



## BREAD



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# Aebleskiver



**History:** From 1982 book *Delectably Danish: Recipes and Reflections* by Julie Jensen McDonald, which highlights Danish-American culture

## INGREDIENTS

**2 C - flour**

**½ tsp - salt**

**1 tsp - sugar**

**2 C - buttermilk**

**2 eggs, separated**

**1 tsp - baking soda**

**To grease: melted butter**

**To spread: jam**

## DIRECTIONS

Heat aebleskiver pans on medium-low.

In small bowl, beat egg whites until stiffly beaten.

Mix flour, salt, sugar in medium bowl.

Beat together buttermilk and egg yolks in small bowl then mix into to flour mixture.

Add soda to flour/buttermilk mixture and then gently fold in beaten egg whites.

Grease holes of pan. Spoon batter into holes, half full. Cook over medium-low to low heat until half done and turn quickly with chop sticks.

Roll in sugar and serve with jam or applesauce.

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# Banana Bread



### INGREDIENTS

**2 C - all-purpose flour**

**$\frac{3}{4}$  tsp - baking soda**

**$\frac{1}{2}$  tsp - salt**

**1 C - sugar**

**$\frac{1}{4}$  C - butter, softened**

**2 large eggs**

**1  $\frac{1}{2}$  C - bananas, ~4 mashed ripe**

**$\frac{1}{3}$  C - plain yogurt**

**1 tsp - vanilla**

### MAKES

**1 loaf, 14 servings**

**Typically double this recipe**

### DIRECTIONS

Pre-heat oven to 350°. Combine flour, baking soda, and salt, stirring with a whisk.

Place sugar and butter in large bowl and beat with a mixer until well blended. Add the eggs, one at a time, beating well after each addition. Add banana, yogurt, and vanilla; beat until blended. Add the flour mixture; beat at low speed just until moist.

Spoon batter into an 8  $\frac{1}{2}$  x 4  $\frac{1}{2}$ " loaf pan coated with cooking spray. Bake for one hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on wire rack; remove from pan. Cool completely.

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# Bread Dough



## INGREDIENTS

**1  $\frac{1}{8}$  C - water**  
**2 T - butter, melted**  
**2 T - sugar**  
**1 tsp - salt**  
**3 C - bread flour, King Arthur brand preferred**  
**2 tsp - yeast, quick rise preferred**

## MAKES

**12 rolls**

## DIRECTIONS

For breadmaker :

Put water, butter, sugar and salt in mixer. Top with bread flour then place yeast on top of flour.

Set breadmaker to Dough Setting.

When dough is complete, remove and make into 12 rolls or cinnamon rolls.



## BREAD

# Cinnamon Rolls (pt. 1)



## INGREDIENTS

### Bread:

**2 T +  $\frac{3}{4}$  tsp - 3 packages quick rise yeast**

**2  $\frac{1}{4}$  C - warm water**

**$\frac{3}{4}$  C - milk**

**4  $\frac{1}{2}$  T - sugar**

**1 T - salt**

**4  $\frac{1}{2}$  T - butter**

**8-9 C - bread flour**

### Caramel:

**1 C - brown sugar**

**6 T - butter**

**2 T - corn syrup**

## MAKES

**Two dozen rolls**

## DIRECTIONS (PT. 1)

For stand mixer:

Warm mixer bowl by rinsing with hot water. Heat water to 110°F (1 min @ 50% power). Dissolve yeast in warm water in warmed bowl.

In 2-cup glass measuring cup, heat milk, sugar, salt and butter (2 min @ 50% power). Cool to lukewarm-110°F. Add lukewarm milk mixture to water/yeast in mixer bowl.

Add 7 C flour to yeast/milk mixture in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute.

Continuing on Speed 2, add remaining flour,  $\frac{1}{2}$  cup at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer, or until dough is smooth and elastic. Dough will be slightly sticky to the touch.

## BREAD

# Cinnamon Rolls (pt. 2)



## INGREDIENTS

### Bread:

**2 T +  $\frac{3}{4}$  tsp - 3 packages quick rise yeast**

**2  $\frac{1}{4}$  C - warm water**

**$\frac{3}{4}$  C - milk**

**4  $\frac{1}{2}$  T - sugar**

**1 T - salt**

**4  $\frac{1}{2}$  T - butter**

**8-9 C - bread flour**

### Caramel:

**1 C - brown sugar**

**6 T - butter**

**2 T - corn syrup**

## MAKES

**Two dozen rolls**

## DIRECTIONS (PT. 2)

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft and covered with a towel, about 1 hour or until doubled in bulk.

Punch dough down and divide in half. Roll or pat out dough into an approximately 9x15" rectangle. Spread dough with room temperature butter, sprinkle with brown sugar, then with cinnamon. Form a tight spiral roll by rolling dough lengthwise. Pinch the end of the dough to the roll. Cut into 12 spiral pieces and place in greased baking 9x13 cake pans.

Cover rolls and let rise in warm place for 1 hr (double size)

Coat bottom of the pan with caramel mixture: brown sugar, butter, corn syrup microwaved for 3 min @ 30%.

Bake at 350° for 20-30 minutes, or until golden brown. Remove from pans immediately and cool on wire racks.

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# Gma & Gpa Pancakes



## INGREDIENTS

**1 egg**  
**1 C - buttermilk**  
**2 T - oil**  
**½ C - whole wheat flour**  
**½ C - white flour**  
**1 tsp - baking powder**  
**½ tsp - baking soda**  
**½ tsp - salt**  
**1 T - sugar**  
**1 tsp - vanilla**

## MAKES

**One dozen pancakes**

## DIRECTIONS

Mix eggs, buttermilk, oil and vanilla in small bowl.

In larger bowl, mix flour, baking powder, soda, salt and sugar.

Gradually add egg mixture to flour mixture and mix lightly with a whisk.

Grandpa thins the batter with some milk.

Grease griddle with canola oil between rounds of flipping pancakes.

Cook with love <3

## BREAD

# Gma & Gpa Pancakes (x6)



**Tips: Gma says "this is the amount I make when all 13 of us are here together. It's nice when I mix up all the dry ingredients and have it ready in a freezer ziplock bag to pull out."**

## INGREDIENTS

**6 eggs**  
**6 C - buttermilk**  
 **$\frac{3}{4}$  C - oil**  
**1  $\frac{1}{2}$  C - whole wheat flour**  
**4  $\frac{1}{2}$  C - white flour**  
**2 T - baking powder**  
**3 tsp - baking soda**  
**3 tsp - salt**  
 **$\frac{1}{4}$  C + 2 T - sugar**  
**2 T - vanilla**

## MAKES

**6 dozen pancakes**

## DIRECTIONS

Mix eggs, buttermilk, oil and vanilla in small bowl.

In larger bowl, mix flour, baking powder, soda, salt and sugar.

Gradually add egg mixture to flour mixture and mix lightly with a whisk.

Grandpa thins the batter with some milk.

Grease griddle with canola oil between rounds of flipping pancakes.

Cook with love <3



# Mom's Tea Rings (pt. 1)



## INGREDIENTS

**½ C - warm water**  
**1 ½ C - warm milk**  
**½ C - sugar**  
**1 tsp - salt**  
**2 eggs, slightly beaten**  
**½ C - shortening, softened**  
**2 packages - dry yeast**  
**7-7½ C - flour**

## MAKES

**Three tea rings**

## DIRECTIONS (PT.1)

Dissolve yeast and 1 tsp sugar in warm water

Into the warm milk, add and mix the sugar, salt, beaten eggs, softened shortening and yeast. Mix in one half of the flour and beat till smooth. Gradually add remaining flour till easily handled. Turn out on floured board and knead till smooth, about 5 min. (Mom counts 300 strokes)

Put dough in greased pan. Cover and let rise in warm place until doubled (about 1 1/2 hours). Punch down, let rise again till almost doubled (about 30 min). Punch down again and divide into three equal parts. (Mom weighs them--about 16 oz. each)

Roll out dough into an oblong about 15x9". Spread with softened butter (~2 T), sprinkle to taste with brown sugar (1/3-1/2C) and cinnamon (~2 tsp).

# Mom's Tea Rings (pt. 2)



## INGREDIENTS

**½ C - warm water**  
**1 ½ C - warm milk**  
**½ C - sugar**  
**1 tsp - salt**  
**2 eggs, slightly beaten**  
**½ C - shortening, softened**  
**2 packages - dry yeast**  
**7-7½ C - flour**

## MAKES

**Three tea rings**

## DIRECTIONS (PT.2)

Roll up tightly beginning at the wide side, pinching edges to seal. Place sealed edge down, forming a ring, on a lightly greased cookie sheet. Pinch ends together. (Mom puts them in 9" round cake pans so that they are the right shape to put in her containers to freeze.)

With a scissor, cut 2/3 way through the ring at 1" intervals. Turn each of these cut sections on its side. Do same with remaining dough. Let rings rise until doubled, about 35-40 mins. Bake at 350° for 25-30 minutes. Let cool on rack. Lightly frost and decorate with chopped walnuts and maraschino cherries.

(Tea rings may be frozen before frosting. Then when ready to use them, simply remove them from freezer the night before, warm lightly in the oven or microwave, frost, decorate and enjoy. They are such a tradition with our family that even sleepy teenagers get up early at Gma's to be sure they get their share of the tea rings.)

## BREAD

# Morning Glory Muffins



**Tips: This is a large recipe and the muffins freeze well! Use food processor to grate carrots and apples.**

## INGREDIENTS

**4 C - flour**  
**2 ½ C - sugar**  
**4 tsp - baking soda**  
**4 tsp - cinnamon**  
**1 tsp - salt**  
**4 C - carrots, grated**  
**2 apples, peeled and grated**  
**1 C - raisins, optional**  
**1 C - pecans, chopped**  
**1 C - coconut, shredded**  
**6 eggs**  
**2 C - vegetable oil**  
**1 T - vanilla**

## DIRECTIONS

Sift together flour, sugar, baking soda, cinnamon, salt.

Stir in grated carrots and apples with raisins, pecans, and coconut.

Beat the eggs, oil, and vanilla together and stir into the flour-carrot-apple mixture. Stir only until combined.

Fill muffin tins 2/3 full. Bake at 350° for 20-25 min.

## MAKES

**apparently a lot**

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# Peg's Coffee Cake



**History: Peg Ostrem was a very funny friend of Grandma. They taught together!**

## INGREDIENTS

**1 C - butter**  
**1 C - sugar**  
**2 eggs**  
**1 T - vanilla**  
**2 C - flour**  
**1 tsp - baking soda**  
**2 tsp - baking powder**  
**1 C - sour cream**  
 **$\frac{3}{4}$  C - brown sugar**  
**1 C - walnut, chopped**  
**2 tsp - cinnamon**

## MAKES

**1 large bundt cake**

## DIRECTIONS

In greased bundt pan, place alternating layers by thirds of brown sugar mix and two layers of batter inbetween.

Stir and create swirls with a "silver knife." (Peg's words)

Bake at 325° for 40-45 minutes.

Cool for 10 minutes. With hot pad, pick up cake pan and gently shake from side to side. Thumping indicates cake is loose and ready to invert. Loosen cake around the sides, invert on cooling rack, remove pan and cool.

**Summer 2010: "Kids loved this. It disappeared rapidly. It's a very moist and great coffeecake. It freezes beautifully. Wrap in plastic then aluminum foil to freeze. Take out early the day you want to serve it.**

## BREAD

# Grandpa's Popovers



## INGREDIENTS

**4 T - unsalted butter, melted**  
**(2 T in batter, 2 T in cups)**

**4 eggs, lightly beaten**

**2 C - milk**

**2 C - flour**

**1 tsp - salt**

## MAKES

**12 popovers**

**Enjoy with butter and jam.**

**Bonne Maman raspberry is a favorite!**

## DIRECTIONS

Preheat oven to 450° for 40-45 minutes. Brush each cup of popover pan entirely with butter.

In medium bowl, whisk together eggs, milk, then 2 T of melted butter.

In large bowl, whisk together flour and salt, then whisk in egg mixture. Mix vigorously (can use blender or food processor) until smooth. Divide the batter into buttered cups.

Bake at 450° for 12-15 minutes. Reduce temperature to 325° for 12-15 minutes more. Remove from oven and invert pan onto cooling rack.

Let pan cool before second batch before buttering, battering, and baking again.



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# Waffles



### INGREDIENTS

**1 ½ C - white unbleached flour**

**½ C - whole wheat flour**

**1 tsp - baking powder**

**½ tsp - baking soda**

**1 tsp - salt**

**4 T - unsalted butter, melted**

**3 large eggs**

**2 C - buttermilk, room temp**

**3 T - sugar**

### DIRECTIONS

Assemble dry ingredients and then wet ingredients.

Pour wet ingredients into the dry and mix. Set batter aside to rest for 5 minutes (or can refrigerate up to 1 hour).

Preheat waffle iron and coat with non-stick spray.

Ladle batter onto the waffle iron, smooth lightly. Bake until steam ends and waffle golden and crisp, about 3-4 minutes.

Keep warm in 200° on rack in oven or warming oven until serve.

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# Zucchini Bread



## INGREDIENTS

**1 lb zucchini**  
**2 C - flour**  
**1 tsp - baking soda**  
**1 tsp - baking powder**  
**1 tsp - cinnamon**  
**1 tsp - allspice**  
**½ tsp - salt**  
**1 ½ C - sugar**  
**¼ C - plain yogurt**  
**2 large eggs**  
**1 T - lemon juice**  
**6 T - unsalted butter, melted**  
**¾ C - golden raisins**

## MAKES

**One 9" loaf**

## DIRECTIONS

Cut large zucchini in half lengthwise and scoop out the seeds with a spoon before shredding.

Generously coat 9x5" loaf pan with cooking spray. Shred and squeeze zucchini. Whisk flour, baking soda, baking powder, cinnamon, allspice, and salt in a large bowl. Whisk sugar, yogurt, eggs, lemon juice, and butter in bowl until combined.

Gently fold yogurt mixture, zucchini, and raisins into flour mixture using spatula until just combined. Transfer batter to prepared pan.

Bake at 375° for 45-55 mins until golden brown and skewer inserted in center comes out with a few crumbs attached. Cool for 10 minutes, then invert onto wire rack to cool at least 1 hour.