

Sticky Buns with Pecans

From the episode: *Ultimate Sticky Buns*

Makes twelve 3 1/2-inch buns

This recipe has four components: the dough that is shaped into buns, the filling that creates the swirl in the shaped buns, the caramel glaze that bakes in the bottom of the baking dish along with the buns, and the pecan topping that garnishes the buns once baked. Although the ingredient list may look long, note that many ingredients are repeated. Leftover sticky buns can be wrapped in foil or plastic wrap and refrigerated for up to 3 days, but they should be warmed through before serving. They reheat quickly in a microwave oven (for 2 buns, about 2 minutes at 50 percent power works well); they can also be put into a 325-degree oven for about 8 minutes.

INGREDIENTS

3 large eggs at room temperature

DOUGH

3/4 cup buttermilk at room temperature

1/4 cup granulated sugar

1 1/4 teaspoons table salt

2 1/4 teaspoons instant yeast

4 1/4 cups unbleached all-purpose flour (21 1/4 ounces), plus additional for dusting work surface

6 tablespoons unsalted butter, melted and cooled until warm

CARAMEL GLAZE

6 tablespoons unsalted butter

3/4 cup packed light brown sugar (5 1/4 ounces)

3 tablespoons corn syrup, light or dark

2 tablespoons heavy cream

1 pinch table salt

CINNAMON-SUGAR FILLING

3/4 cup packed light brown sugar (5 1/4 ounces)

2 teaspoons ground cinnamon

1 pinch table salt

1 tablespoon unsalted butter, melted

PECAN TOPPING

1/4 teaspoon ground cloves

3 tablespoons unsalted butter

1/4 cup packed light brown sugar (1 3/4 ounces)

3 tablespoons corn syrup, light or dark

pinch table salt

1 teaspoon vanilla extract

3/4 cup pecans (3 ounces), toasted in a skillet over medium heat until fragrant and browned, about 5 minutes, then cooled and coarsely chopped

INSTRUCTIONS

1. For the dough: In bowl of standing mixer, whisk eggs to combine; add buttermilk and whisk to combine. Whisk in sugar, salt, and yeast. Add about 2 cups flour and butter; stir with wooden spoon or rubber spatula until evenly moistened and combined. Add all but about 1/4 cup remaining flour and knead with dough hook at low speed 5 minutes. Check consistency of dough (dough should feel soft and moist but should not be wet and sticky; add more flour, if necessary); knead at low speed 5 minutes longer (dough should clear sides of bowl but stick to bottom). Turn dough out onto lightly floured work surface; knead by hand about 1 minute to ensure that dough is uniform (dough should not stick to work surface during hand kneading; if it does stick, knead in additional flour 1 tablespoon at a time).

2. Lightly spray large bowl or plastic container with nonstick cooking spray. Transfer dough to bowl, spray dough lightly with cooking spray, then cover bowl tightly with plastic wrap and set in warm, draftfree spot until doubled in volume, 2 to 2 1/2 hours.

3. For the glaze: Meanwhile, combine all ingredients for glaze in small saucepan; cook over medium heat, whisking occasionally, until butter is

melted and mixture is thoroughly combined. Pour mixture into nonstick metal 13- by 9-inch baking dish; using rubber spatula, spread mixture to cover surface of baking dish. Set baking dish aside.

4. **To assemble and bake buns:** For filling, combine brown sugar, cinnamon, cloves, and salt in small bowl and mix until thoroughly combined, using fingers to break up sugar lumps; set aside. Turn dough out onto lightly floured work surface. Gently shape dough into rough rectangle with long side nearest you. Lightly flour dough and roll to 16- by 12-inch rectangle. Brush dough with 1 tablespoon melted butter, leaving 1/2-inch border along top edge; with butter remaining on brush, brush sides of baking dish. Sprinkle filling mixture over dough, leaving 3/4-inch border along top edge; smooth filling in even layer with hand, then gently press mixture into dough to adhere. Beginning with long edge nearest you, roll dough into taut cylinder. Firmly pinch seam to seal and roll cylinder seam-side down. Very gently stretch to cylinder of even diameter and 18-inch length; push ends in to create even thickness. Using serrated knife and gentle sawing motion, slice cylinder in half, then slice each half in half again to create evenly sized quarters. Slice each quarter evenly into thirds, yielding 12 buns (end pieces may be slightly smaller).

5. Arrange buns cut-side down in prepared baking dish; cover tightly with plastic wrap and set in warm, draft-free spot until puffy and pressed against one another, about 1 1/2 hours. Meanwhile, adjust oven rack to lowest position, place pizza stone (if using) on rack, and heat oven to 350 degrees.

6. Place baking pan on pizza stone; bake until golden brown and center of dough registers about 180 degrees on instant-read thermometer, 25 to 30 minutes. Cool on wire rack 10 minutes; invert onto rimmed baking sheet, large rectangular platter, or cutting board. With rubber spatula, scrape any glaze remaining in baking pan onto buns; let cool while making pecan topping.

7. **For the topping:** Combine butter, brown sugar, corn syrup, and salt in small saucepan and bring to simmer over medium heat, whisking occasionally to thoroughly combine. Off heat, stir in vanilla and pecans until pecans are evenly coated. Using soup spoon, spoon heaping tablespoon nuts and topping over center of each sticky bun. Continue to cool until sticky buns are warm, 15 to 20 minutes. Pull apart or use serrated knife to cut apart sticky buns; serve.

TECHNIQUE

ASSEMBLING THE STICKY BUNS

1. Spread hot glaze in baking dish.



2. Sprinkle dough with filling.



3. Roll dough into tight cylinder.



4. Firmly pinch seam to seal.



5. Cut cylinder into 12 buns.



6. Arrange buns in prepared dish.



America's Test Kitchen is a 2,500-square-foot kitchen located just outside of Boston. It is the home of *Cook's Country* and *Cook's Illustrated* magazines and is the workday destination for more than three dozen test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of brands that offer the best value and performance. You can watch us work by tuning in to *America's Test Kitchen* (www.americastestkitchen.com) on public television.

SERIES FUNDED BY

Jared's mom's

World's Best Banana Bread!

By Born again mom on June 28, 2007

6 Reviews

Prep Time: 15 mins Total Time: 1 hr 15 mins Serves: 24, Yield: 2 loaves

About This Recipe

"Soft, delicious banana bread that will leave you wanting more! This is a must have recipe in your kitchen cookbook! This makes two loaves."

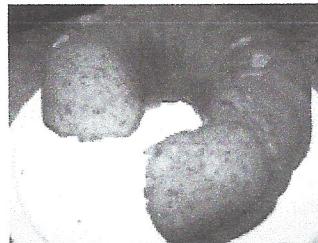


Photo by ChamoritaMomma

Ingredients

2 cups sugar
1 cup vegetable oil
4 eggs
4 bananas
1 cup sour cream
3 teaspoons vanilla
2 teaspoons baking soda
3 cups flour
nuts
1/2 cup sugar
1 tablespoon cinnamon

Directions

1. Mash bananas.
2. Add sugar, oil, eggs, sour cream, vanilla, baking soda, and flour. Mix until well combined.
3. Pour into greased bread pans until 1/2 full, reserve half of batter.
4. Combine 1/2 cup sugar and cinnamon.
5. Sprinkle generously 1/2 of cinnamon/sugar combination onto batter.
6. Pour rest of batter into pans.
7. Sprinkle rest of cinnamon/sugar on top of batter.
8. Bake at 350 for approximately 1 hour, or until a toothpick comes out clean.

in / special up making things good

jam-filled doughnuts

E ½ cup confectioners' sugar
 ½ Tbs. ground cinnamon
 1 cup seedless berry jam
 4 cups all-purpose flour
 5 tsp. baking powder
 ¼ tsp. salt
 1 cup firmly packed light brown sugar
 3 eggs, lightly beaten
 3 cups milk
 1½ tsp. vanilla extract
 8 Tbs. (1 stick) unsalted butter, melted

In small bowl, combine confectioners' sugar and cinnamon. Transfer to mesh sugar shaker. Fit pastry bag with plain round tip; fill with jam. Set aside.

In batter pitcher or bowl, sift together flour, baking powder, salt and brown sugar. In another bowl, whisk eggs, milk and vanilla. Whisk into flour mixture until smooth.

Put ½ tsp. butter in each well of filled-pancake pan. Set over medium heat; heat until butter begins to bubble. Pour 2 Tbs. batter into each well. Cook until bottoms are golden brown and crispy, 3–5 minutes. Using 2 wooden skewers, turn doughnuts over; cook until golden and crispy, about 3 minutes more. Transfer to plate. Repeat with remaining batter. Using tip of pastry bag, pierce one side of doughnut; pipe jam into center. Dust with confectioners' sugar mixture. Makes 55 doughnuts.

Williams-Sonoma Kitchen

doughnuts two ways



c. Waring deep fryer

Take the guesswork out of preparing doughnuts, french fries, potato chips and other favorites at home using this restaurant-style fryer. Its 1800-watt heating element ensures that oil heats up quickly, and electronic controls maintain the proper temperature. The fryer includes one large basket as well as two half-baskets that allow you to fry two different foods at once. The brushed-stainless-steel machine also features a viewing window and safety shutoff. 1-gal. cap.; 10" x 15" x 11" high.
#19-7746845 \$129.95 Exclusive

d. vintage manual juicer

Inspired by a vintage juicer design, our model has a heavy-duty die-cast-aluminum body with a bright nonreactive enameled finish. Equipped with a pour spout and a grid that separates pulp and seeds from juice, the juicer accommodates all types of citrus fruit. Thanks to the simple lever action, the tool is fast and efficient to use. Non-skid feet provide countertop stability. Hand-wash.
8½" x 4" x 4¾" high. #19-7480015 \$29.00

Catalog and Internet only

e. mesh sugar shaker

Dusting pancakes, French toast and fried or baked treats with confectioners' sugar or cocoa provides a simple, attractive decoration. This 18/10 stainless-steel shaker is specially designed for the simple task. Its plastic storage cap keeps contents fresh. Dishwasher safe. 3½" diam., 4½" high. **#19-2061364 \$12.00**

f. melamine batter pitcher

Our virtually unbreakable red-and-white pitcher has a comfortable loop handle and a spout that make it easy to pour batter onto a griddle or into cake and muffin pans without messy drips. A nonslip rubber ring on the base keeps it securely in place while you're mixing. Because the pitcher is made of melamine, it won't react with ingredients. Dishwasher safe on top rack. 2-qt. cap., 8¾" diam. **#19-6125264 \$16.00 Exclusive**



American Fudge recipe (continued)

Take the boiled fudge off the heat. Add 1 bag (8 oz.) semi-sweet Nestles chocolate morsels. Put pan back on the heat and stir this mixture until the morsels are almost melted. Take pan off the heat and stir in 1 teaspoon vanilla. Then continue stirring rapidly until chocolate is entirely melted. Do not overstir.

Line baking pan with a piece of aluminum foil. Be sure you keep foil flat all around. Pour in the fudge and let it cool completely. Pan can be 8 by 8 x 2" pan. Cut in squares when firm.

Uncle Ulysses' Doughnuts - powdered sugar or cinnamon sugar for Halloween from Homer Price by McCloskey

Suggest you have an adult around when you undertake to make these.

2 cups sifted Heckers Flour
2½ teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon salt

1 egg
½ cup sugar
1½ tablespoons butter (room temperature)
½ cup milk

use 1 large can Crisco melted in frying pan or use 24 fl. oz. liquid Crisco oil in electric Wok. We used the Wok in class.

Measure it for 2 cups.

1. Presift flour. / Then sift it again with baking powder, cinnamon, nutmeg, salt into a large bowl.
2. In another large bowl beat the egg until light and lemon colored. Beat in the sugar gradually and then add the butter.
3. After above is all mixed together nicely, gradually add the flour mixture and the milk alternately, a little at a time, to the egg mixture. Use an electric mixer if you have one. Chill the dough for half an hour in the refrigerator. When you take dough out, it may not be stiff enough to roll well, so add about 1/2 cup more flour.
4. While in refrigerator, prepare your other work equipment. (SEE #5 under Queen of Hearts' Tart recipe for flouring procedure.) Put a large deep frying pan on the stove and turn the heat on medium high. Put Crisco can of shortening in the pan so you have about 2½ inches of melted fat. If you use the Wok, add the liquid to the cold Wok and stir in 1 teaspoon of salt to prevent splattering. Then connect Wok to cord and electric outlet. Be sure you have turned the dial to 370° or 375°.
5. Take dough to which you have added extra flour and roll it out on your prepared floured work surface. Roll it so your circle is about 1/4" thick. Do not roll dough too thin. Cut each doughnut separately with a doughnut cutter. Dip cutter in flour first - then cut - then remove with floured spatula. Remove hole, if possible, or cook with it and it may come out later in the cooking process. With spatula gently drop your doughnut and the hole in your fry pan or Wok. Drop it in close to the fat so you don't get burned. Take tongs or a very long fork and when brown on one side, brown the other. Take out and put on paper towel to drain. When cool, roll in cinnamon sugar or powdered sugar. The browning process is very fast. If possible, one person should cut and the other watch and turn the doughnuts. Makes

*dad +
casey's*

Best Blueberry Muffins

From the episode: *Best Weekend Breakfast*

Makes 12 muffins

If buttermilk is unavailable, substitute 3/4 cup plain whole-milk or low-fat yogurt thinned with 1/4 cup milk.

INGREDIENTS

LEMON-SUGAR TOPPING

- 1/3 cup sugar (2 1/3 ounces)
- 1 1/2 teaspoons finely grated zest from 1 lemon

MUFFINS

- 2 cups fresh blueberries (about 10 ounces), picked over
- 1 1/8 cups sugar (8 ounces) plus 1 teaspoon
- 2 1/2 cups unbleached all-purpose flour (12 1/2 ounces)
- 2 1/2 teaspoons baking powder
- 1 teaspoon table salt
- 2 large eggs
- 4 tablespoons (1/2 stick) unsalted butter, melted and cooled slightly
- 1/4 cup vegetable oil
- 1 cup buttermilk (see note)
- 1 1/2 teaspoons vanilla extract

INSTRUCTIONS

1. **FOR THE TOPPING:** Stir together sugar and lemon zest in small bowl until combined; set aside.
2. **FOR THE MUFFINS:** Adjust oven rack to upper-middle position and heat oven to 425 degrees. Spray standard muffin tin with nonstick cooking spray. Bring 1 cup blueberries and 1 teaspoon sugar to simmer in small saucepan over medium heat. Cook, mashing berries with spoon several times and stirring frequently, until berries have broken down and mixture is thickened and reduced to 1/4 cup, about 6 minutes. Transfer to small bowl and cool to room temperature, 10 to 15 minutes.
3. Whisk flour, baking powder, and salt together in large bowl. Whisk remaining 1 1/8 cups sugar and eggs together in medium bowl until thick and homogeneous, about 45 seconds. Slowly whisk in butter and oil until combined. Whisk in buttermilk and vanilla until combined. Using rubber spatula, fold egg mixture and remaining cup blueberries into flour mixture until just moistened. (Batter will be very lumpy with few spots of dry flour; do not overmix.)
4. Following photos below, use ice cream scoop or large spoon to divide batter equally among prepared muffin cups (batter should completely fill cups and mound slightly). Spoon teaspoon of cooked berry mixture into center of each mound of batter. Using chopstick or skewer, gently swirl berry filling into batter using figure-eight motion. Sprinkle lemon sugar evenly over muffins.
5. Bake until muffin tops are golden and just firm, 17 to 19 minutes, rotating muffin tin from front to back halfway through baking time. Cool muffins in muffin tin for 5 minutes, then transfer to wire rack and cool 5 minutes before serving.

TECHNIQUE

WHEN MORE ISN'T BETTER

To boost berry flavor in a muffin, simply adding more blueberries isn't the answer. With too many in the mix, the berries sink to the bottom, weighing the muffin down.

WEIGHED DOWN

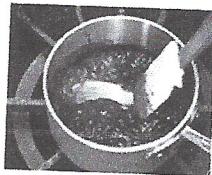


TECHNIQUE

MAKING MUFFINS WITH BLUEBERRY FLAVOR THROUGH AND THROUGH

E. FLAKE BERRY JAM

Cook half of fresh blueberries into thick jam to concentrate their flavor and eliminate excess moisture.



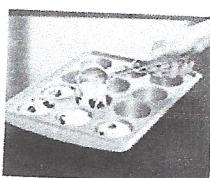
2. ADD FRESH BERRIES

Stir 1 cup of fresh blueberries into batter to provide juicy bursts in every bite.



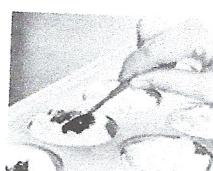
3. PORTION BATTER

Scoop batter into muffin pans, completely cov-



4. ADD JAM TO BATTER

Place 1 teaspoon of cooled berry jam in center of each batter-filled cup, pushing it below the top edge.



5. SWTRI INTO PAPER

SWIRL INTO BATTER
Using chopstick or skewer, swirl jam to spread berry flavor throughout.



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(2)

1/2 c. sifted unbleached flour

1 tsp. baking powder

6 eggs

1 c. sugar

2 tsp vanilla

3/4 c. brandy

Grease pan. Line w/greased brown paper. Combine fruits & nuts in large bowl. Sift flour b.p. & salt over nuts & fruit. Toss lightly until well coated.

(3) U.P. Let stand on wire rack until completely cool. Place rack in shadow pan, spoon remaining

1/2 c. brandy over cake. Wrap in cheese cloth soaked in brandy. Wrap in heavy duty foil. Store.

(1)

Here's what's cookin' SANIA'S FRUITCAKE

Recipe from the kitchen of THE HOWEUS

Serves
Don't chop fruit or nuts

1 cake for 9x5x3 loaf pan

1 can (8oz) wooden (2 cups)

1 " (8oz) pecans

2 packages (8oz) each, pitted

100x (5oz) dried apricots

12 pitted prunes

4 oz dried apples

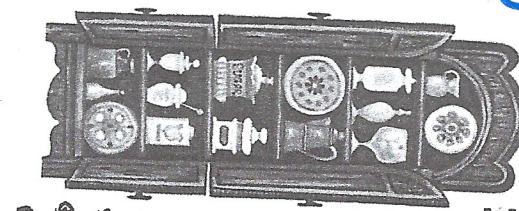
1/2 c. white raisins

1/2 jujubes (each marsh.chew drained)

Here's what's cookin'

Recipe from the kitchen of

Serves



Beat eggs, sugar & vanilla in light & fiery. Pour over fruit mixture. Stir gently to combine. Fill pan, press cake mixture firmly into pan. Bake 30 min. 30 min. Cover w/butcher (coiled paper). If browning too quickly, remove cake to wire rack. Spoon 1/4 c. brandy over cake. Let stand 1 hr. Invert. Peel off paper, turn right side

*1/2 c. sugar
1/2 c. flour
1/2 c. bran
1/2 c. raisins
1/2 c. dates
1/2 c. currants
1/2 c. sultanas
1/2 c. mixed fruit
1/2 c. nuts
1/2 c. orange juice
1/2 c. brandy
1/2 c. butter*



PHOTOGRAPH: RALPH ANDERSON / STYLING: TRINIDA GAGE

Fruit Rugelach, a traditional Jewish cookie, is based on an easy cream cheese dough.

Remembering Rosh Hashanah

Rosh Hashanah, the Jewish New Year, marks the beginning of 10 days of penitence that end on Yom Kippur. While the holiday is observed during the first days of this month, these recipes can be appreciated any time of the year.

FRUIT RUGELACH

2½ cups all-purpose flour
1 cup butter, cut into pieces
1 (8-ounce) package cream cheese, cut into pieces
½ teaspoon salt
2 cups apricot preserves
1 cup chopped almonds, toasted
3 tablespoons sugar
2 teaspoons ground cinnamon

• Pulse first 4 ingredients in a food processor until dough leaves sides of bowl. Divide dough into 8 portions, shaping each portion into a ball. Wrap separately in plastic wrap, and chill at least 1 hour.

• Remove 1 dough portion, and roll into an 8-inch circle on a lightly floured surface. Spread with ¼ cup apricot preserves, leaving a 2-inch circle of uncovered dough in center. Sprinkle preserves with 2 tablespoons almonds. Cut circle into 8 wedges, and roll up wedges, starting at a wide end.

• Place, point side down, on a lightly greased baking sheet, curving into a crescent shape. Repeat procedure with remaining dough portions, preserves, and almonds.

• Combine sugar and cinnamon; sprinkle over each crescent.

• Bake at 375° for 15 to 20 minutes or until golden. Transfer to wire racks to cool. **Yield:** about 5 dozen.

Apple Rugelach: Melt ¼ cup butter or margarine in a large skillet; add 4 large Granny Smith apples, peeled and finely chopped, and 1 cup sugar. Cook, stirring constantly, 5 to 7 minutes or until mixture is

thick and golden. Cool. Substitute for apricot preserves. Substitute 1 cup chopped pecans, toasted, for almonds.

Lisa Rutterberg

Birmingham, Alabama

MANDEL BREAD

Also called mandelbrot, or almond bread, this treat may be more popularly recognized as Italian biscotti.

4 large eggs
1 ¼ cups sugar, divided
¼ teaspoon salt
1 cup vegetable oil, divided
3½ cups all-purpose flour, divided
1 cup chopped almonds, toasted and divided
1 teaspoon baking powder
¼ teaspoon ground cinnamon
2 teaspoons vanilla extract
1 teaspoon almond extract
2 tablespoons ground cinnamon

• Beat eggs, 1 cup sugar, and salt at medium speed with an electric mixer until blended; add ¼ cup oil, beating until blended.

• Combine ¼ cup flour and almonds, tossing to coat.

• Combine remaining 3½ cups flour, baking powder, and ¼ teaspoon cinnamon; add to egg mixture alternately with remaining ¾ cup oil, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in extracts and toasted almond mixture.

• Divide dough into 8 portions; shape each portion into an 8- x 3-inch log on lightly greased baking sheets (4 logs may be placed crosswise on each of 2 baking sheets). Stir together remaining ¼ cup sugar and 2 tablespoons cinnamon; sprinkle evenly over logs.

• Bake at 350° for 25 minutes or until lightly browned. Remove to wire racks to cool. Cut diagonally into ½-inch-thick slices. Lay slices flat on baking sheets.

• Bake at 350° for 8 minutes; turn slices over, and bake 5 more minutes. Remove to wire racks to cool. **Yield:** about 9 dozen.

Alice Rich

Atlanta, Georgia

Homemade German Pretzels

Prep Time: 2 hours

Cook Time: 30 minutes

Total Time: 2 hours, 7 minutes

Ingredients

- 4 cups all-purpose flour
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 cup lukewarm water
- 2 pkgs active dry yeast
- 3 tbsp butter
- Coarse salt for sprinkling
-

Soda Bath

- 1/2 cup baking soda
- 2 quarts water

Instructions

1. Dissolve yeast in the lukewarm water. Mix flour and salt together in a large mixing bowl. Form a well in the flour mixture then add the sugar to the center of the well. Pour the yeast/water mixture into the well. Let it rest for 15 minutes before mixing.
2. Add the softened butter to the mixing bowl and knead everything to a smooth dough. I used the dough hook on my Kitchenaid for about 6 minutes on speed #2, I did have to add about a tablespoon of additional water as it was not quite gathering all the dry ingredients. Remove the dough hook and let the dough rest for 30 minutes.
3. Cut the dough into twelve equal parts, then roll each piece on the table (don't flour the surface, you shouldn't need it) to about 20 inches, tapered toward the ends. Don't make it smaller than 20 inches as it's impossible to get a good shape with a short, thick rope of dough. The dough should not get too warm as you roll it out, or it might tear.
4. Place the pretzels without covering them in the fridge for about an hour. This helps build a skin that will absorb the dipping solution better and make a beautiful shiny crust.
5. Preheat the oven to 400 F.
6. Note: an authentic German recipe calls for a lye solution, but baking soda is a perfectly acceptable and widely used substitute.
7. Fill large stock or pasta pot 3/4 full and bring the water to a boil. Carefully and slowly add the baking soda to the boiling water. There will be a reaction when the baking soda hits the water and it will bubble furiously for a moment and then relax. Stand back a bit just to be safe. Using a slotted spoon, gently drop each pretzel into the bath for 10 seconds, then turn over for another 10. Astrid called for a total of 10 seconds only. Place them on a baking sheet lined with parchment paper.
8. Score the dough once like for a baguette with a razor blade or sharp knife.
9. Sprinkle with coarse salt. Bake the pretzels for about 15 to 20 minutes (mine took 20 minutes

for a nice dark crust), depending on how dark you like them.

<http://amandascookin.com/homemade-german-pretzels/>

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Dried and True

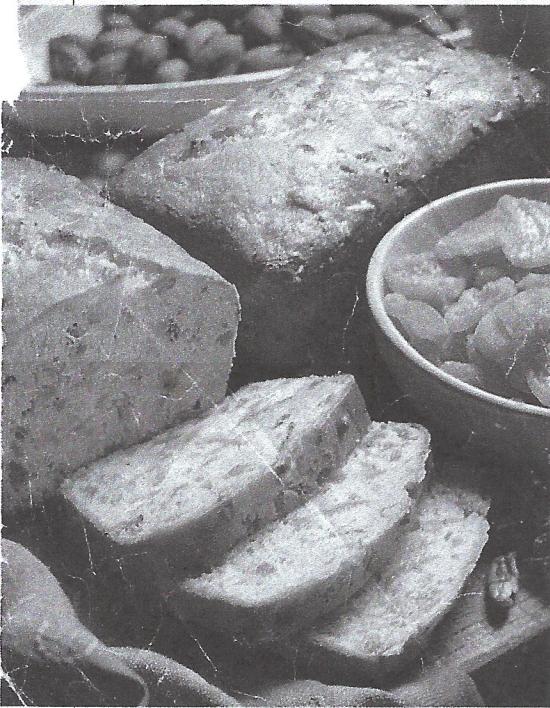
Autumn brings a turn from fresh, perishable fruits and vegetables to more enduring produce. Beneath their wrinkled skins, dried tomatoes, apricots, peaches, and peppers embody the earthy taste of summer. Full of flavor but with very little fat, they're as good for you dried as they are fresh. *Jackie Mills R.D.*

APRICOT-PECAN BREAD

This bread is great for Christmas giving.

2½ cups dried apricots, chopped
1 cup chopped pecans
4 cups all-purpose flour, divided
¼ cup butter or margarine, softened
2 cups sugar
2 large eggs
1 tablespoon plus 1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 ½ cups orange juice

• Combine chopped apricot and warm water to cover in a large bowl; let stand



Apricot-Pecan Bread is surprisingly moist for a low-fat sweet.

30 minutes. Drain apricot. Stir in pecans and ½ cup flour; set aside.

- Beat butter at medium speed with an electric mixer 2 minutes; gradually add sugar, beating well. Add eggs, 1 at a time, beating after each addition.
- Combine remaining 3½ cups flour, baking powder, soda, and salt. Add to butter mixture alternately with orange juice, beginning and ending with flour mixture. Stir in apricot mixture.
- Spoon into 2 greased and floured 8- x 4-inch loafpans; let stand at room temperature 20 minutes.
- Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 to 15 minutes; remove from pans, and cool completely on wire rack. Yield: 2 loaves.

Marion Sullivan

Charleston, South Carolina

• Per ½-inch slice: Calories 177, Fat 4.5g, Cholesterol 18mg, Sodium 121mg.

ROASTED VEGETABLE SALAD WITH DRIED PEACH VINAIGRETTE

Use remaining vinaigrette on any fruit or vegetable salad.

2 fennel bulbs, sliced
2 sweet onions, sliced
1 tablespoon olive oil
¾ teaspoon salt, divided
¾ teaspoon pepper, divided
¼ cup chopped dried peach
1 cup peach nectar
1 shallot, minced
¼ teaspoon Dijon mustard
1 tablespoon lemon juice
1 tablespoon olive oil
6 cups torn mixed salad greens

- Toss together first 3 ingredients in a shallow roasting pan; stir in ½ teaspoon salt and ½ teaspoon pepper.
- Bake at 450°, stirring occasionally, for 30 to 40 minutes or until tender. Remove from oven; set aside.
- Bring chopped peach and nectar to a boil in a saucepan. Cover, reduce heat,

NO WEIGH

According to a recent study by the Coalition for Excess Weight Risk Education (CEWRE), Southerners recognize what makes them gain weight. But, like other Americans, they make a litany of excuses for doing nothing about it. CEWRE is a Washington, D.C.-based organization that promotes prevention of the health risks of obesity.

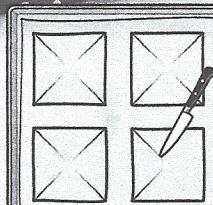
In the survey, Atlanta residents said the city's most popular foods are fried. They reported a fondness for the Southern-style comfort food passed down through generations. They were not willing to "save" calories on one dish to consume more of another.

Dallas residents said they eat most meals out for convenience and that many eat at gourmet establishments to prove their wealth and social status. Though they cited considerable consumption of food as a reason they gain weight, they also recognize the lack of exercise plays a role in their excess poundage.

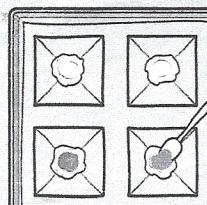
Twenty-four percent of Washingtonians are obese. But they are honest about why they tip the scales. Overeating and lack of exercise were real difficulty los-

GIVE JAM PINWHEELS A WHIRL

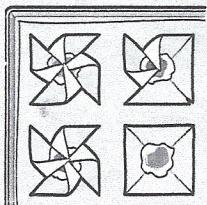
Here's your go-to summer brunch shortcut: **Jam & Cream Cheese Pastry Pinwheels**, dreamed up by Kayley McCabe of the blog *Handmade Charlotte* (handmadecharlotte.com). Bonus: They're ready in less than 30 minutes.



1. Cut two sheets frozen puff pastry into 18 squares; cut 4 slits from corners, leaving center intact. Place on lined baking sheets.



2. Beat 8 ounces softened cream cheese, 1/4 cup powdered sugar, 1 tsp. lemon juice, and 1/2 tsp. vanilla extract until smooth; scoop into centers of squares.



3. Make an indent in cream cheese mixture; top each with 1 tsp. jam or jelly. Fold corners to center; pinch to seal. Brush pastry with beaten egg. Bake at 400°F until golden brown and puffed.



WIN \$5,000 FOR THE ULTIMATE ROAD TRIP!

In honor of this issue, the fine folks at Go RVing (gorving.com) are giving away \$5,000 so a lucky reader can hit the road. Spend it any way you want—food, lodging, souvenirs, or old-school gas station cassette tapes. (Why not?) Or maybe put it toward a brand new RV of your very own. Visit countryliving.com/gorving to enter. Turn to page 114 for rules.

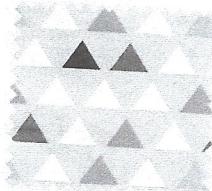
CELEBRATE THE FABRIC OF AMERICA

Here are the most in-demand patterns* across the U.S. according to spoonflower.com. It turns out you really love...



...ANTLERS

Deer patterns abound, but stag-clad "Smarty Pants Deer" fabric (by Nicoleporter) is a top-seller in Alabama.



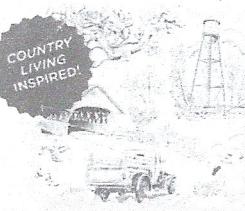
...TRIANGLES

Geometric "Mod Mint Triangles" (by Mrshervi) is very popular in the Midwest and Mid-Atlantic states.



...BEARS

Another widespread favorite, the "Geo Bear" print (by Andrea_Lauren), is beloved out West.



...AND NOW, A COUNTRY TOILE!

We asked Spoonflower designer Vincent Desjardins (vinpauld) to create a country-fied toile featuring trucks, barns, fireflies, and other country icons.

*All fabrics start at \$17/yard

1 large tomato, finely chopped
1 cup fresh or frozen shelled cranberry beans
1½ cups boiling water
 Kosher salt and freshly ground black pepper
2 slices country bread
 Finely grated Parmigiano-Reggiano, for serving

1. Preheat a 4-quart slow cooker. Heat 2 tablespoons oil in a large skillet over high. Add onion, garlic, and red-pepper flakes and cook until softened, about 5 minutes. Add kale and cook until just wilted, 5 minutes. Transfer to slow cooker.

2. Add 1 tablespoon oil to skillet, then add zucchini and cook over high until lightly browned, 3 to 4 minutes. Transfer zucchini to slow cooker along with tomato, beans, and boiling water; season with salt and pepper. Cover and cook on high until beans are tender, 3 hours (or on low 6 hours).

3. Heat remaining 3 tablespoons oil in a large skillet. Add bread and cook over medium, turning once or twice, until golden and crisp, 5 to 6 minutes. Let cool slightly, then tear into pieces; stir into stew in slow cooker. Cover and cook on high until thick, 1 hour more (or on low 2 hours more). Season with salt and pepper; serve, topped with grated cheese and drizzled with oil.

CINNAMON BUNS

Serves: **10 to 12**

BUNS

6 tablespoons unsalted butter, room temperature, plus more for brushing
1½ cups warm water (about 110° F)
1 tablespoon active dry yeast
2 tablespoons honey
3½ cups unbleached all-purpose flour, plus more for dusting
1 teaspoon kosher salt
¾ cup granulated sugar

½ cup plus 2 tablespoons packed brown sugar
1 tablespoon ground cinnamon
GLAZE
3 cups confectioners' sugar
 Juice of $\frac{1}{2}$ lemon
1 teaspoon pure vanilla extract
¼ cup plus 2 tablespoons milk

1. Buns: Brush the insert of a 5-to-6-quart slow cooker with butter. Line bottom with parchment; brush parchment with butter. Combine warm water, yeast, and honey in a bowl; let stand until foamy, about 5 minutes. Add flour and salt.

2. Beat on low speed until just combined. Increase speed to medium and beat 5 minutes. Let stand 10 minutes. Meanwhile, combine butter, both sugars, and cinnamon in a bowl; mix until smooth.

3. Preheat slow cooker. Turn dough out onto a lightly floured work surface and roll into a rectangle, about 9 by 15 inches. Sprinkle dough evenly with cinnamon-sugar mixture. Starting from one long side, roll into a log, pinching seams to seal in filling. Slice log into 10 to 12 rounds, each about $1\frac{1}{2}$ inches thick.

4. Arrange rolls, cut-sides down, in cooker. Wrap lid tightly with a clean kitchen towel, gathering ends at top (to absorb condensation). Cover and cook on high until cooked through, $1\frac{1}{2}$ hours. After 1 hour, rotate cooker insert 180 degrees to prevent scorching. Turn out onto a wire rack; let cool completely.

5. Glaze: Beat confectioners' sugar, lemon juice, and vanilla on medium speed until smooth. Slowly add $\frac{1}{4}$ cup milk; beat on medium speed just until combined. Add up to 2 tablespoons more milk, a drop at a time, to reach desired consistency. Drizzle rolls with glaze just before serving.

The Joy of Juggling

PAGE 98



WHOLE-WHEAT WAFFLES WITH GREEK YOGURT AND MIXED BERRIES

Active/Total Time: **45 min.**
 Makes: **7 large waffles**

Olive oil in the batter makes these extra crispy. Whisk a few teaspoons of water into the Greek yogurt for a light, smooth texture. Cut any leftover waffles into quarters and freeze them in resealable plastic bags; then reheat in the toaster.

2 cups mixed berries, such as raspberries and blackberries
½ cup sugar
3 cups whole-wheat flour
2 teaspoons baking powder
1 teaspoon kosher salt
4 large eggs
3½ cups whole milk
½ cup extra-virgin olive oil
½ teaspoon baking soda
2 teaspoons pure vanilla extract
 Greek yogurt and pure maple syrup, for serving

1. Preheat oven to 350°. Line a standard 12-cup muffin tin with paper liners.

2. In a large bowl, whisk together both flours, oats, flaxseed, baking powder, and salt. In another bowl, whisk together eggs, milk, oil, remaining $\frac{1}{4}$ cup sugar, baking soda, and vanilla. Whisk wet ingredients into dry mixture just until combined.

3. Divide batter evenly among muffin cups, about $\frac{1}{4}$ cup per scoop. Bake until a tester inserted in middle comes out with just a few crumbs, 22 to 24 minutes. Let muffins cool in pan 15 minutes, then transfer to a wire rack and let cool completely.

4. Whisk confectioners' sugar with remaining 2 tablespoons milk until smooth. Add additional milk if needed, a drop at a time, to achieve a drizzling consistency. Dip muffins in glaze; set on rack to drip. Grate some lemon zest directly over top of each muffin; allow glaze to set.

WILD-BLUEBERRY SPELT-OAT MUFFINS

Active Time: **20 min.**

Total Time: **1 hr. 15 min.**

Makes: **12**

¾ cup spelt flour
½ cup unbleached all-purpose flour
1 cup old-fashioned oats
2 tablespoons ground flaxseed
2 teaspoons baking powder
1 teaspoon kosher salt
½ cup plus 2 tablespoons whole milk, plus more if needed
2 large eggs
 1 stick unsalted butter, melted and cooled
1 teaspoon pure vanilla extract
¾ cup granulated sugar
1¼ cups frozen (do not thaw) wild blueberries (6 ounces)
1 cup plus 2 tablespoons confectioners' sugar
1 lemon

1. Preheat oven to 350°. Line a standard 12-cup muffin tin with paper liners.

2. In a large bowl, whisk together both flours, oats, flaxseed, baking powder, and salt. In another bowl, whisk together eggs, milk, oil, remaining $\frac{1}{4}$ cup sugar, baking soda, and vanilla. Whisk wet ingredients into dry mixture just until combined.

3. Divide batter evenly among muffin cups, about $\frac{1}{4}$ cup per scoop. Bake until a tester inserted in middle comes out with just a few crumbs, 22 to 24 minutes. Let muffins cool in pan 15 minutes, then transfer to a wire rack and let cool completely.

4. Whisk confectioners' sugar with remaining 2 tablespoons milk until smooth. Add additional milk if needed, a drop at a time, to achieve a drizzling consistency. Dip muffins in glaze; set on rack to drip. Grate some lemon zest directly over top of each muffin; allow glaze to set.

Blueberry Scones

dad +
casser's

From the episode: Coffeehouse Treats

Makes 8

It is important to work the dough as little as possible—work quickly and knead and fold the dough only the number of times called for. The butter should be frozen solid before grating. In hot or humid environments, chill the flour mixture and workbowls before use. While the recipe calls for 2 whole sticks of butter, only 10 tablespoons are actually used (see step 1). If fresh berries are unavailable, an equal amount of frozen berries (do not defrost) can be substituted. An equal amount of raspberries, blackberries, or strawberries can be used in place of the blueberries. Cut larger berries into 1/4- to 1/2-inch pieces before incorporating. Refrigerate or freeze leftover scones, wrapped in foil, in an airtight container. To serve, remove foil and place scones on a baking sheet in a 375-degree oven. Heat until warmed through and recrisped, 8 to 10 minutes if refrigerated, 10 to 20 minutes if frozen. See final step for information on making the scone dough in advance.

INGREDIENTS

- 16 tablespoons unsalted butter (2 sticks), frozen whole (see note above)
- 1 1/2 cups fresh blueberries (about 7 1/2 ounces), picked over (see note)
- 1/2 cup whole milk
- 1/2 cup sour cream
- 2 cups unbleached all-purpose flour (10 ounces), plus additional for work surface
- 1/2 cup sugar (3 1/2 ounces), plus 1 tablespoon for sprinkling
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon table salt
- 1 teaspoon grated lemon zest

INSTRUCTIONS

1. Adjust oven rack to middle position and heat oven to 425 degrees. Store and remove half of wrapper from each stick of frozen butter. Following photo at left, grate unwrapped ends on large holes of box grater (you should grate total of 8 to 10 tablespoons). Place grated butter in freezer until needed. Melt remaining butter in microwave; save for melting over remaining 8 tablespoons butter for another use. Place blueberries in freezer until needed.
2. Whisk together milk and sour cream in medium bowl; refrigerate until needed. Whisk flour, 1/2 cup sugar, baking powder, baking soda, salt, and lemon zest in medium bowl. Add frozen butter to flour mixture and toss with fingers until thoroughly coated.
3. Add milk mixture to flour mixture; fold with spatula until just combined. With rubber spatula, transfer dough to liberally floured work surface. Dust surface of dough with flour; with floured hands, knead dough 6 to 8 times, until it just holds together in ragged ball, adding flour as needed to prevent sticking.
4. Roll dough into approximate 12-inch square. Following illustrations, fold dough into thirds like a business letter, using bench scraper or metal spatula to release dough if it sticks to countertop. Lift short ends of dough and fold into thirds again to form approximate 4-inch square. Transfer dough to plate lightly dusted with flour and chill in freezer 5 minutes.
5. Transfer dough to floured work surface and roll into approximate 12-inch square again. Sprinkle blueberries evenly over surface of dough, then press down so they are slightly embedded in dough. Using bench scraper or thin metal spatula, loosen dough from work surface. Roll dough, pressing to form tight log. Lay seam-side down and press log into 12 by 4-inch rectangle. Using sharp, floured knife, cut rectangle crosswise into 4 equal rectangles. Cut each rectangle diagonally to form 2 triangles and transfer to parchment-lined baking sheet.
6. Brush tops with melted butter and sprinkle with remaining tablespoon sugar. Bake until tops and bottoms are golden brown, 18 to 25 minutes. Transfer to wire rack and let cool 10 minutes before serving.

To Make Ahead:

After placing the scones on the baking sheet, either refrigerate them overnight or freeze. When ready to bake, if refrigerated scones, heat oven to 425 degrees and follow directions in step 6. For frozen scones, heat oven to 375 degrees, follow directions in step 6, and extend cooking time to 25 to 30 minutes.

TECHNIQUE

FOLDING AND SHAPING THE SCONES

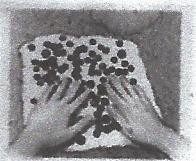
1. Fold dough into thirds (like a business letter).



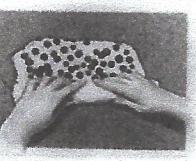
2. Fold in ends of dough to form 4-inch square. Chill dough.



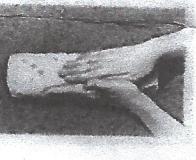
3. Reroll dough into 12-inch square. Press berries into dough.



4. Roll dough into jellyroll-like log to incorporate blueberries.



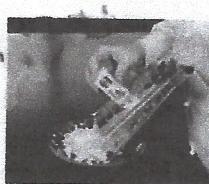
5. Lay log seam-side down and press into even 12 by 4 inch rectangle.



6. Cut dough into 8 triangular pieces.

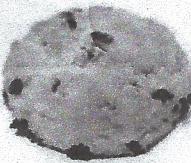
**TECHNIQUE****GRATING BUTTER**

Use the wrapper to hold the frozen butter while grating it on the large holes of a box grater. Grate 4 tablespoons from each stick of butter.

**TECHNIQUE****SCONE CONFUSION**

Americans have embraced scones, but something has been lost in translation.

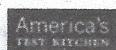
TRADITIONAL: The British original is lean, dry, and barely sweetened. Spoonfuls of jam and clotted cream are a must.



ARTIFICIALLY SWEET: This scone is shellacked with icing and has tiny flecks of artificial blueberries that add color but not flavor.

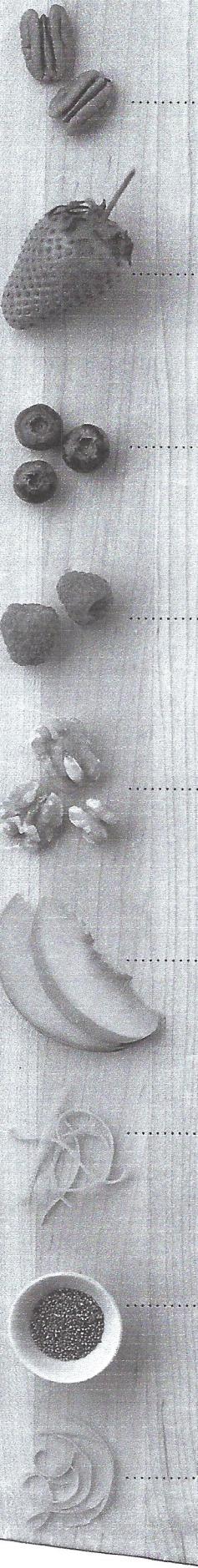


BIG BLOB: This scone is too large and amorphous to cook through, leaving the center doughy and unbaked.



America's Test Kitchen is a 2,500-square-foot kitchen located just outside of Boston. It is the home of *Cook's Country* and *Cook's Illustrated* magazines and is the workday destination for more than three dozen test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of brands that offer the best value and performance. You can watch us work by tuning in to *America's Test Kitchen* (www.americastestkitchen.com) on public television.

SERIES FUNDED BY



$\frac{3}{4}$ cup
pecan halves

$1\frac{1}{4}$ cups
strawberries,
sliced into
 $\frac{1}{2}$ -inch pieces

$1\frac{1}{4}$ cups
blueberries

$1\frac{1}{4}$ cups
raspberries

$\frac{3}{4}$ cup
walnut pieces

$1\frac{1}{4}$ cups
peaches, sliced
into $\frac{1}{2}$ -inch pieces

2 tablespoons
lemon zest

2 tablespoons
poppy seeds

2 tablespoons
orange zest



MIX-IN TIPS

Warm muffins (above) are moist enough to enjoy on their own but are even better with butter or jam. When you want a change from plain muffins, add fresh fruit or nuts (see our suggestions in the glossary at left). You can add a combination of mix-ins, as long as they do not exceed $1\frac{1}{4}$ cups. Good combinations include peach and pecan, blueberry and lemon zest, peach and raspberry, raspberry and walnut, and strawberry and orange zest.

health muffins

MAKES 12

If you prefer, you can bake these muffins in a standard muffin tin; spoon a quarter cup of batter into each cup.

1 cup whole-wheat flour
1 cup wheat bran
3 tablespoons flax seed, ground,
plus more for garnish
 $\frac{1}{4}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoons baking soda
 $\frac{1}{4}$ teaspoon ground nutmeg
 $\frac{1}{2}$ teaspoon salt
5 carrots, finely grated
10 ounces (about 15) dried figs,
sliced into eighths
 $\frac{2}{3}$ cup applesauce
 $\frac{2}{3}$ cup honey
5 large eggs, lightly beaten
1 teaspoon pure vanilla extract
Nonstick cooking spray (optional)

1. Preheat oven to 375°. Lightly coat a $\frac{2}{3}$ -cup muffin tin with cooking spray, or line with paper cups; set aside.
2. Combine wheat flour, bran, flax seed, baking powder, baking soda, nutmeg, and salt in a large bowl; whisk to combine. Add carrots, figs, applesauce, honey, eggs, and vanilla. Using a large rubber spatula, stir until mixture is just combined.
3. Spoon $\frac{1}{2}$ cup batter into each pre-

pared cup, and bake until tops are golden, 15 to 17 minutes. Remove from oven; let cool in pan 12 to 15 minutes before transferring to a wire rack. Serve warm or at room temperature.

cinnamon-sugar mini muffins

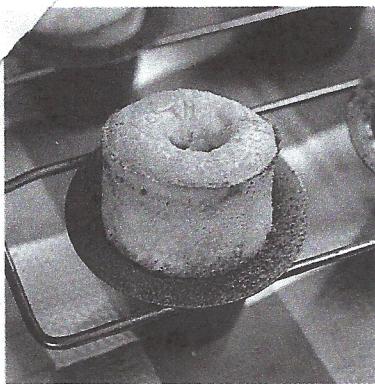
MAKES 24

You'll need a two-tablespoon-capacity mini-muffin tin for this recipe.

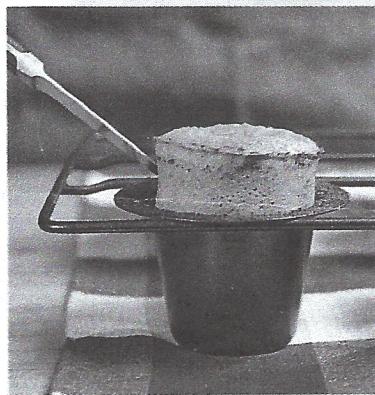
10 tablespoons (1 $\frac{1}{4}$ sticks) unsalted butter, melted, plus more for pan
1 cup sugar
1 tablespoon plus 1 teaspoon ground cinnamon
 $\frac{1}{2}$ cups all-purpose flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup buttermilk
1 large egg

1. Preheat oven to 375°. Butter a mini-muffin tin, and set aside. In a small bowl, combine $\frac{1}{2}$ cup sugar and 1 tablespoon cinnamon; set aside.
2. In a large bowl, combine flour, baking powder, salt, and remaining teaspoon cinnamon; whisk to combine. In a small bowl, combine 6 tablespoons butter, remaining $\frac{1}{2}$ cup sugar, buttermilk, and egg; whisk to combine. Using a large rubber spatula, fold

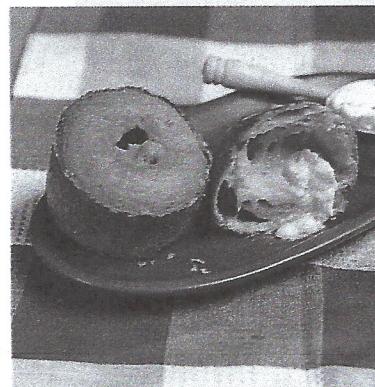
opping Over the Top



Deep-cupped popover pans produce tall, airy popovers. Standard muffin pans or 8-ounce custard cups work well as substitutes.



Piercing basic Popovers and Cheddar Popovers prevents a soggy puff. The Parmesan and Yorkshire variations do not require this step.



Popovers deflate quickly, so serve them immediately.

Popovers, with their crusty exteriors and soft centers, command attention. Steam and eggs help these whisk-together rolls rise to grand proportions and live up to their names. You can create any one of our variations in just a few easy steps. Try a batch with butter and jam, or eat them alongside soup or supper. You'll win instant status as a baking wizard. *Susan Hawthorne Nash*

POPOVERS

- Maked 6
3/4 full*
- 1/2 cup milk**
 - 2 large eggs**
 - 1 tablespoon vegetable oil**
 - 3/4 cup all-purpose flour**

WHISK together first 3 ingredients in a medium bowl. Add flour, whisking until mixture is smooth.

PLACE well-greased popover pans or 8-ounce custard cups in a 450° oven 3 minutes or until a drop of water sizzles when dropped in them. Remove pans from oven; spoon batter into pans, filling three-fourths full.

BAKE on lowest oven rack at 450° for 15 minutes. Reduce temperature to 350°, and bake 15 minutes. Turn oven off. Cut a small slit in popover tops; return to oven, and let stand 5 minutes with oven door closed. Serve immediately. **Yield:** 6 servings.

Herbed Popovers: Add 1/2 teaspoon crushed dried thyme to batter.

Prep: 10 min., Bake: 35 min.

*Patsy Bell Hobson
Liberty, Missouri*

CHEDDAR POPOVERS

- 1 cup all-purpose flour**
- 1/2 teaspoon salt**
- 1/4 teaspoon paprika**
- 1/8 teaspoon ground red pepper**
- 2 large eggs**
- 1 cup milk**
- 1/2 cup (2 ounces) shredded Cheddar cheese**

COMBINE first 4 ingredients in a bowl. Whisk together eggs and milk; add to flour mixture, whisking until smooth. Stir in cheese.

PLACE well-greased popover pans or 8-ounce custard cups in a 450° oven 3 minutes or until a drop of water sizzles when dropped in them. Remove pans from oven; spoon batter into pans, filling three-fourths full.

BAKE on lowest oven rack at 450° for 15

minutes. Reduce temperature to 350°, and bake 10 minutes. Turn oven off. Cut a small slit in popover tops; return to oven, and let stand 5 minutes with oven door closed. Serve immediately. **Yield:** 8 servings.

Prep: 10 min., Bake: 25 min.

*Jill Snelson Shaw
Fort Worth, Texas*

PARMESAN POPOVERS

- 2 tablespoons grated Parmesan cheese**
- 1 cup all-purpose flour**
- 1 cup milk**
- 2 large eggs**
- 2 egg whites**
- 1 tablespoon butter or margarine, melted**
- 2 teaspoons Worcestershire sauce**
- 1/2 teaspoon salt**
- 1/4 teaspoon garlic powder**

SPRINKLE bottom and sides of well-greased popover pans or 8-ounce custard cups with Parmesan cheese.

WHISK together flour and remaining ingredients until blended. Spoon batter into pans, filling three-fourths full.

BAKE on lowest oven rack at 450° for 15 minutes. Reduce temperature to 350°, and bake 30 minutes or until golden brown. Serve immediately. **Yield:** 6 servings.

Prep: 15 min., Bake: 45 min.

YORKSHIRE POPOVERS

- 1 cup all-purpose flour**
- 1 cup water**
- Dash of salt**
- 2 large eggs**
- 2 tablespoons bacon drippings**

BEAT first 3 ingredients at low speed with an electric mixer 2 minutes. Let stand 1 hour. Add eggs, beating 1 minute.

PLACE drippings in muffin pans or 8-ounce custard cups, and heat in a 475° oven 3 minutes or until a drop of water sizzles when dropped in them. Remove pans from oven; spoon batter into pans, filling half full.

BAKE on lowest oven rack at 475° for 15 minutes. Reduce temperature to 350°, and bake 30 minutes. Serve immediately. **Yield:** 8 servings.

Prep: 15 min., Stand: 1 hr., Bake: 45 min.

*Beccie Seaman
Opelika, Alabama*

PHOTOGRAPHS: WILLIAM DICKEY / STYLING: BUFFY HARGETT

Personal Pretzels

When your kids are hungry and in need of an afternoon activity, try this snacktivity: sweet pretzels young chefs can roll into letters, numbers, and more. Best of all, a no-rise dough means they don't have to wait long to taste the fruits of their labor.

Step 1 Heat the oven to 425°. Line 2 baking sheets with tinfoil.

Step 2 In a large mixing bowl, dissolve the yeast in the warm water. Add the salt, honey, and 1 tablespoon of the sugar and stir well. With an electric mixer, thoroughly blend in the flour at low, then medium speed.

Step 3 Turn the dough out onto a lightly floured surface and knead it until it's smooth (for about 5 minutes). Divide the dough into 16 roughly equal pieces, then roll each into a 10- to 12-inch-long rope. On the foil-lined baking sheets, shape each rope into a letter, number, or other design (when making your patterns, remember that the dough will expand a little when it's cooked).

Step 4 Bake the dough shapes for 15 to 20 minutes, until lightly browned. In a small bowl, stir together the cinnamon and remaining 4 tablespoons of sugar. Now, leaving the pretzels on the foil, brush them with the melted butter and sprinkle the cinnamon sugar on top. Store any leftovers in an airtight container and reheat them before eating. *Makes 16 pretzels.*

Almost-instant Snack

Fresh Fruit and Maple Yogurt Dip

A simple dip can make ordinary fruit seem exotic. I've

INGREDIENTS

- ½ cup vanilla yogurt
- 1½ tablespoons maple syrup
- ½ teaspoon lemon juice (fresh if you've got it)
- Strawberries
- Banana
- Apple
- Seedless red grapes

tried lots of other, more complicated recipes, but this one always wins out — the lemon and maple perfectly complement the produce.

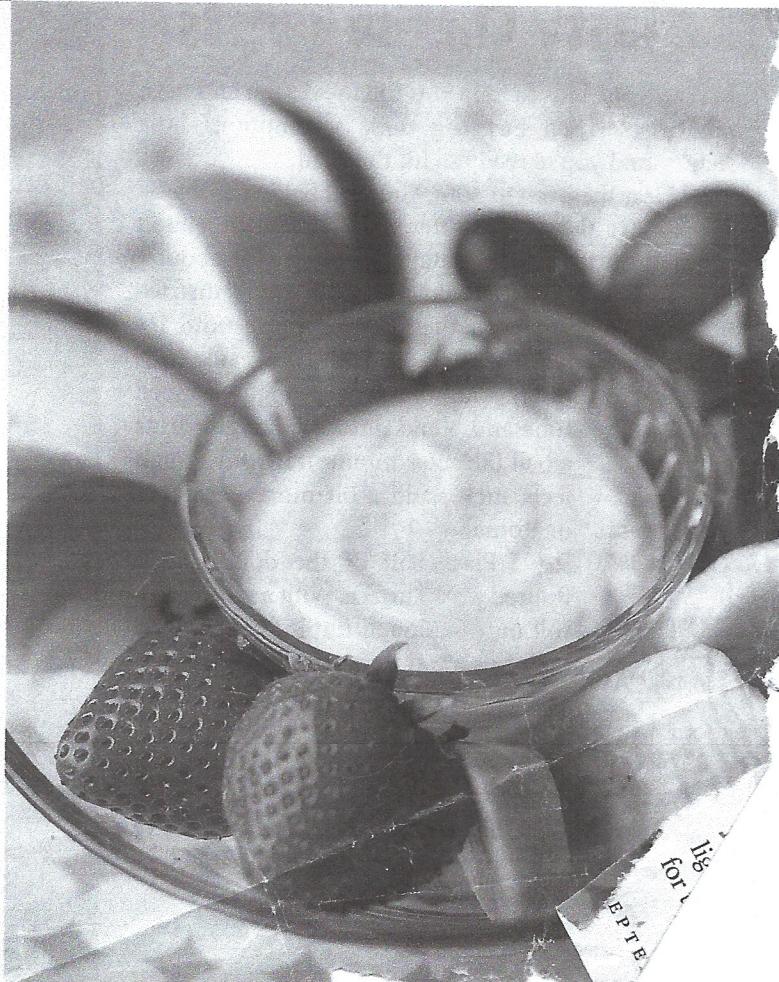
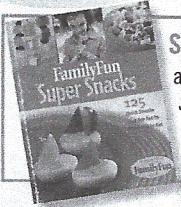
Step 1 In a small bowl, stir together the yogurt, maple syrup, and lemon juice.

Step 2 Cut the fruit and spear it on toothpicks to dip it in the sauce.

Mary King lives in East Orleans, Massachusetts, and writes the newsletter "The Gourmet Mom" (www.thegourmetmom.com).

Second Helping: Find dozens of other snack recipes and information about our new book, *FamilyFun Super Snacks*, online at www.familyfun.com/magazine.

FamilyFun.com





**Roberta
DesBouillons**

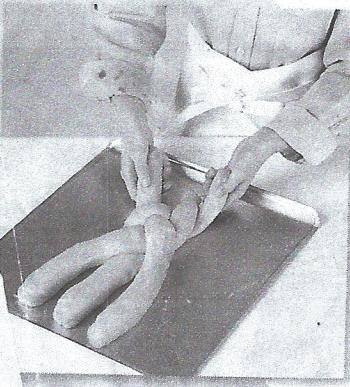
Apron Strings

SAN FRANCISCO, CALIFORNIA
WWW.APRONSTRINGS.SF.COM

Founded by Roberta DesBouillons, the Apron Strings cooking school aims to provide young cooks with a safe, creative learning environment and instill a lifelong appreciation for food. At the end of each class, the children gather to sample the foods they've all prepared. "We want to show the students that cooking is only a part of the process," says DesBouillons. "Sharing what they make is just as satisfying."

Braiding a Loaf:

To shape a loaf of challah bread, arrange 3 dough ropes side by side. Then start in the center and braid out toward each end. Finally, gently pinch together the ends of the loaf to seal them.



• FROM APRON STRINGS •

Challah Bread

Gisey Woodburn

Breaking bread together is particularly rewarding with this classic recipe, which lets kids try their hand at kneading and braiding dough.

- 1/2 cup plus 2/3 cup warm water (110° to 115°)
- 2 teaspoons active dry yeast
- 3/4 cup plus 1 tablespoon sugar
- 5 large eggs
- 1 cup vegetable oil
- 2 teaspoons salt
- 7 cups flour
- 1 large egg yolk
- 1 tablespoon water

Combine 1/2 CUP OF WARM WATER, the yeast, and 1 tablespoon of sugar in a small bowl and stir to dissolve the yeast. Let it set in a warm spot until foamy, about 10 minutes.

Using a heavy-duty electric mixer or an electric egg beater, beat the 5 eggs until foamy. Add the dissolved yeast, oil, salt, and remaining 3/4 cup of sugar and beat until the mixture is pale yellow and slightly thickened, about 4 minutes. Add 2/3 cup of warm water and beat to blend.

Now add 1/2 cup of flour at a time, stirring well each time, until the dough no longer sticks to the bowl. Knead the dough on a lightly floured surface until smooth and elastic

(about 5 to 7 minutes), adding a tablespoon of flour at a time if it's too sticky.

Put the dough in a lightly oiled large bowl, turning it once to coat. Cover the bowl with plastic wrap and top with a clean kitchen towel. Let the dough rise in a warm, draft-free spot until doubled, about 1 hour. Explain to your child that during this time, the yeast will produce carbon dioxide and make the dough rise. Punch down the dough, cover the bowl as before, and let the dough rise 30 minutes more.

Grease 2 medium baking sheets. Turn the dough onto a lightly floured surface and divide it in half. Divide each half into 3 equal pieces and roll them into 9-inch ropes. For each loaf, braid together 3 ropes, working on a prepared baking sheet. Cover each loaf with a towel and let the dough rise until almost doubled, about 30 minutes. Meanwhile, heat the oven to 400°.

Whisk together the egg yolk and 1 tablespoon of water and lightly brush the mixture on the loaf tops. Bake the bread for 10 minutes, then lower the oven to 350° and bake until the loaves are golden brown and sound hollow when tapped on the bottom, about 35 minutes. Makes 2 loaves.

Wild and Woolly Bread

- like Teddy Bear Bread

With this easy dough and a garlic press, your kids can squish and sculpt a March lion and lamb

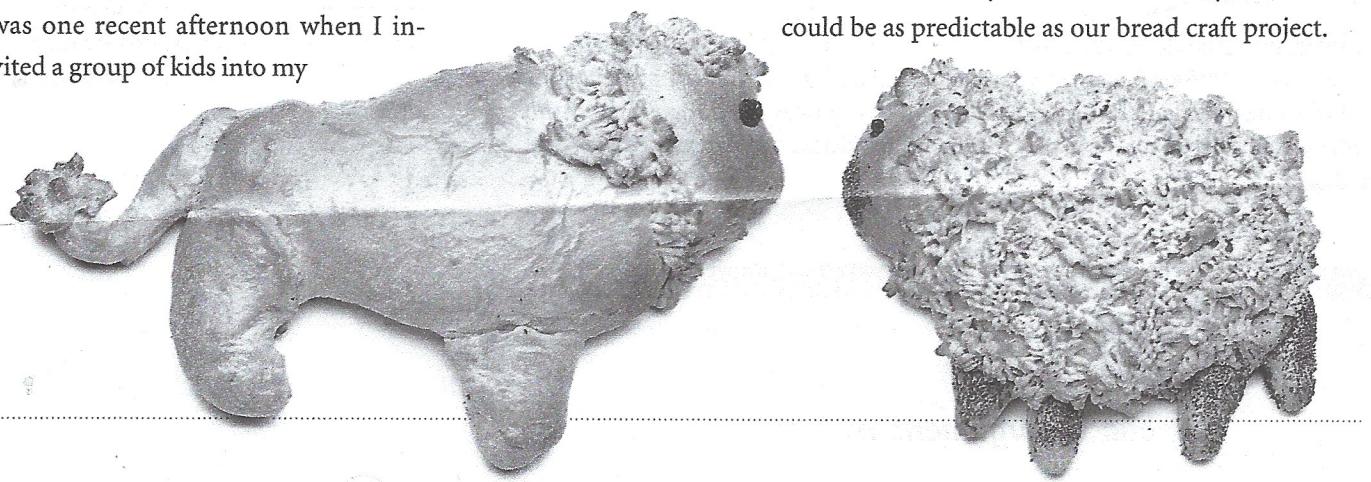
BY DEANNA F. COOK

ON ONE LEVEL, bread dough is a lot like play dough. Both are soft and pliable, and both can be shaped, pulled, twisted, and squished into monsters and animals. But unlike play dough, bread dough fills your house with wonderful smells as it's baking — and produces fresh warm loaves perfect for spreading with butter.

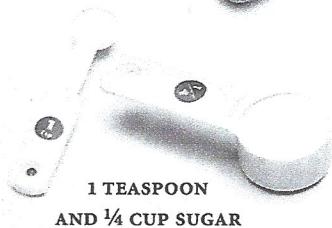
It's no wonder baking bread with kids is always a roaring success, especially when the weather is blustery, like it was one recent afternoon when I invited a group of kids into my

kitchen to bake. While I shaped an old-fashioned loaf of wheat bread, the kids got creative with the dough, designing snakes, funny faces, and puppies with raisin eyes. But the highlight was when they crafted a March lion and lamb using a garlic press to make the fierce mane and woolly fleece.

As they squeezed out strands of dough, I explained that March comes in with stormy weather, like a lion, and goes out with mild, warm days, like a lamb. If only the weather could be as predictable as our bread craft project.



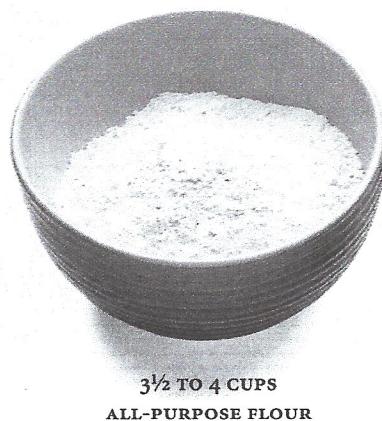
2 CUPS WHOLE WHEAT FLOUR



1 TEASPOON AND 1/4 CUP SUGAR



1 1/2 CUPS MILK



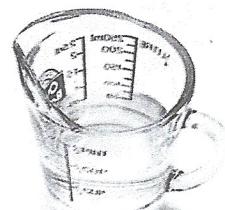
3 1/2 TO 4 CUPS ALL-PURPOSE FLOUR



1/4-OUNCE PACKAGE YEAST



RAISINS



1/2 CUP LUKEWARM WATER



POPPY SEEDS



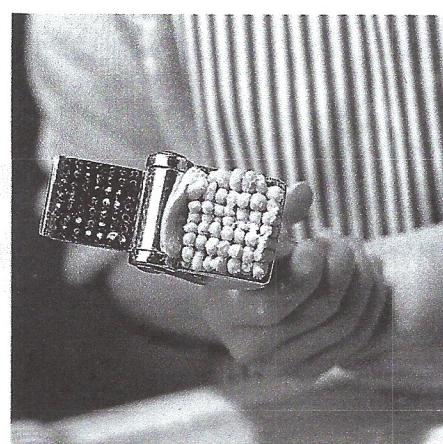
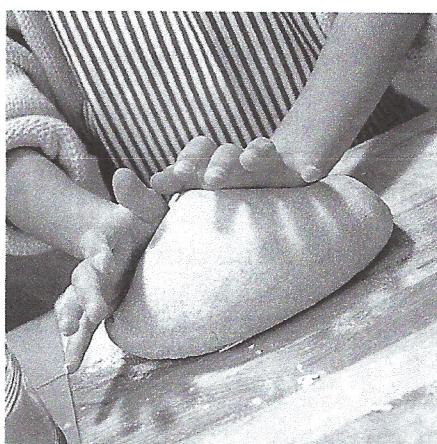
2 TEASPOONS SALT



3 TABLESPOONS BUTTER



GARLIC PRESS



1 In a large mixing bowl, dissolve the yeast in the lukewarm water. Stir in 1 teaspoon of the sugar and let it sit for 5 minutes, or until bubbles begin to form. In a saucepan, melt the butter, add the milk, and heat until just warm. Pour this mixture into the yeast mixture along with the $\frac{1}{4}$ cup of sugar and the salt. Next, add both flours, 1 cup at a time, until the dough feels stiff.

TIP For a lighter loaf, decrease the whole wheat flour to 1 cup or omit it entirely and use just all-purpose flour.

2 Turn the dough onto a lightly floured surface and knead for about 10 minutes, or until smooth and elastic. Place the dough in a buttered bowl, cover, and let rise until doubled in bulk, about 1 to $1\frac{1}{2}$ hours.

TIP Kids love the process of kneading. Ask them to press the dough with their palms, fold it back, and repeat. Explain that kneading develops the gluten in the flour, a protein substance that makes the dough stretch and produces a soft-textured bread.

3 Once the dough has risen, punch it down. To make the lion, break off a large clump of the dough and shape it into the body as shown on page 103. Place it on a greased baking sheet. Next, use smaller pieces of dough to shape the head, legs (with the hind leg slightly bent), and a long, thin tail. Place a small ball of dough in a garlic press and squeeze out strands for the mane and tail tuft. Finally, add a raisin eye.

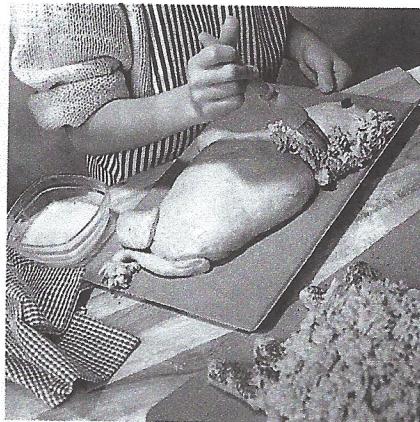
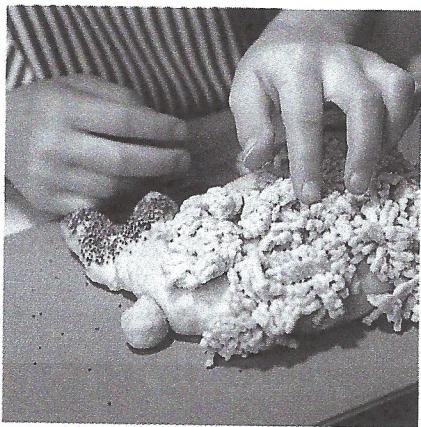
FOOD STYLIST: MARIE PIRAINO; STYLIST: HOLLY DONALDSON/TEAM

The Reynolds Kitchens Home Economists

*"Hey Betty, I think the ham
had an argument with the cheese."*



Cooking Class



4 To make the lamb, shape another large clump of dough into an oval for the body and place it on a separate greased baking sheet. Add a small head with two ears, spindly legs, and a fluffy tail. Cover the legs and part of the face with poppy seeds. Finally, squeeze dough through a garlic press for the lamb's wool and pile it all over the lamb's body. Add a raisin eye.

TIP If you have any dough left over, let the kids shape it into cats, dogs, and other furry creatures.

5 Cover the animals with plastic wrap and let them rise until doubled in bulk. Preheat the oven to 350°. Beat the egg with 1 tablespoon of water to create an egg wash, then use a pastry brush to "paint" it on the lion and lamb, being careful not to flatten the animals' features in the process.

TIP Double the bread dough recipe and make two loaves of whole wheat bread for sandwiches or toast. Bake the bread in two greased loaf pans for 30 minutes.

6 Bake for 20 to 25 minutes, or until the bread sounds hollow when tapped on the bottom. Serve warm with butter and jam. Makes 2 to 4 lions or lambs, depending on their size.

Deanna F. Cook is the editor of Family Fun's Cookbook, FamilyFun's Cookies for Christmas, and FamilyFun's Crafts, all from Hyperion, and the author of The Kids' Multicultural Cookbook and Kids' Pumpkin Projects, both from Williamson.

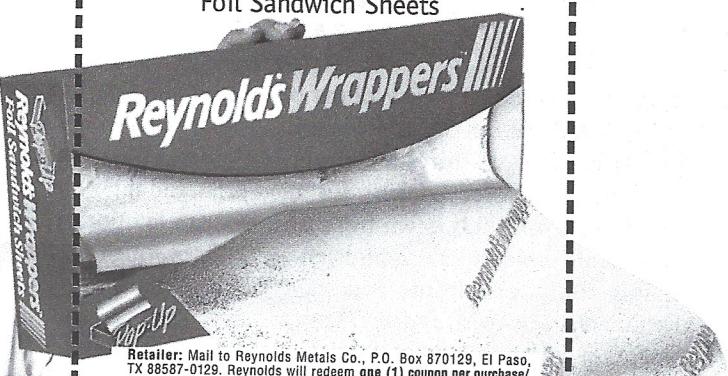
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Aunt Pia's

CRANBERRY NUT BREAD

2 cups flour

1 cup sugar

1 ½ teaspoons baking powder

1 teaspoon salt

½ teaspoon baking soda

¾ cup orange juice

2 tablespoons vegetable oil

1 tablespoon grated lemon peel

1 egg, well beaten

1 ½ cups fresh or frozen cranberries,
coarsely chopped

¼ cup chopped roasted, unsalted almonds

¼ cup semisweet Ghirardelli chocolate chips

Preheat oven to 350F. Grease a 9 x 5-inch loaf pan. Mix together flour, sugar, baking powder, salt and baking soda in a medium mixing bowl. Stir in orange juice, oil, lemon peel and egg. Mix until well blended. Stir in cranberries and nuts. Spread evenly in loaf pan. Bake for 55 minutes or until a toothpick inserted in the center comes out clean. Cool on rack for 15 minutes. Remove from pan; *cool completely*. Makes 1 loaf. For an extra good taste; freeze for at least 1 day, then partially thaw and enjoy while it is still a little chilled!

Dad + Cecily's

Blueberry Muffins

America's Test Kitchen - season 10 episode 3, Best Weekend Breakfast

Makes 12 muffins

[the topping is optional and can be left out if you don't have lemon zest]

Lemon Sugar Topping

1/3 cup (2 1/3 ounces) sugar [I only used about 1 1/2 tsp of sugar]

1 1/2 teaspoons finely grated zest from 1 lemon

Muffins

2 cups (about 10 ounces) fresh blueberries, picked over

1 1/8 cups (8 ounces) plus 1 teaspoon sugar

2 1/2 cups (12 1/2 ounces) unbleached all-purpose flour

2 1/2 teaspoons baking powder

1 tsp table salt

2 large eggs

4 tbsp (1/2 stick) unsalted butter, melted and cooled slightly

4 tbsp vegetable oil [4 tbsp = 1/4 cup]

1 cup buttermilk

1 1/2 tsp vanilla extract

1. FOR THE TOPPING: Stir together sugar and lemon zest in small bowl until combined; set aside.

2. FOR THE MUFFINS: Adjust oven rack to upper-middle position and heat oven to 425 degrees. Spray standard muffin tin with nonstick cooking spray. Bring 1 cup blueberries [I used all 2 cups of blueberries] and 1 teaspoon sugar to simmer in small saucepan over medium heat. Cook, mashing berries with spoon several times and stirring frequently, until berries have broken down and mixture is thickened and reduced to 1/4 cup, about 6 minutes [it'll take a bit longer, more like 9 minutes]. Transfer to small bowl and cool to room temperature, 10 to 15 minutes.

3. Whisk flour, baking powder, and salt together in large bowl. Whisk remaining 1 1/8 cups sugar and eggs together in medium bowl until thick and homogeneous, about 45 seconds. Slowly whisk in butter and oil until combined. Whisk in buttermilk and vanilla until combined. Using rubber spatula, fold egg mixture and remaining cup blueberries [as mentioned earlier, I used all the blueberries for the jam] into flour mixture until just moistened. (Batter will be very lumpy with few spots of dry flour; do not overmix.)

4. Use ice cream scoop or large spoon to divide batter equally among prepared muffin cups (batter should completely fill cups and mound slightly). Spoon teaspoon of cooked berry mixture into center of each mound of batter. Using chopstick or skewer, gently swirl berry filling into batter using figure-eight motion. Sprinkle lemon sugar evenly over muffins.

5. Bake until muffin tops are golden and just firm, 17 to 19 minutes [19 minutes in the oven was enough time to fully bake the muffins], rotating muffin tin from front to back halfway through baking time. Cool muffins in muffin tin for 5 minutes, then transfer to wire rack and cool 5 minutes before serving.

(12 BISCUITS) Kevyn's * CREAM BISCUITS

In the summer cooking classes James Beard conducted for many years in Seaside, Oregon, this is the biscuit we often made to go with either the marvelous fresh berries or the chicken dishes. Light, buttery, and so simple to make, they were loved by everyone.

2 cups flour
1 1/2 cups heavy cream
6 tablespoons butter, melted
(about 1/2 cup)
1 tablespoon salt
1 1/2 teaspoons baking powder
2 teaspoons sugar

Preheat the oven to 425°F. Use an ungreased baking sheet. Combine the flour, salt, baking powder, and sugar in a mixing bowl. Stir the dry ingredients with a fork to blend and lighten. Slowly add 1 cup of the cream to the mixture, stirring constantly. Gather the dough together; when it holds together and feels tender, it is ready to knead. But if it seems shaggy and pieces are dry and falling away, then slowly add enough additional cream to make the dough hold together. Place the dough on a lightly floured board and knead the dough for 1 minute.

Pat the dough into a square about 1/2 inch thick. Cut into twelve squares and dip each into the melted butter so all sides are coated. Place the biscuits 2 inches apart on the baking sheet. Bake for about 15 minutes, or until they are lightly browned. Serve hot.

LIVE

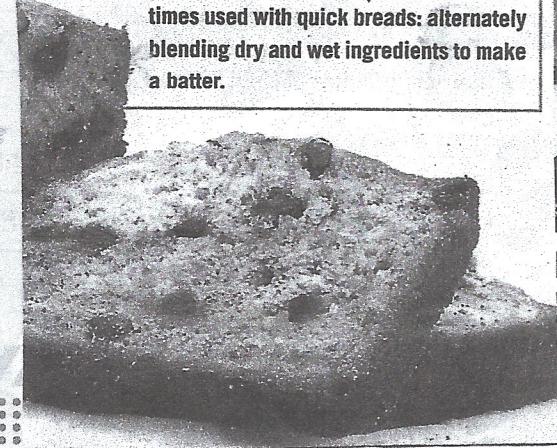
Kelly's
OUR WINNING 😊

Chocolate Chip Banana Bread

Chocolate chips give this classic bread an especially nice touch for Easter. This makes a wide loaf that's not too tall, so if you cut the slices in half, you'll end up with neat, nearly square pieces to arrange in your basket.

2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup unsalted butter, softened
1 cup sugar
2 large eggs, at room temperature
1 teaspoon vanilla extract
1 cup ripe mashed banana (about 3 medium ones)
½ cup plain yogurt
½ cup chocolate chips

★ **Kids' Cooking Skills:** This recipe provides an excellent introduction to a mixing technique sometimes used with quick breads: alternately blending dry and wet ingredients to make a batter.

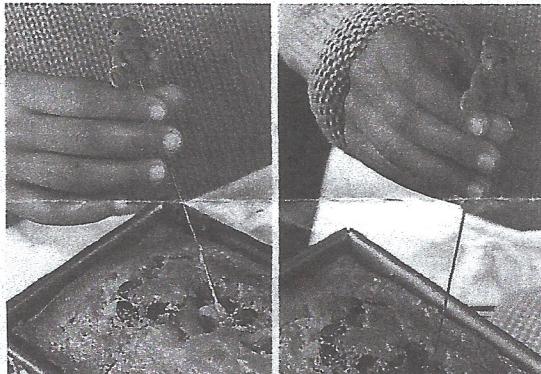


1 Heat the oven to 325°. Using shortening or soft butter, grease a 9- by 5-inch bread pan with a piece of bunched up waxed paper. Put a little flour in the pan, then tilt and tap the pan to coat the sides with flour. Tap out the excess.

2 Sift the flour, baking powder, baking soda, and salt into a mixing bowl and then set it aside.

3 With an electric mixer, cream the butter in a separate bowl. Gradually beat in the sugar. One at a time, have your child crack each egg into a small bowl and beat it into the creamed mixture. Blend in the vanilla extract.

4 In another bowl, stir together the banana and yogurt until well mixed. Blend the dry mixture and the banana mixture into the creamed mixture in thirds, alternating dry and wet to help prevent the dry ingredients from clumping. Fold in the chocolate chips.



TIP When the bread is done, no batter or crumbs will stick to a tester (a wooden toothpick works in a pinch) inserted into the center of the loaf. If the bread needs to bake longer, but the top is already brown enough, you can tent aluminum foil over it.

5 With a rubber spatula, scrape the batter into the prepared pan and smooth the top. Bake the bread on the center oven rack for 60 to 70 minutes, or until the top is golden brown and a tester comes out clean. Cool in the pan, on a wire rack, for 15 minutes. Then remove the loaf from the pan and let it cool thoroughly before slicing. Makes 10 to 12 slices.

Pooh's Muffins, Plain or Blueberry

(Preheat oven to 400° F.)

$1\frac{1}{2}$ cups all-purpose flour	3 Tablespoons honey
$2\frac{1}{2}$ teaspoons double-acting baking powder	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 large egg, beaten
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup of blueberries or huckleberries (optional)
$\frac{1}{4}$ cup butter	

Grease the muffin tin or tins. Sift and combine the flour, baking powder, salt, and sugar. Over low heat melt the butter and the honey. Stir together. Remove from the heat and add the milk. Beat in the egg. Combine the two mixtures, stirring only until moistened. Stir in the blueberries.

Fill the muffin tins half full and bake for 20 minutes or until a toothpick stuck in the center of a muffin comes out clean. Eat with fresh butter.



Pooh put the cloth back on the table, and he put a large honey-pot on the cloth, and they sat down to breakfast.

The House at Pooh Corner

Recipe Name Pumpkin Bread Ingredients & Directions 2 cups

$3\frac{1}{2}$ c. flour	3 c. sugar
2 t. bak. soda	1 c. veg oil
$1\frac{1}{2}$ t. salt	4 eggs
2 t. cinnamon	$\frac{2}{3}$ c. water
1 t. nutmeg	2 c. pumpkin

Sift dry together. Mix wet & add to dry.
Pour in 2 greased $9 \times 5 \times 3$ loaf pans
Bake at 350 for 1 hr + 15 min. Cool

Recipe Name Benefits Biscuits Ingredients & Directions from "The Magic Thief"

2 c. flour	for 7 people, we
$\frac{1}{2}$ t. salt	double it
4 t. bak. powder	
2 t. sugar	
$\frac{1}{2}$ c. butter	
$\frac{2}{3}$ c. milk	

Heat oven to 450°. Mix dry in bowl. Cut in butter. Make well & add milk. Knead only until mixed. Roll so one finger width. Cut in rounds & bake 12-15 min.

Entertaining

FOOD & GATHERINGS

These twisty hors d'oeuvres just keep on giving: Everyone loves them, they are easy to eat out of hand, and they pair well with practically any drink.

PUFF-PASTRY CHEESE STRAWS

Active Time: 45 min.
Total Time: 1 hr. 35 min.
Makes: About 30

Whenever possible, use all-butter puff pastry, such as Trader Joe's or Dufour, for the best flavor and texture. For even thawing, let it sit in the refrigerator overnight, rather than on the counter, which can cause the pastry to become sticky and difficult to work with.

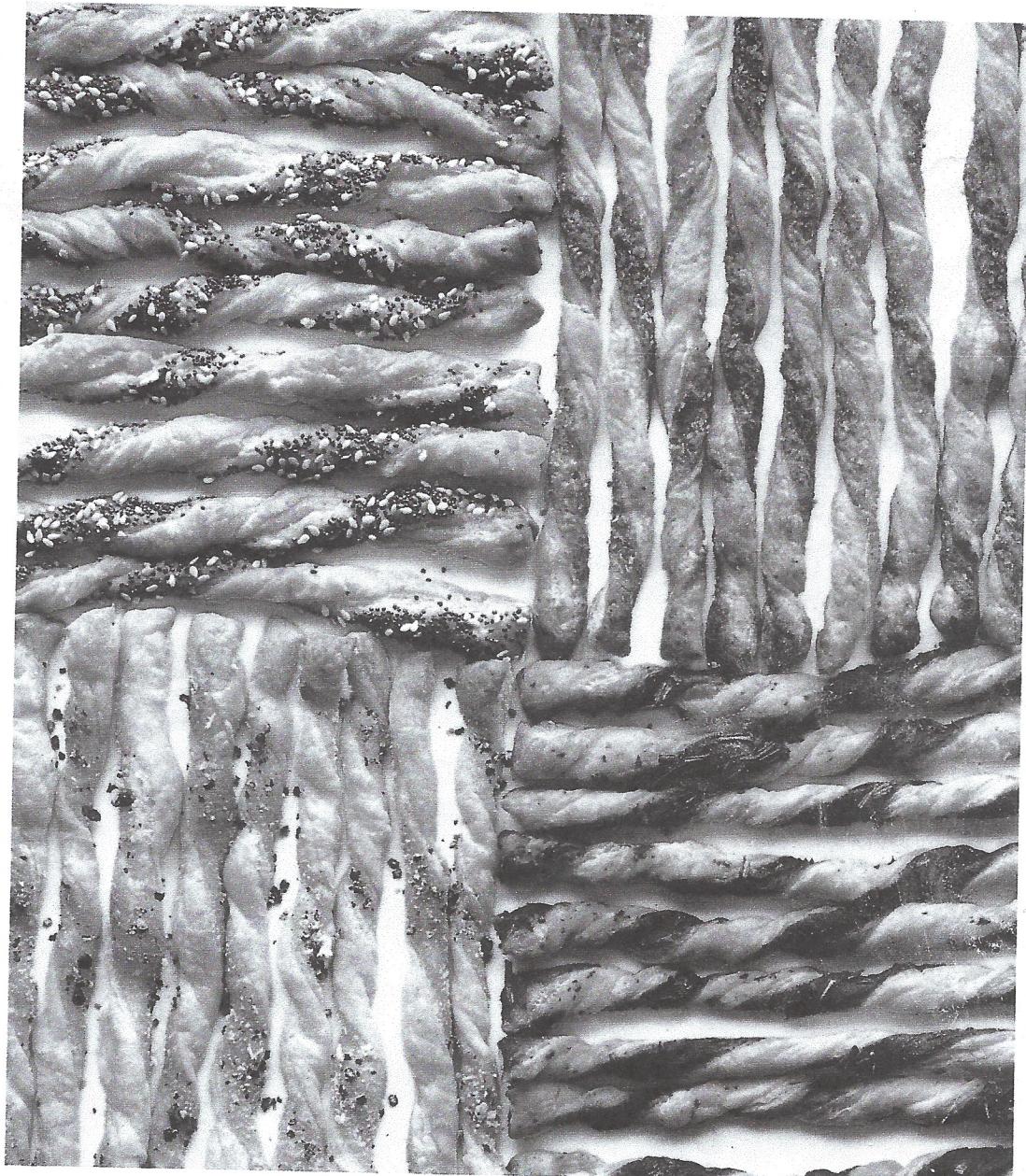
- 1 cup finely grated Parmigiano-Reggiano (about 4 ounces)
- ½ teaspoon cayenne pepper
- 2 sheets frozen puff pastry, preferably all-butter, thawed
- All-purpose flour, for dusting
- 2 large eggs, lightly beaten

1. Preheat oven to 425°. Combine cheese and cayenne in a bowl.

2. Lay each puff-pastry sheet flat on a lightly floured work surface. Roll out two 11-by-16-inch rectangles. Dividing evenly, brush with some of beaten eggs and sprinkle with cheese mixture. Using a pastry cutter or sharp paring knife, trim long ends to make even, then cut each rectangle crosswise into fifteen ½-inch-wide strips.

3. Working with one at a time, twist each strip into a spiral and transfer to parchment-lined baking sheets, 1 inch apart. Using your thumb, press ends of strips onto parchment to prevent unraveling during baking. Chill until firm, at least 30 minutes.

4. Bake until pastry is golden, rotating sheets halfway through, 10 to 15 minutes. Let cool completely on sheets on wire racks before serving or storing.



CHEESE-STRAW TOPPING VARIATIONS

Clockwise from top right: Original, Tomato-Rosemary, Pecorino-Black Pepper, and Sesame-Poppy.

SESAME-POPPY

Combine 2 tablespoons each **sesame seeds** and **poppy seeds** with ¼ teaspoon **coarse salt** in a bowl. Sprinkle on pastry strips instead of cheese-cayenne mixture.

TOMATO-ROSEMARY

Omit egg wash and cheese-cayenne mixture. Combine 3 tablespoons **tomato paste** and 1 tablespoon **extra-virgin olive oil** in a bowl. Brush evenly on pastry strips, then sprinkle with 1 tablespoon chopped fresh **rosemary**.

PECORINO-BLACK PEPPER

Replace Parmigiano-Reggiano with an equal amount of **Pecorino Romano**, and **cayenne pepper** with **freshly ground black pepper**. Sprinkle mixture on pastry strips.

Apple Cider Doughnuts

You made w/me

Adapted from Lauren Dawson at Hearth Restaurant

Makes 18 doughnuts + 18 doughnut holes (suggested yield for a 3-inch cutter; my larger one yielded fewer)

Most apple cider doughnuts, despite their name, are kind of a bummer because they don't taste very apple-y. One of the many things that appealed to me about this recipe was the way the apple cider was reduced and concentrated to hopefully give it more presence. And despite the fact that these are cake doughnuts, which have always played second fiddle to yeast doughnuts in my experience (likely because cake are more likely to get stale sooner, or you know, by the time you buy them), I think this is all the more reason to make them at home.

Personally, I don't think a sweetened doughnut needs any kind of topping, but I went with a cinnamon-sugar coating anyway. Hearth dips theirs in an apple cider glaze, and serves them with applesauce and barely-sweetened whipped cream. We had ours with a dark beer.

1 cup apple cider

3 1/2 cups flour, plus additional for the work surface

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

1/8 teaspoon ground nutmeg

4 tablespoons (1/2 stick or 2 ounces) butter, at room temperature

1 cup granulated sugar

2 large eggs

1/2 cup buttermilk

Vegetable oil or shortening (see my explanation in the post) for frying

Toppings (optional)

Glaze (1 cup confectioners' sugar + 2 tablespoons apple cider)

Cinnamon sugar (1 cup granulated sugar + 1 1/2 tablespoons cinnamon)

Make the doughnuts: In a saucepan over medium or medium-low heat, gently reduce the apple cider to about 1/4 cup, 20 to 30 minutes. Set aside to cool.

Meanwhile, in a bowl, combine the flour, baking powder and soda, cinnamon, salt and nutmeg. Set aside.

Using an electric mixer on medium speed (with the paddle attachment, if using a standing mixer) beat the butter and granulated sugar until the mixture is smooth. Add the eggs, one at a time, and continue to beat until the eggs are completely incorporated. Use a spatula to scrape down the sides of the bowl occasionally. Reduce the speed to low and gradually add the reduced apple cider and the buttermilk, mixing just until combined. Add the flour mixture and continue to mix just until the dough comes together.

Line two baking sheets with parchment or wax paper and sprinkle them generously with flour. Turn the dough onto one of the sheets and sprinkle the top with flour. Flatten the dough with your hands until it is about 1/2 inch thick. Use more flour if the dough is still wet. Transfer the dough to the freezer until it is slightly hardened, about 20 minutes. Pull the dough out of the freezer. Using a 3-inch or 3 1/2-inch doughnut cutter — or a 3 1/2-inch round cutter for the outer shape and a 1-inch round cutter for the hole from a set like this, as I did — cut out doughnut shapes. Place the cut doughnuts and doughnut holes onto the second sheet pan. Refrigerate the doughnuts for 20 to 30 minutes. (You may re-roll the

Start oil
1/2 hr before
you want it
ready

Hot Cross Buns

Wrap cooked, cooled buns in foil, and freeze; thaw at room temperature. Reheat at 300° for 20 minutes. Unwrap; pipe on glaze while buns are warm.

BUNS:

$\frac{1}{3}$ cup granulated sugar
1 package dry yeast (about 2 $\frac{1}{4}$ teaspoons)
 $\frac{3}{4}$ cup warm whole milk (100° to 110°)
4 cups all-purpose flour, divided (about 18 ounces)
6 tablespoons butter, melted
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground cinnamon
2 large eggs
 $\frac{1}{2}$ cup golden raisins
Cooking spray

GLAZE:

1 cup powdered sugar
 $\frac{1}{8}$ teaspoon ground cinnamon
2 tablespoons whole milk

- ❶ To prepare buns, dissolve granulated sugar and yeast in warm milk in a large bowl; let stand 5 minutes.
- ❷ Lightly spoon flour into dry measuring cups; level with a knife. Add 3 $\frac{3}{4}$ cups flour, butter, and next 3 ingredients (through eggs) to milk mixture, stirring until a soft dough forms.
- ❸ Turn dough out onto a lightly floured surface. Knead in raisins. Knead dough until smooth and elastic (about 6 minutes); add enough of remaining $\frac{1}{4}$ cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ❹ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ❺ Divide dough into 20 equal portions; roll each portion into a ball. Place balls in a 9-inch square baking pan coated with cooking spray. Cover and let rise 45 minutes or until doubled in size.
- ❻ Preheat oven to 350°.
- ❼ Uncover and bake at 350° for 20 minutes or until golden. Cool in pan 5 minutes on a wire rack. Remove from pan. For glaze, combine powdered

sugar and $\frac{1}{8}$ teaspoon cinnamon, stirring well with a whisk. Stir in 2 tablespoons milk. Spoon glaze into a zip-top plastic bag. Seal bag; snip a tiny hole in 1 corner of bag. Pipe a cross on top of each warm roll. Yield: 20 rolls (serving size: 1 roll).

CALORIES 185 (22% from fat); FAT 4.5g (sat 2.6g, mono 1.2g, poly 0.3g); PROTEIN 3.8g; CARB 32.2g; FIBER 1g; CHOL 31mg; IRON 1.5mg; SODIUM 126mg; CALC 23mg

Sun-Dried Tomato and Herb-Stuffed Leg of Lamb

Stuff and roll the roast the day before; remove from the refrigerator, and let stand at room temperature 30 minutes before cooking.

1 cup boiling water
 $\frac{1}{3}$ cup sun-dried tomatoes, packed without oil
Cooking spray
 $\frac{1}{3}$ cup finely chopped shallots
4 garlic cloves, minced and divided
2 teaspoons finely chopped fresh rosemary, divided
 $\frac{1}{4}$ teaspoons salt, divided
 $\frac{3}{4}$ teaspoon black pepper, divided
1 (1 $\frac{1}{2}$ -ounce) slice sourdough bread
1 (2 $\frac{1}{2}$ -pound) rolled boneless leg of lamb

❶ Combine 1 cup boiling water and tomatoes in a bowl; let stand 30 minutes or until soft. Drain and chop.

❷ Preheat oven to 425°.

❸ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add shallots; sauté 3 minutes or until tender. Add tomatoes and 2 garlic cloves; sauté 1 minute. Stir in 1 teaspoon rosemary, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper.

❹ Place bread in a food processor; pulse 25 times or until coarse crumbs measure $\frac{1}{4}$ cup. Stir crumbs into shallot mixture.

❺ Unroll roast; trim fat. Place roast between 2 sheets of heavy-duty plastic wrap; pound to $\frac{1}{4}$ -inch thickness using a meat mallet or small heavy skillet.

Sprinkle roast with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Spread breadcrumb mixture over roast. Reroll roast; secure at 1-inch intervals with twine. Combine remaining 1 teaspoon rosemary, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and 2 minced garlic cloves; rub over roast.

deg
min.
(serv.)

CALORIE
0.9g; PRO
2.2mg; SC

Roast Herb V

To get a l. quarter the potatoes, and t half of the olive oil and 1 teaspoon lemon juice (to prevent browning). Refrigerate overnight in a zip-top plastic bag. Bring to room temperature before roasting.

3 tablespoons olive oil, divided
3 pounds small red potatoes, quartered (about 24)

Cooking spray

1 teaspoon salt, divided
 $\frac{1}{2}$ teaspoon black pepper, divided
3 garlic cloves, minced
2 tablespoons chopped fresh chives
3 tablespoons white wine vinegar
1 tablespoon Dijon mustard
1 $\frac{1}{2}$ teaspoons chopped fresh tarragon

❶ Preheat oven to 400°.

❷ Combine 1 $\frac{1}{2}$ tablespoons oil and potatoes on a large jelly-roll pan coated with cooking spray, tossing to coat. Sprinkle with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Bake at 400° for 40 minutes or until tender, stirring after 25 minutes. Add garlic; toss well. Bake an additional 5 minutes or until potatoes are done.

❸ Combine remaining 1 $\frac{1}{2}$ tablespoons oil, remaining $\frac{1}{2}$ teaspoon salt, remaining $\frac{1}{4}$ teaspoon pepper, chives, and remaining ingredients, stirring with a whisk. Drizzle over potatoes; toss gently. Yield: 8 servings (serving size: $\frac{3}{4}$ cup).

CALORIES 172 (29% from fat); FAT 5.5g (sat 0.8g, mono 3.8g, poly 0.7g); PROTEIN 3.5g; CARB 27.8g; FIBER 3g; CHOL 0mg; IRON 1.4mg; SODIUM 353mg; CALC 24mg

Julianne Grimes Bottcher is associate food editor and **Ann Taylor Pittman** is food editor at Cooking Light.