve upside down or right side up.