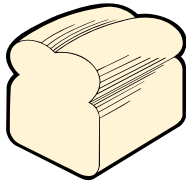


# Recipes

## Grandma Zachary's Bread

4 c. water                      wheat flour  
3 pkgs yeast                  white flour  
½ c. brown sugar      2 Tbs shortening  
1 ½ Tbs salt



Dissolve yeast in water (110-115\*). Add brown sugar. Mix. Add enough wheat flour to form a batter like for pancakes. Let sit 10 minutes. Add white flour and salt until dough is elastic. Work in shortening. Add more flour as needed. Let rise. Punch down. Form into 3 loaves. Let rise. Bake in 9x5 bread pans about 30 minutes at 350\*.

Notes:

## Granola

In large bowl combine dry ingredients:

8 c. quick oatmeal  
1 c. rolled barley  
1 ½ c. wheat germ  
2 c. brown sugar  
1 c. each of chopped walnuts, pecans, & sliced almonds  
¾ c. sunflower seeds  
1 to 2 c. coconut flakes  
1/3 c. flax meal



Mix above together. Combine wet ingredients together and add to dry stirring well.

1 ½ c. cold water  
¾ c. oil (make about 2 Tbs of this flax seed oil)  
2+ Tbs. vanilla (Opt: Add 1/2 tsp of almond extract)  
Spread on two baking sheet and bake at 300\* stirring every 20 minutes and rotating pans. Ready in about 1 hour. Should be lightly crisped. Cool. Store in air tight container. Makes about 21 ¾ c. servings.

Notes:

**Helpful Hints:** To keep cookies soft, store them with half a slice of bread.

Egg substitute: Flax egg = 1 Tbs golden flax seed and 3 Tbs water, beaten

To keep sticky things like peanut butter from sticking to the measuring cup fill cup with hot water, then empty. Don't dry. Then measure your ingredient.

# Grandma Zachary's Bread

## Presentation by Renee Tomczek

1. This recipe requires about 20 minutes in the kitchen and about 2 ½ hours doing something else while you are waiting for the bread to be ready for next step.
2. This recipe makes 3 loaves (in 9x5 pans) or 1 loaf and a pan of buns, or and loaf and some burger buns.
3. Kids fun: Teddy Bear bread or Spider Buns (Chinese noodle legs and raisin eyes.)
4. This recipe is very adaptable: All wheat, all white or anything in-between. The bread that you will be served is about 50/50.
5. This recipe freezes well. Frozen bread keeps for about 6 months.
6. **Yeast.** If you would like more information about yeast - You can go to [Baking911.com](http://Baking911.com) where you will find lots of yeast facts. A few facts that are pertinent to the bread we are making:
  - a. For this recipe we are using the Active dry yeast. It is the most common one for breads and can be purchased in packets or bottles. It is dissolved in liquid.
  - b. It best to keep your yeast in the frig or freezer.
  - c. To test yeast ("proofing"): Dissolve contents of a ¼ oz packet in ½ cup water that is 110-115\*, add 1 tsp sugar. Let sit 2-3 minutes. Bubbles should appear. No bubbles – no good.

### Ingredients:

Water  
Flour, white and wheat  
Brown sugar  
Yeast  
Salt  
All vegetable shortening

### Supplies:

Large bowl  
Large spoon  
Large whisk  
Liquid temperature gauge  
Measuring cups  
Measuring spoons  
Bread pans  
Pam  
Plastic wrap and cloth to cover rising bread

### Bread Making Outline:

#### 7. General Information

- a. Before beginning, remove rings and watch. Have a plastic bag (Walmart type) handy in case the phones rings.
- b. Have ingredients and utensils ready on the counter.

#### 8. Activation of yeast and mixing the dough

- a. Yeast is dormant until activated with liquid and sugar.
- b. Heat water (microwave). 110\* to 115\*.
- c. Add yeast and blend to dissolve.
- d. Add sugar. Mix.
- e. Add enough flour (About 4 C. of wheat) to make a thick pancake batter.
- f. Let sit until bubbles appear - about 10 minutes.

#### 9. Kneading

- a. Knead in a large bowl on a counter that is a comfortable height.
- b. Using a large spoon work in more flour and the salt until dough becomes more solid and can be worked with hands.  
(About 4 – 5 C. White.)

- c. Flour your hands and knead using the palm of your hand, pushing the dough away from you. "Fold and push".
- d. There is no specific time limit to knead. Different flours require different times.
- e. Knead until dough is elastic and "blisters". Dough may still be a little "sticky".
- f. Add the shortening and work into the dough. A little more flour may be needed.
- g. As dough is kneaded long strands of gluten are created. These long strands of protein expand as the yeast multiplies and gives the dough its volume and elasticity. Kneading incorporates air into the dough and generates warmth.
- h. As dough rises, the yeast ferments turning oxygen and sugars into carbon dioxide and alcohols. The carbon dioxide forces the dough to expand and makes the bread rise.

#### **10. Shaping, raising in covered bowl**

- a. Once dough is elastic shape it into a "ball" by working around the dough in a circle folding it over on itself. Place ball, rounded side up, in a clean bowl that has been sprayed with Pam.
- b. Cover with plastic wrap and a towel.
- c. Set in a warm place. The warmer it is the faster it will rise. 80 degrees is optimal. Slower temperatures just mean longer rising times.
- d. Let rise until dough has about doubled in volume. About 1 hour.

#### **11. Deflating (punching down)**

- a. Once dough has about doubled in size and become slightly domed in shape it is time to punch it down.
- b. To test: poke finger into top of dough ½ - 1 inch. Dough should feel spongy and should not fill in the hole.
- c. Punch down with fist or tip out onto work surface that has been sprayed with Pam.

#### **12. Shaping, setting to raise again in baking pan**

- a. Knead lightly (3 or 4 times) and then cut into desired sizes depending on what we want to make. Ex: into thirds for 3 loaves.
- b. Gently shape each loaf and place in pans sprayed with Pam.
- c. Cinnamon swirl bread: Use a rolling pin and roll dough out to ½ or ¾ inch thick. Spread with butter/margarine and sprinkle with brown sugar and cinnamon. Roll dough up tightly, tucking in sides as you go.
- d. You can bake bread in any type of pan, glass or metal. A round loaf is made by using a pyrex bowl.
- e. Allow time for dough to rise again (doubled) while covered with plastic (sprayed with Pam) and a cloth.

#### **13. Baking**

- a. Set oven rack in the center of the oven so that the bottom.
- b. Preheat oven to 350\*. Loaf breads are usually baked at 350 or 375.
- c. Baking times vary with what you are making: loaves are about 30 minutes.
- d. Finished bread should have a golden brown color. Remove loaves and turn it out of the pan. (If stuck, loosen with knife or a "bump" on the counter.) Bottom of the loaf should also have some color, though not as dark as the top. When touched the bottom should not squish in.
- e. Remove bread from pans to a cooling rack to prevent soggy bottoms. Allow to cool.
- f. Once cooled, keep bread in a plastic bag. It will keep for several days, however keeping it in the frig will maintain freshness longer. This bread also freezes well.

## **Chocolate Pecan Cookies**

3 c. confectioner's sugar  
¾ c. Dutch process cocoa powder  
½ tsp. coarse salt  
5 oz. bittersweet chocolate, chopped  
1 ½ c. chopped nuts (pecan or walnut)  
4 large egg whites at room temperature



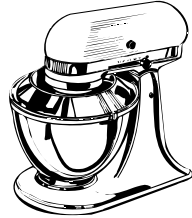
Preheat oven to 325\*. In large bowl whisk sugar, cocoa, and salt. Stir in chocolate and nuts. Add egg whites and stir until incorporated. Do not over mix. Drop by ¼ cupfuls 3 inches apart on parchment lined pan. Bake until dry and crackled, about 25 min. Cool on wire racks. Store in air tight container.

Notes:

## **Energy Bars**

In large bowl, stir the following together to blend:

1 c. regular rolled oats  
1/3 c. finely shredded coconut  
3 Tbs. flax seed  
1 c. whole wheat flour  
½ tsp baking powder  
½ tsp salt  
½ c. sunflower seeds  
1 c. cranberries



Line a 9x13 pan with plastic wrap and coat with cooking spray.

Using a standing mixer bowl beat together the following:

¾ c. almond butter  
¼ c. vanilla soy milk  
1 flax "egg"  
½ c. honey  
Zest from 1 lemon  
1 Tbs lemon juice

Notes:

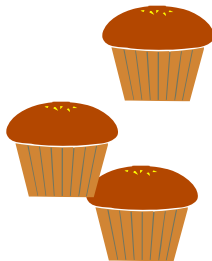
Add flour mixture to almond butter mixture and beat until completely blended. Scrape dough into pan and with wet fingers, or a rubber spatula, pat to fill pan. Chill dough until firm, about 30 min.

Meanwhile, preheat oven to 300\*. Invert pan and peel off plastic. Cut lengthwise in half and then cut crosswise to make 16 bars. Each bar will be about 1 ½ inches wide. Place bars 1 inch apart on baking sheet lined with parchment. Bake until lightly browned and firm to touch, about 20 minutes. Remove from oven and let cool.

Adapted from Sunset Magazine Oct 2008.

## Carrot-Apple Muffins

1 ½ c. white whole wheat flour or whole wheat pastry flour  
½ c. golden flaxseed meal  
¼ c. chick pea flour or garbanzo flour  
¾ c. organic cane sugar  
2 tsp baking soda  
1 tsp baking powder  
Pinch salt  
2 tsp cinnamon  
Pinch clove  
1 ½ c. carrots, shredded  
2 apples, peeled and shredded  
½ c. raisins or craisins or both  
1 c. chopped nuts of your choice  
¾ c. soy milk  
2 flax “eggs”  
1 tsp vanilla



Notes:

Mix dry ingredients. Stir in carrots, apples, raisins, and nuts. Combine milk, eggs and vanilla. Pour liquid into dry ingredients. Fill muffin cups ¾ full. Bake 350\* for 15-20 minutes.

## Pizza Sauce

Saute 1 or 2 garlic cloves in some olive oil. Add a pinch of thyme and oregano. Add 1 can diced plain tomatoes and 1 can tomato paste. Simmer down for at least 10 minutes. At this point add salt, pepper and a little sugar if needed to taste.

Notes:

Notes:

## Tofu-Basil Ricotta

1 block firm or extra firm tofu  
¼ to ½ tsp salt  
¼ tsp pepper  
2 tsp olive oil  
¼ c. nutritional yeast flakes  
Handful fresh chopped basil or a Tbs dried basil

## Pesto

½ to ¾ c. nuts (pecan or walnut)  
3 c. packed fresh basil  
1 clove garlic pressed  
¼ c. nutritional yeast flakes  
2 tsps lemon juice  
1/8 c. olive oil  
Salt to taste

Notes:

## Linda's Tofu Cheese

Press the tofu; slice it in about 1 cm thick slices, wrap in 5 paper towels, and place a light weight on top of the pile. Slice into cubes.

Mix seasonings. Pour over tofu. Refrigerate overnight.

Bake on parchment paper at 350 until slightly brown.

300 g firm tofu

1 tsp soy sauce or 1 tsp dry veggie broth

1-2 tsp garlic powder

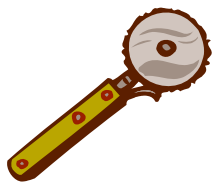
2 tsp brown rice wine vinegar -optional

1/2 to 1 tsp salt

1/2 tsp granulated sugar

1 tsp canola oil

2 tsp lime juice or lemon juice



Notes:

## Roasted Cherry Tomatoes

2 pounds cheery tomatoes on the vine

3 Tbs extra-virgin olive oil

Kosher salt

Heat oven to 400\*



## Linda's White Whole Wheat Pizza Dough

*Makes 32 oz. of dough*

2 1/2 cups White Whole Wheat Flour

2 cups bread flour (substitute 1 7/8 cups all-purpose flour and 2 T. vital wheat gluten-*do-pep*)

1 3/4 teaspoons salt

1 teaspoon flax seed meal-optional

1 tsp. Instant yeast (substitute: active dry yeast softened with some of the water-warm it first)

1/4 cup olive oil

1 3/4 +cups water, ice cold

Extra all-purpose flour or rice flour for rolling out the pizza

2 Tablespoons extra olive oil

parchment paper

Spray Olive Oil and cornmeal for treating parchment paper



Stir together the flour, salt, and instant yeast in the bowl of a stand mixer. Use dough hook. Mix in the oil and the cold water until the flour is all absorbed. Let mixture sit 10 minutes before kneading. Knead for 5 to 7 minutes, or as long as it takes to create a smooth, sticky dough. The dough should clean the sides of the bowl but still stick some to the bottom of the bowl (*to me it looks like a tornado*). Add a touch of water or flour to reach the desired effect. The finished dough will be springy, elastic, and somewhat sticky. (To make in food processor: Mix ingredients in processor bowl. Pulse on and off until dough is right. (Add flour or water as necessary.)

## Linda's White Whole Wheat Pizza dough continued . . .

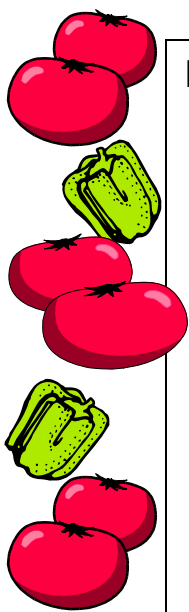
Put the extra olive oil in a cereal bowl. Spray 2-3 plastic sandwich bags with oil. Dip hands in water or rub with oil. Transfer the dough to a generously floured countertop. Knead a minute or two. Cut the dough into pieces and mold each into a ball. Roll each ball in the extra olive oil and slip into bags. Zip up bags and refrigerate immediately. Refrigerate at least 8 hours. *If you are not going to use the dough balls in the next 3 days, you may freeze it in freezer bags. Thaw frozen dough before using.*

When you are ready to make pizza, remove the desired number of dough balls from the refrigerator at least 1 hour before making the pizza. Keep them covered so they don't dry out.

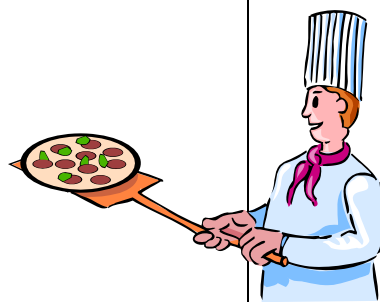
At the same time place a baking stone or heavy cookie sheet on a rack in the lower third of the oven. Preheat the oven to 450° (you can go hotter, but I like the results I get at 450°). Some bakers pre-heat the oven for a hour.

Spray a piece of parchment paper with olive oil spray. Generously dust with cornmeal and get ready to shape your pizza dough. Uncover or unwrap the dough balls and dust them with flour. Working one at a time, gently press dough into a rectangle-about as long as your pan. Use a small pizza roller to widen the rectangle to 6 inches. If the dough is being fussy and keeps springing back, let it rest for another 15-20 minutes. Place the pulled-out dough on the parchment paper. Crimp up the edges. Add your toppings (less is more!) and slide the paper with the topped pizza onto the baking stone. A pizza peel is handy for doing this. Bake until the crust is crisp and nicely colored. Remove from the oven.

*Makes 3 10-ounce rectangular pizza crusts or 2 regular round pizzas. Pizza crust can be pre-baked for 8 minutes and toppings added later. Then bake for another 7 minutes just before serving.*



Notes:



## Linda's French Onion Pizza

**Fresh pizza dough:** see Linda's White Whole Wheat Pizza Dough

I use about 9-10 oz. of pizza dough for one long narrow rectangle and 16oz. for a regular size pizza pan.

### Onion Mixture

2-3 large sweet onions, peeled and quartered-separate sections-Fill the baking sheet. *Use extra mix for another pizza, crostini, toasted pita wedges, smear on a wrap, or make onion soup.*

5-6 cloves garlic-minced

1/4-cup extra-virgin olive oil

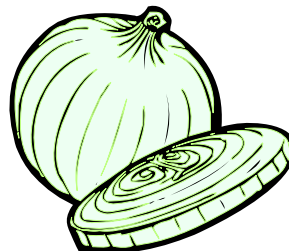
2-tablespoon honey

2-teaspoon salt –or to taste

1 1/2 tablespoons fresh thyme or 1 tablespoon dried

Extra all-purpose flour or rice flour for rolling out the pizza

Optional: 1/2 cup Parmesan cheese



Place onions and garlic on large parchment lined baking sheet. Drizzle on olive oil and honey. Sprinkle on salt. Bake at 350° 40 50 minutes or until the onions are caramelized. Some onion tips may be brown.

Cool for 15 minutes and then chop in food processor until smooth. Option: stir in 1/2 cup Parmesan cheese.

### **Assembling the Pizza** pre-heat oven to 450°

Line a pan with parchment paper. Spray the paper with olive oil. Dust with cornmeal.

Thinly roll out pizza dough on counter with generous amount of bench flour. Transfer dough to the prepared pan. Crimp edges.

To pre-bake crust: Slide paper carefully onto pizza stone or just put the pan in preheated oven Bake on bottom rack at 450° for 8 minutes. Remove from oven. Cool on a rack. *You may assemble pizza and finish baking.*

Top with the onion mixture, (*The layer of onions should be half the thickness of the dough.*) thyme and roasted cherry tomatoes. Finish baking on bottom rack at 450° for 7 minutes more or until crust is nicely browned. Total baking time 15 minutes.

### **Optional Toppings:**

Kalamata olives (or your favorite olives)

**Tofu “Cheese”, crumbled Gorgonzola, goat cheese, or Feta cheese**

Roasted vegetables, mushrooms, artichokes,

### **Optional Final Toppings:**

Olive oil, drained Bruschetta topping, tapenade, shaved Parmesana Reggiana, or arugula salad

*I like to pre- bake my crusts to guarantee a crust that is not soggy.*