

# **Fast and Healthy Meals for Busy Women**

**Reliable Recipes For Busy Families**

**by Marilyn Moll  
The Urban Homemaker**

**[www.urbanhomemaker.com](http://www.urbanhomemaker.com)**

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## INTRODUCTION

Women who stay home with their children, and families who gather around the dinner table each evening are becoming a vanishing breed. The hurried pace of life, the fragmentation of the family, and the preponderance of pre-cooked, pre-processed foods have played a major role in this phenomenon. I believe, however, that despite our frantic pace of life it is still possible to prepare nourishing whole foods quickly as long as there is a plan.

This cookbook is a partial compilation of twenty years of experience. You will find these recipes to be reliable family favorites with menu-planning methods that streamline preparation times to fit with busy lifestyles. More and more, I particularly encourage you to bake your own whole grain breads as a tasty, healthy, and economical alternative to commercially baked goods that are typically prepared from refined ingredients that have been stripped of much of their nutritional content and baked with other ingredients believed to be associated with degenerative diseases.

This book is part of a larger work that is still in the developmental phase and your feedback is valuable to me. Please direct your questions and comments to [urbanhome@tds.net](mailto:urbanhome@tds.net).

## About the Author

As a young girl, I vividly and fondly remember walking into my grandmother's Depression-era kitchen greeted by the tantalizing and unforgettable smells of spicy ginger snap cookies, homemade applesauce, and assorted other kitchen creations. I remember too, waking up to the fragrant smell of homemade blueberry muffins baking in the oven to be served hot for breakfast on colorful Fiestaware plates.

I have been a passionate lover of anything old-fashioned ever since and I seek to pass on to others the timeless skills of cooking for family.

I quit a full time job in 1985 to stay home with my twelve month old daughter. I then learned to mill my own flour, bake my own bread, and began teaching bread baking classes. In 1991, together with my husband, we started The Urban Homemaker to teach the old fashioned skills of baking and cooking with basic whole food ingredients, and offer practical, quality tools and equipment in the spirit of Titus Two. The Urban Homemaker offers top-of-the-line products and related books that we use and recommend ourselves.

## Contact Information

Marilyn Moll can be contacted at [marilyn@urbanhomemaker.com](mailto:marilyn@urbanhomemaker.com) or at 970-527-7540 if you have any question about the recipes or information in this book.

The Urban Homemaker also has an e-mail newsletter entitled “**From The Heart Of The Urban Homemaker**”. The link to sign up for this newsletter is as follows: <http://tinyurl.com/u4pj>

In addition, The Urban Homemaker sponsors a series of free telephone seminars. Information about these seminars can be obtained at: [teleseminar@urbanhomemaker.com](mailto:teleseminar@urbanhomemaker.com)

## Disclaimer

Attempts have been made to verify information in this book. Neither the author nor the publisher assume any responsibility for any errors, inaccuracies, or omissions in this book.

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## 10 STEPS TO GETTING STARTED WITH A LIFESTYLE OF HEALTH

**1. Use freshly milled whole grain flours.** Everyone can start healthier living by utilizing nutrient dense whole grains. Making blender batters for muffins and pancakes using a quality blender makes whole grain baking feasible for anyone. As you save your funds and let family members know what you want, you will soon have enough to invest in a high speed electric grain mill. Investing in a grain mill should be your top long-term priority. After you master quick breads try moving on to **Marilyn's Famous Whole Wheat Bread** on page 23.

**2. Drink and cook with pure water.** Our bodies are 75% water and we need at least eight glasses of pure water daily to cleanse away impurities and toxins. Chemical contamination of our water supply is increasingly being implicated in a wide range of degenerative medical disorders. Chief among these contaminants is chlorine and trihalomethanes (by-products of chlorine interaction in water). But it doesn't stop there. Over 1000 chemical contaminants have been found in our nation's drinking water supply. Choose a system that removes a wide range of contaminants and is certified to perform according to manufacturer claims. Most bottled water is reprocessed tap water and is even held to less regulation than tap water. In addition, it is much more expensive per gallon than a good filtration system. Pour-through pitchers are a great first step but usually only take care of a portion of chlorine and very few other contaminants of health concern.

**3. Eliminate refined sugars from your diet.** Cooking with sweeteners such as honey, SUCANAT, maple syrup, fructose, or Stevia surprisingly offer great taste without adversely affecting the blood sugar levels.

**4. Incorporate whole grain pasta and brown rice into your menus.** Refined flour pasta and white rice adversely affect blood sugar just like refined white sugar. Whole grains used for many meals, including breakfast, are nutrient-dense with many essential vitamins and minerals and do not have the same effects on blood sugar as do refined flours.

**5. Increase your consumption of fresh vegetables and fruits.** Most nutrition experts recommend five or more servings of fruits and vegetables per day. For some of us, this will take planning and effort. I have found that pressure cooking vegetables such as broccoli, carrots, potatoes, beets, artichokes, sweet potatoes, and cauliflower, saves so much cooking time that I can include these healthy choices even when dinner must be on the table in minutes. In addition, less cooking time with less water means more nutrients are preserved.

**6. Eliminate hydrogenated fats from your diet.** Did you know that most commercially produced baked goods contain hydrogenated fats? Even the FDA has considered labeling products that include hydrogenated fats as containing dangerous free radicals. The easiest way to eliminate or significantly reduce hydrogenated fats from your diet is to begin baking your own whole grain breads, muffins, quick breads, cookies, and even crackers with quality ingredients.

**7. Eliminate preservatives** found in fruits, vegetables, cereals, and commercially baked goods.

Watch your labels, select organic choices in fruits and vegetables when possible. Grow and preserve as many of your own fruits and veggies as possible. Health and economy-minded cooks "can" or "dehydrate" whatever is in season year round, including their own soups!

**8. Learn to prepare family meals from basic whole food ingredients** to promote health and save money. Your taste buds will gradually adjust to the new healthier ways of eating and you'll never go back to the old ways.

**9. Use lots of freshly extracted fruit and vegetable juices** for a refreshing, nutritious beverage. Drink two glasses a day for health maintenance and four glasses a day when you are sick or run down.

**10. Reduce your use of fast food.** Instead of getting commercially prepared pizza with its white flour, hydrogenated oils, etc., what tastes better than home baked pizza for a Friday Night Family Treat? Saves lots of money too. Use the Basic Pizza Crust Recipe or one-pound portions of Marilyn's Famous Whole Wheat Bread for the crust.

## MEAL PLANNING SIMPLIFIED

Let me summarize for you some fool-proof, reliable principles I have learned over the last twenty years which will cut grocery store expenses, and wasted visits to the store. My streamlined methods will produce economical, quick and healthy menus the family will enjoy. Let's get started with wise grocery store stewardship!

**1. Establish the habit of planning your menus each week.** Sounds boring, but in roughly 20 minutes a week, I can plan a week's worth of menus from my card file of family favorites and prepare the necessary grocery list from the recipes. Keep a card file of menus with ingredient lists that your family enjoys. Don't forget to add cards for new recipes. Each card should include an ingredient list and cross reference to where the recipe is found if needed. If you have MASTERCOOK DELUXE software, you can print out grocery lists with the convenience of your personal computer.

**2. Plan your menus based on the grocery store loss leaders sales flyer.** Incorporate the meats, vegetables, and fruits on sale each week as much as possible into your plan. Always stock up on whatever is on sale that you know you will use. Avoid paying full price for any grocery or non-grocery item (paper goods, etc.)! Build up your home pantry of canned goods, frozen foods and other grocery items purchased at reduced prices over time. Cultivate the habit of checking the sales bins, and get to know the produce manager. Ask if he has anything available for a discounted price that is getting over-ripe but is still useable such as over-ripe bananas which can be frozen and used in smoothies. Usually if you shop early in the day you will get the best selection of "bargain items". Begin to build up your own pantry/grocery store at home of needed items purchased on sale. You may consult THE BASIC HOME PANTRY LIST on our web site to help you plan what items you need to keep on hand.

[http://www.urbanhomemaker.com/articles/index.php?page=index\\_v2&id=211&c=2](http://www.urbanhomemaker.com/articles/index.php?page=index_v2&id=211&c=2)

**3. Shop once a week, stick to your list, and avoid commercially baked goods.** I have found the quickest way to reduce my weekly expenditures is to just not purchase any commercial crackers, boxed cereals, chips, and baked goods, including cookies, bread, tortillas, and bagels. (We won't even talk about how much healthier the preservative-free homemade alternatives are in this discussion.) Depending on how many loaves of bread, boxes of cereal, and packages of chips, bagels, muffins, etc. you buy on a weekly basis, you might save over \$25.00 in one week alone! Instead, substitute homemade alternatives baked with ingredients on hand for the week. Popcorn is a very cheap and healthy snack to substitute the chip and cracker habit. Do the math and you will see that avoiding the purchase of commercially baked goods alone could easily save your family over \$1000 a year!!!

**4. Cook at least one Family Favorite menu per week in bulk for stocking your freezer.** By preparing one family favorite meal in bulk per week, you will have added at least 16 meals into your own freezer inventory by the end of the month with virtually no effort. Start with something simple such as Sloppy Joe Meat Mix, Cubed Chicken in 2-cup portions, Barbecued Chicken Mix in meal sized portions, or Taco Meat Mix, etc. Cooking in bulk offers the benefits of economy of

scale and the convenience of your own home frozen foods. Why not cook five times the amount needed for one meal and enjoy that meal over the next several months without having to cook it again?

**5. Involve your children** with menu planning, grocery shopping (especially comparative shopping - comparing the cost of store brand cereal to name brand cereals as a beginning lesson), simple food preparation tasks, and clean-up. I have always found that if I involve my children with making their snacks prepared with wholesome ingredients they begin to enjoy and master kitchen skills. Not only that, they have learned important healthy food choice habits. Boys and girls want to start helping in the kitchen at a very young age. Take the time to teach your children what they can and want to learn as early as age two. Sue Gregg's *Lunches and Snacks* has an excellent chart on what skills to start teaching starting at age 2. The goal is to have the child able to plan and execute the entire meal by age 12-13.



## STOCKING A PANTRY

Perhaps the best kept secret of consistently getting food to the table is having a well-stocked pantry to rely upon. Instead of frequent trips to the store, you will be able to save oodles of time if you have a pantry and a freezer to rely upon.

Old-fashioned pantries have been phased out of home construction for years, and kitchens often have inadequate cupboard and storage space for daily basics. However, a resourceful homemaker will find a place for extra food stock in her basement, garage, laundry room, under beds, hall closets, and any other place she can find. Shelving can be inexpensively constructed with particle board, discarded lumber, commercial metal shelving, discarded wooden fruit boxes, and other materials that are scavenged from somebody else's trash that becomes your found treasure.

The easiest and most economical way to begin stocking a pantry is to buy two of whatever staple items you are buying at a time, preferably only when on sale. So if you need one mayonnaise, buy two; if you need one baking powder, buy two. If you are purchasing spices, save your old containers, and purchase bulk spices in the health food store by the pound. I have saved lots of dollars by purchasing bulk herbs and storing them in quart jars in a cool, dark space, and restocking my existing containers as needed.

Canning jars can usually be found at garage sales, through classified ads, and at thrift shops at a fraction of the price of new jars. I use them for not only canning fruits, vegetables, and jams but also for storing spices, dried fruits, homemade juices, leftovers, soup bases, dried vegetables, nuts, honey, cookie mixes, gift mixes, and more. A well-stocked pantry will need easily labeled containers, rather than a bunch of baggies of who knows what. You will be much better organized as well as promoting shelf life if you transfer food items packaged in plastic wrapping into moisture and vapor-proof containers.

Although my pantry may differ somewhat from yours, the idea is to store what you use, and use what you store. Learn to stock up on what you use during sales to save those extra pennies. Keep your freezer stocked with completed main dish meals, meats, breads, muffins, cakes, cookies, fruits, and vegetables. Whatever your family enjoys, keep it stocked, especially when the items are on sale.

If you enjoy cooking meals ahead, planning your recipes around meat items that are on sale will add to your savings. Purchasing grains and beans in bulk 25 pound bags will be convenient and economical. Participating in a food co-op is a great way to purchase the items you will be using at lower prices, and learn from like minded homemakers.

My pantry list is based on what our family generally uses, and has been developed over a period of years. Your pantry list will evolve as you add and subtract items that your family enjoys eating, or as you find better deals. Let my pantry list be a place to start making your own list, to stimulate your thinking on what to keep on hand, to review before major shopping trips.

Allow it to be a tool which assists you in purchasing the items your family needs. I suspect, over time, you will develop a mental pantry list to rely on so that when you see something on sale, you will be able to take advantage of the savings.

My pantry is organized around major categories. For example I have an area for paper goods, Zip-Loc bags and plastic wrap, another for canned beans, vegetables, and fruits; another for pastas and grains and so forth. The key is to keep it organized and stocked, remembering to buy only what you use!

## Main Dishes

### **TURKEY TETRAZZINI**

*I use turkey leftover from Thanksgiving or cubed chicken during the rest of the year.*

*Quick and delicious!*

*Serves: 6-8 servings (2-1/2 qt casserole)*

**3 cups diced turkey pieces (or chicken)**

**10 oz whole grain pasta of choice or use spaghetti**

**1/2 cup melted butter**

**1/2 cup whole wheat pastry flour or 6 TB unbleached white flour**

**1-3/4 cups hot milk, low-fat if desired**

**1 cup Turkey or Chicken broth (homemade is tastiest)**

**1/4 cup cooking sherry or white grape juice**

**1/2 tsp. salt**

**1/4 tsp. pepper**

**1/8 tsp nutmeg**

**1 Cup fresh mushroom slices, sauteed in oil or butter OR 4 oz can mushroom stems and pieces, drained**

**1/2 Cup Parmesan Cheese**

1. Cook pasta according to package directions until just barely tender or use leftover spaghetti or other pasta. Rinse, and drain.
2. Make the sauce by blending flour into melted butter and cook and stir over medium heat about 1 minute; remove from heat. Blend in milk and chicken broth. Return to heat; cook and stir until thickened.
3. Blend in sherry, salt, pepper, nutmeg, and mushrooms. Combine pasta, turkey, and sauce and place in casserole dish. Top with Parmesan Cheese. Bake in 350 degree oven for 20-30 minutes or until bubbly. Make two casseroles, one for the freezer and one to serve.

## Main Dishes

### **BEEF BURGUNDY SIMPLIFIED**

*Each December, I like to prepare a favorite recipe called Beef Burgundy to serve to guests. I make a large batch and store the rest in meal sized portions to pull out of the freezer in January or February for those nights when I don't know what else to cook. I know this recipe is a winner and will soon become part of your family's favorites. I have found the taste vastly improves if the stew is stored overnight in the refrigerator before serving.*

**2 T. oil**  
**18 small white onions, peeled (or frozen)**  
**3-5 pounds beef chuck, cut in 1-1/2 inch cubes**  
**2 T flour**  
**1/2 tsp. salt**  
**1/4 tsp. freshly ground pepper**  
**1-2 C. Burgundy or other dry red cooking wine**  
**2 cloves garlic, crushed**  
**3/4 C. beef stock or canned beef bouillon**  
**1 can tomato sauce (8 oz.)**  
**2 T. chopped parsley**  
**1 bay leaf**  
**1 tsp. thyme**  
**3/4 pound fresh mushrooms**  
**2 T. butter**

Lightly brown the onions in the oil and remove with a slotted spoon and reserve. Pat meat dry between paper towels and brown it on all sides in the same pot without crowding. You may have to do it in batches. Sprinkle browned meat with flour, salt, and pepper. Add wine, garlic, stock, tomato sauce and herbs. Over heat bring the mixture to a simmer and then cook it tightly covered for two or more hours or until the meat is fork tender. Add the onions after one hour.

Meanwhile, wipe the mushrooms with a damp cloth and trim off stem ends. Quarter mushrooms if large, leave small ones whole. Heat the butter in a large skillet and lightly saute the mushrooms for about 4 minutes and set aside.

When done, skim off any fat and add the mushrooms. Voila! Beef Burgundy! After cooling, it can be refrigerated or frozen. If the sauce is too thin, combine 2 TB flour with 1/2 C. water and whisk the mixture into boiling beef burgundy. We like to serve this over steaming brown rice. Egg noodles are also fine.

## Main Dishes

### **CHICKEN BARLEY VEGETABLE SOUP WITH HERBS**

*This simple, hearty and flavorful soup will remind you of the bounty of your summer garden. Its assortment of herbs and vegetables will warm you down to your toes. It has become a family favorite with or without the chicken added.*

**6 chicken thighs, skinned**  
**2/3 cup barley**  
**8 Cups chicken stock or water**  
**2 stalks celery, chopped**  
**3 small carrots, sliced**  
**1 Cup chopped broccoli florets (optional)**  
**1 large tomato, peeled and chopped or 2 Tablespoons tomato powder (optional)**  
**3 cloves garlic, minced**  
**1 Tablespoon tamari, or soy sauce or Bragg's Liquid Aminos**  
**1 teaspoon basil**  
**1/8 teaspoon oregano**  
**1/8 teaspoon thyme**  
**Dash of cayenne pepper**  
**2 Tablespoons minced fresh parsley**

Put all of the ingredients except the parsley into an 8 qt. stock pot or 5 liter or larger pressure cooker such as a Duromatic. Bring to a boil, cover and reduce heat. In the Duromatic, bring ingredients to second red ring and pressure for 15 minutes; allow pressure to drop naturally. Or simmer the soup conventionally for 1-1/4 hours, stirring occasionally.

Remove the chicken thighs from the soup. When cooled slightly, remove the meat and cut into bite sized pieces. Return the meat to the soup. Simmer the soup an additional 10-15 minutes if desired. Adjust seasonings to taste, and add the parsley and serve.

## Main Dishes

### PEPPY PIZZA PASTA

*This is a real family favorite at our house!*

**1# Turkey Italian Sausage or equivalent (turkey sausage lowers the fat grams significantly)**  
**1 C. onion, chopped**  
**2-3 C. elbow macaroni (whole grain is best),**  
**3 oz. turkey pepperoni, diced or sliced or equivalent**  
**28 oz. pasta sauce**  
**4 oz. can sliced mushrooms, opt**  
**2 oz can ripe olives, sliced, opt.**  
**8 oz double pizza cheese or mozzarella**

Bring a stock pot of water to boil to cook the elbow macaroni. When al-dente, drain and rinse with cold water. Meanwhile, brown sausage and onions, drain. In a bowl, combine all ingredients except cheese. Pour into 13 X 9" baking dish. Sprinkle cheese on top. Cover and bake at 350 degrees for 45 minutes. Uncover, bake 5-10 minutes longer or until cheese melts. Serves 6. Double or triple and freeze extra batches for future meals.

### MONTEREY BEANS

*A fast economical meal utilizing high-fiber beans*

**1 C. med. onion sliced or diced**  
**½ C. diced green pepper**  
**2 C. cooked kidney beans**  
**2 ripe tomatoes, diced**  
**¼ C. beef bouillon or beef stock**  
**1 tsp. chili powder**  
**½ tsp. salt or to taste**  
**1 C. shredded cheddar cheese**  
**½ C. crumbled turkey bacon, or diced leftover turkey sausage, optional**

Saute the onion in 1 TB bacon grease or olive oil or until translucent. Combine other ingredients except for the cheese, stirring constantly until all ingredients are blended and heated through and simmer for 5-10 minutes to blend flavors. Add the cheese over low heat and stir until mixture is smooth, about 5 minutes. Be careful the mixture does not boil. Serve over hot, cooked brown rice. Add a big green salad, and baked sweet potato to round out the meal.

## Main Dishes

### GINGER STIR-FRY CHICKEN

*It's actually quite simple to assemble with a minimum of planning. Perfect for busy moms.*

**1 lb. raw chicken breast, cut in bite size pieces**  
**4 TB Bragg's Liquid Aminos**  
**2 TB sesame oil**  
**2 C. pineapple tidbits, drained or fresh equivalent**  
**8 C. Broccoli, fresh or frozen florets**  
**4 tsp. ground ginger**  
**2 tsp. garlic, minced or dried**  
**Salt & pepper to taste**  
**18 peanuts, chopped (opt.)**

Marinate chicken breast in Bragg's Liquid Aminos for at least 30 minutes. Stir occasionally. Steam broccoli until crisp-tender and still with it's bright green color (about 3 minutes). Keep warm. Heat oil in skillet. Drain the chicken and then stir-fry chicken until cooked. Add ginger, garlic, and soy or Bragg's. Stir well. Add pineapple; cover and heat for 1-2 minutes. Add broccoli and toss well. Remove to plate, top with peanuts. Serve immediately over hot, steamed brown rice. This is a very versatile recipe. Any vegetable can be substituted for the broccoli, and other lean meats could be substituted for the chicken breast. This is a very satisfying recipe that takes little time and we love it.

## Main Dishes

### SAVORY SWISS STEAK

*We all need some extra tasty Crock Pot recipes for serving guests. Vegetables thicken the rich sauce which smothers fork-tender steak. Double or triple as needed to serve a crowd.*

**1-1/2 pounds round steak, approx. 1 inch thick**  
**2 carrots, peeled and grated**  
**2 stalks celery, finely chopped**  
**1 onion, finely chopped**  
**1/4 cup flour**  
**2 tsp. dry mustard**  
**1 can (16 oz) diced tomatoes**  
**salt and pepper to taste**  
**2 TB Worcestershire sauce**  
**2 TB each butter**  
**2 TB oil**  
**2 tsp. brown sugar**

Cut round steak into 6 or more serving- size pieces. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown the meat in 1 TB butter and 1 TB oil. Transfer to a crock pot. Heat remaining butter and oil in frying pan. Saute onion, carrots, and celery until glazed. Add tomatoes, Worcestershire sauce and brown sugar. Heat, scraping up drippings. Pour over meat. Cover. Cook on low 6-8 hours, or until tender. Serve meat with vegetable sauce spooned over. Sprinkle with freshly chopped parsley for garnish, if desired. Serves 6  
Add mashed potatoes and a green salad for a complete meal.

### ITALIAN SAUSAGE SUPPER

*Very easy, many variations limited to your imagination. Kids love it.*

<b>1 C. shell macaroni, cooked</b>	<b>1 lb. Italian sausages or bulk ground sausage</b>
<b>1 chopped onion</b>	<b>1/4 tsp. garlic salt</b>
<b>2 TB flour</b>	<b>3/4 C. Half and Half or milk</b>
<b>1/4 cup water</b>	<b>1 C. frozen peas</b>
<b>1 C. chopped tomatoes</b>	

Cook macaroni in boiling water until tender; drain and set aside. Remove casings from sausage if using links, and cook the sausage with onion until browned, stirring to crumble the sausage. Drain. Stir in garlic salt and flour. Gradually add Half and Half and water; add peas. Reduce heat and cook, stirring constantly, about 5 minutes or until thickened and bubbly. Add macaroni, and tomato; cook just until thoroughly heated. Serves 4.



## Main Dishes

### **SPRING GARDEN VEGETABLE SOUP**

*A nourishing and tasty soup for all year round  
12-15 Servings*

1. Saute the following vegetables in butter and set aside:  
**1/4 cup butter**  
**1 large onion, chopped finely**  
**2 C. celery, chopped**  
**2-4 cloves garlic, minced (or garlic powder)**
2. Bring to a boil in soup pot:  
**6 C. vegetable, beef or chicken stock (I use Gaylord Hauser Vegetable Broth Powder)**  
**1 or 2 - 28 oz can whole tomatoes, chopped in blender if desired.**
3. Add:  
**2 C. thin carrot slices**  
**2 C. diced potatoes, peel if desired**  
**onion, garlic, celery mixture**
4. In a Duromatic pressure cooker bring up to pressure at the second red ring for 2 minutes and then remove from heat and drop pressure immediately under cold water. In a traditional soup pot, reduce heat, and cook gently until vegetables are tender, about 20-30 minutes.
5. Add:  
**Fresh, frozen, or canned green beans, French style preferred**  
**1 or 2 small zucchini, sliced**  
**1 Cup small cauliflower, florets, opt.**  
**1/2 cup minced fresh parsley or cilantro opt.**  
**1-2 TB Bernard Jensen's Protein Seasoning to taste OR salt and pepper to taste**  
**1 tsp. cumin**  
**1-2 tsp. kelp powder, optional (Adds lots of beneficial minerals)**
6. Simmer 5 minutes longer or as needed to cook veggies and blend seasonings.

## Main Dishes

### **HONEY GLAZED CURRIED CHICKEN**

*Very simple to make. A family favorite in our house especially to serve to company.*

In a plastic bag, mix together:

**½ C. whole wheat flour**

**¾ tsp. salt**

**1/4-1/2 tsp. cayenne pepper (optional)**

Preheat oven to 350°. Oil a 9 X 13 inch baking dish with 2 TB of olive oil. Dip 3 pounds of cut up chicken in a little skim milk to moisten. Drop each piece into the mixture in the plastic bag and shake to coat well.

Arrange pieces evenly in the baking dish and bake for 35 minutes.

Then combine:

**½ C. honey**

**1/3 C. lemon juice**

**1 TB tamari or soy sauce**

**2 tsp. curry powder**

Pour this mixture over the chicken and bake an additional 45 minutes or until done. Baste occasionally. Serves six.

### **MEXICAN CHICKEN SKILLET**

**4-6 boneless, skinless chicken breasts, cut in 1/4" strips**

**1 TB olive oil**

**3 cloves garlic, minced**

**1 bag frozen bell pepper and onion mix (or one sliced bell pepper and 1 sliced onion)**

**1 C. bottled mild salsa**

**1 C. shredded Colby/Jack Cheese**

**8 - 10 inch whole grain tortillas**

Over medium heat in a cast iron skillet, start cooking the chicken strips in the olive oil. When the chicken is about half-way cooked (5 minutes) add the garlic. Cook a few more minutes and add bell pepper mixture, stir, and cover to get flavors mixed. When the chicken is done, be careful to not overcook. Drain chicken through a colander. Return the chicken mixture to the skillet and over low heat, add the salsa and stir, sprinkle the cheese evenly over the mixture, cover the pan, and simmer until the cheese is melted, about 3 minutes.

Serve with warmed tortillas or hot brown rice. Add sour cream at the table for condiment.

## Side Dishes

### GREEK SALAD

*A colorful and traditional Greek Salad that is perfect with the bounty of your garden or whatever you have on hand.*

#### Salad:

**5 large red ripe tomatoes**

**½ large seedless cucumber**

**½ C. black olives, pitted and sliced**

**sliced red onion (about 1/3 of the onion)**

**7-8 yellow pepperoncinis peppers (found in jars in the pickle section of the grocery - skip these small pickled peppers if you must, but they really add to the flavor and color).**

**½ C. feta cheese, crumbled (approximately 4 oz)**

**2 TB fresh Parsley, optional**

#### Salad Dressing:

**2 TB Greek Seasoning\* (Penzey's if possible (800-741-7787, or make your own below)**

**½ C. olive oil (or 1/4 Cup olive oil and 1/4 Cup canola oil if olive oil is too strong)**

**1/3 C. red wine vinegar**

**2 tsp. sugar (optional)**

Slice the tomatoes, cucumber, olives, onion and peppers into bite sized pieces, and arrange them attractively in individual bowls or large salad bowls. (The salad ingredients can be mixed or layered into a large serving bowl.) Crumble the feta cheese and chopped parsley. Into a small bowl, combine 2 TB of Greek Seasoning\*, and 2 TB of water. Allow to stand for about 5 minutes. Then, add the oil, vinegar, and sugar and whisk well or shake in a salad dressing jar with the lid screwed on securely. Pour the salad dressing over the salad just a few minutes before serving. Toss if desired, but it really isn't necessary. Serves: 10-12.

\* Greek Seasoning Mix (Makes approximately 3 TB)

**1 TB Oregano**

**1-1/2 tsp. cumin**

**3/4 tsp. paprika**

**3/4 tsp. pepper**

**2 tsp. garlic powder**

**1 tsp. salt**

## Side Dishes

### **BROCCOLI MARINADE**

*High in vitamins and minerals, easy to make, and very tasty.*

*Have the kids assist you in measuring the seasonings.*

Marinade:

**1 C. apple cider vinegar**

**1 TB fructose**

**1 TB dill weed**

**½ TB salt**

**1 TB black ground pepper**

**1-2 tsp garlic powder**

**1 C. safflower oil**

**1 large or 2 medium broccoli heads, cut into florets**

Whisk or blend marinade ingredients and pour over broccoli florets. Marinate for 12-24 hours.

## Whole Grain Breads

### TIPS FOR THE BEST BREAD

Whole grain breads have many nutritional advantages over white breads. Whole grains are packed with a wide variety of nutrients including high quality dietary fiber, B-vitamins, vitamin E, natural oils, minerals, good quality protein, plus complex carbohydrates that sustain even blood sugar levels. Yes, all kinds of bread have been and will continue to be the "staff of life" for humanity for ages to come.

**Hard wheat is higher in protein and hence used exclusively for yeasted breads.** Whole grain flour of 14% protein content or higher is considered the best choice for yeasted breads. Don't use hard wheat for muffins, pancakes, etc. as it makes "tough" quick breads. Oftentimes, baking failures result from not understanding the difference between pastry wheat berries and hard wheat berries .

**Soft wheat or pastry wheat is the preferred grain choice for quick breads** - anything that contains baking powder, such as muffins, cakes, pancakes, biscuits, cookies and pies. Pastry wheat contains lower amounts of protein so that your quick breads are tender, light, and flavorful. If you use freshly milled pastry flour, be sure to pack the flour into the measuring cup just like you would pack brown sugar in measuring.

**Most favorite recipes can be converted to whole grain flour by exchanging cup for cup measurements.** That is, if the recipe calls for 1-1/2 cups all purpose flour, I can successfully substitute 1-1/2 cups of whole grain flour. When substituting whole grain pastry flour in quick bread recipes you will need to pack the flour into the measuring cup just like you pack brown sugar for accurate measurement. If you have grain allergies, you can often substitute spelt, KAMUT (TM), or even gluten-free flour mixtures, cup for cup.

Remember: : "There are no failures in bread baking, just learning experiences". The important thing is to learn from the mistake and try again.

Here are some of my fool proof **yeast bread baking tips** for beginner and experienced bakers alike:

**1. Mill your own wheat flour.** Whole wheat flour will lose a substantial portion of it's nutritional content very quickly due to oxidation. Not only that, rancidity quickly sets in. Fresh, home milled flours will yield the healthiest, tastiest, highest rising whole grain breads,

**2. Use fresh yeast.** "Proof" it by adding some yeast to warm sugar water if you are uncertain about the quality of the yeast. Store unused yeast in moisture- and vapor-proof containers in the freezer to promote shelf life. When moisture comes into contact with yeast, it quickly loses its potency. I prefer SAF Instant Yeast for reliability and more live yeast organisms per TB.

**3. Use warmed liquids.** The ideal liquid temperature is around 110 degrees F. If you don't have a

## Whole Grain Breads

thermometer, check the water temperature on your wrist and if it isn't too hot to feed a baby then it should be just right. Yeast organisms thrive in dough that is about 85 degrees. But don't worry if you don't have perfect temperature, just adjust the raising time to compensate.

**4. Use the right amount of flour.** The biggest mistake bakers make is adding too much flour while kneading the bread. Too much flour results in a dry, crumbly bread. While kneading your bread be a little stingy with the flour, the dough should be smooth and elastic. If you use a teaspoon of oil on your kneading surface and on your hands you should be able to keep your dough from being too sticky.

**5. Develop the gluten.** Another common mistake in baking bread is not getting the gluten fully developed. Gluten is the protein part of the dough which creates the structure for the dough, holding all the little carbon dioxide bubbles created by the yeast, and allowing the dough to rise. The secret to recognizing if the gluten is developed is to take a golf ball sized portion of dough, hold it between the thumb and index finger of both hands and gently stretch the dough in opposite directions. You should be able to flatten and stretch the dough out thin enough to let light through. If not, and the dough readily tears, you probably need to do a little more kneading. Don't over-knead the dough however as the gluten can break down from too much kneading. Add vital wheat gluten if your bread is not rising very well to avoid heavy dense loaves.

**6. Proof the dough.** Proofing or sponging is a baking term for allowing bread to raise outside the oven. This crucial step will help develop flavor and strengthen the gluten framework.

**7. Shape the loaf!** There are several ways to shape a loaf but the key is to make sure all the air bubbles are squeezed out before the loaf is set to rise. Also be sure to fill your bread pans only half to two thirds full so that you don't end up with an under or over sized loaf. I have found that loaf pans that measure roughly 8" by 4" make the prettiest, highest rising whole grain loaves of bread. Whole grain doughs just don't raise as tall and pretty if larger pans are used. But use what you have!!!

**8. Bake the bread!** There are a number of tips in determining proper done-ness. Some bakers tap the loaf for a "hollow" sound. I prefer the less subjective method of assessing the overall brown-ness of the loaf. If the loaf is nicely browned top, bottom, and sides then the loaf is done!

**9. Enjoy!** What can top hot, steaming, nutty and fragrant whole grain breads you made yourself? Indulge a little butter on a fresh slice and savor the fruits of your efforts to nourish your family with healthy foods! Wrap cooled bread securely in high quality, re-useable bread bags.

## Whole Grain Breads

### MARILYN'S FAMOUS WHOLE WHEAT BREAD

*This recipe has won many blue ribbons by my customers and is the basic, daily bread for thousands of customers*

#### Hand Method:

1/3 C. honey  
1/3 C. oil  
2 ½ C. warm water  
2 TB SAF Instant yeast  
2 tsp. salt  
7 C. fresh whole wheat flour 16 - 20 C. fresh whole wheat flour  
1TB. dough enhancer

#### Bosch Universal Method:

2/3 C. honey  
2/3 C. oil  
6 C. warm water  
3 TB SAF Instant yeast  
1-1/2 to 2 TB. salt  
2TB. dough enhancer

#### Bread Machine:

2 TB honey  
2 TB oil  
1-1/2 C. warm water  
1-1/2 tsp SAF yeast  
1-1/2 tsp salt  
3-1/2 C. fresh w/w flour  
2 tsp dough enhancer  
3 TB Vital Gluten

Combine the honey, oil, warm water, yeast, dough enhancer, and 2 Cups of the whole wheat flour in a large mixing bowl. Add the salt and 4-5 C. (14 to 18 C. if using a large mixer) additional flour until the dough is stiff and cleans the sides of the mixing bowl. Knead the bread by hand 7-10 minutes or until it is very smooth, elastic and small bubbles or blisters appear beneath the surface of the dough. In a large mixer, 6 minutes of kneading on speed #1 should be sufficient to develop the gluten if you are using fresh flour. If you are kneading by hand, be sure to add the minimum amount of flour to keep the dough soft and pliable.

Form the dough into 2 loaves if using the hand method or 6 loaves if using the large mixer method. Allow to rise in a slightly warmed oven or other warm place until doubled in size (about 30-60 minutes). Bake loaves for 25-30 minutes in a 350 degree oven (Oven temperatures vary). Bread is cooked through when it sounds hollow when tapped on the bottom and the top and sides of the loaves are a golden browned color.

**Variations:** Amounts listed are for the hand method. Double these amounts if you are using the large mixer method, halve these amounts for the Zojirushi Bread Machine Method.

**Richer and Moister Bread:** Add 1 cup yogurt for 1 cup of liquid and 1/4 C. potato flakes.

**Breakfast Bread:** Add 1/3 C. sunflower seeds, 1 TB cinnamon, and 1/3 C. currants.

## Whole Grain Breads

### FANTASTIC WHOLE WHEAT ROLLS

*I use this roll recipe for all special occasions. Check for variations below.*

#### Large Mixer Method -Yield 4 dozen

**5 C. warm water (110°F)**  
**3/4 C. honey**  
**1 C. dry powdered milk (opt)**  
**4 TB yeast**  
**4 eggs**  
**2 C. unbleached bread flour (optional, can use all whole wheat)**  
**11-12 C. whole wheat flour or as needed**  
**1/3 C. vital gluten**  
**4 tsp salt**  
**½ C. melted butter or olive oil**

#### Hand Method - Yield 2 dozen

**2-1/2 C. warm water (110°F)**  
**1/3 C. honey**  
**½ C. dry powdered milk (opt)**  
**2 TB yeast**  
**2 eggs**  
**1 C. unbleached bread flour (optional, can use all whole wheat)**  
**1/4 C. vital gluten**  
**6-7 C. whole wheat flour or as needed**  
**2 tsp salt**  
**1/4 C. melted butter or olive oil**

#### Bread Machine Method: Use Dough Cycle- Yield: 1 dozen

**1-1/2 C. warm water (110°F)**  
**3 TB honey**  
**3 TB melted butter or olive oil**  
**1/4 C. dry powdered milk (opt)**  
**1 Tablespoons yeast**  
**1 egg**  
**½ C. unbleached flour (optional)**  
**3 1/4 C. whole wheat flour or as needed**  
**3-4 TB vital gluten**  
**2 tsp salt**

Mixing Method: Combine warm water, honey, powdered milk, and yeast in large mixing bowl or Bosch mixer bowl and allow to sponge for 15 minutes. Add eggs and half the flour. Stir until



## Whole Grain Breads

thoroughly mixed; dough will resemble cake batter. Let rest until bubbly, about 30 minutes. Add salt, oil, and remaining flour and vital gluten. Knead for 6 - 10 minutes or until gluten is developed or dough is soft and pliable. Pour out onto a lightly greased surface. Grease baking sheets. Pinch off 2-inch round portions, approximately 1/4 cup portions, and roll out to an 8-inch rope. Tie rope in a single knot. Place in rows on baking sheets, cover, and let rise until double. Bake in a 350° F oven for 20 to 25 minutes or until lightly browned. Brush with melted butter, if desired, and remove to a cooling rack.

### Multi grain variation:

Substitute a single-grain flour, such as corn, millet, barley, or rye, or a Multi grain flour for 2 cups of the whole wheat flour in large mixer method OR 2 cups cracked seven grain mix.

## Whole Grain Breads

### **MOLL FAMILY FAVORITE BLENDER BATTER WAFFLES OR PANCAKES**

*This recipe will make 4-5 servings or 4 large Belgian Waffles*

1. Preheat waffle iron or pancake griddle to highest temperature.
2. Place in blender and blend at high speed for 4-5 minutes or until smooth:

**1-1/2 C. buttermilk (or fruit juice or non-dairy alternative)**

**1 egg**

**2 TB olive oil**

**1 tsp. vanilla extract**

**2 TB honey**

**1/3 C. raw brown rice**

**1/2 C. pastry wheat or KAMUT (TM)**

**1/2 C. rolled oats**

The secret to getting light and tender waffles is the thinness of the batter. The batter should always swirl about a vortex in the blender. If not, add a little liquid until the hole reappears. This is very important.

3. Blend in briefly just before baking:

**1/2 tsp. baking soda**

**1 tsp. salt**

**2 tsp. baking powder (non-aluminum)**

4. Pour thin batter from blender onto seasoned, hot waffle iron or pancake griddle sprayed with olive oil non-stick spray. Bake about 4 minutes for waffles or until the light goes off. Don't Peek! For pancakes, bake on first side until bubbles on unbaked side begin to break; turn once and bake on second side.

For many more grain variations for pancakes and waffles see BREAKFASTS...with Blender Batter Baking and Allergy Alternatives by Sue Gregg.

### **BLENDER WAFFLE/PANCAKE GRAIN VARIATIONS**

Many other grain combinations for pancakes or waffles may be found on p.. 205-209 of *BREAKFASTS* by Sue Gregg.

#### Suggested Optional Ingredients:

Nuts or seeds sprinkled over the top of the batter just after pouring into the waffle iron. Chopped pecans, walnuts, sesame seeds or sunflower seeds make a great addition.

## Whole Grain Breads

### CHOCOLATE ZUCCHINI BREAD

*We have enjoyed this simple, bread-like cake, a lot.  
This recipe is adapted from a recipe from Penzey's a spice company.*

**3 eggs**  
**1 Cup honey**  
**½ C. oil**  
**1 tsp. vanilla**  
**2 TB butter**  
**6 TB cocoa powder**  
**2 C. grated zucchini**  
**2 C. Whole grain flour (not bread flour)**  
**1 tsp baking soda**  
**1 tsp. salt**  
**1-1/2 tsp. cinnamon**  
**2/3 C. chocolate chips**

In mixing bowl combine eggs, sugar, oil, vanilla. In saucepan, melt butter and add cocoa powder. Set aside to cool. Grate zucchini. Mix zucchini, with cocoa powder/butter mixture and when cooled combine with egg mixture. Add flour, soda, salt, cinnamon. Mix only enough to blend. Coat chocolate chips in some flour to keep them from sinking. Add to batter. Pour into 2 greased 8" pans. Bake at 350 degrees for 60-70 minutes. Eat!

To improve the "healthiness" of this recipe, I would substitute 1 cup honey for the sugar and cut the oil from 1 cup to ½ cup.

## Whole Grain Breads

### BASIC PIZZA CRUST

Makes 2 crusts

4 Cups whole wheat flour, spelt, or Kamut (TM)  
1 TB SAF yeast  
1 TB olive oil  
1 TB honey  
1-1/2 tsp. salt  
1-1/2 C. warm water (110 degrees)

Pre-heat pizza stone in 500 degree oven for about 30 minutes. In a mixer, add water and then remaining ingredients, adding enough flour to clean sides of the bowl. Knead dough 3-5 minutes or until gluten is developed. Remove from bowl. Use about one pound of dough per crust. Make the pizza dough more stiff than normal bread dough so that it will be easy to roll out without stickiness. Roll out on cornmeal or semolina dusted pizza paddle, or pizza pan. Brush crust with oil and prick with a fork. Pre-bake 5-8 minutes. Remove with paddles and proceed with favorite toppings.

#### Crust Variations:

**Garlic:** - Add 4 or more garlic cloves chopped, minced, sauteed if desired .

**Herbed Dough:** - Add 4-10 TB minced fresh herbs or 2-6 TB dried herbs such as oregano, basil, tarragon, sage, rosemary, marjoram, or Italian Seasonings while kneading dough.

**Seeded Dough:** Add 4 TB toasted sesame seeds to dough while kneading. Substitute sesame oil for olive oil.

Hint: Make a triple batch of pizza dough crust and pre-bake the pizza shells for approximately 5-8 minutes. Be sure to pierce the dough with a fork to avoid bubbles. Wrap well, and freeze for later use.

## Whole Grain Breads

### **FRENCH BREAD**

or Bread Bowls

*This recipe is very basic, simple and delicious as a main meal accompaniment*

#### Large Mixer Method:

**5 C. warm water**

**3 TB Saf Yeast**

**2 TB honey**

**4 tsp salt**

**4 TB oil**

**6 C. fresh whole wheat flour**

**6 C. Bread Flour or Unbleached flour (all purpose flour is ok)**

#### Hand Method:

**2-1/2 C. warm water**

**2 TB SAF Yeast**

**1 TB honey**

**2 tsp salt**

**2 TB oil**

**3 C. fresh whole wheat flour**

**3 C. Bread Flour or Unbleached flour (All purpose flour is ok)**

Mix all the ingredients except the bread flour for one minute in mixing bowl or large mixer bowl. Then add the bread flour (this is a higher protein refined flour; all-purpose flour may be substituted for the bread flour) until the mixture cleans the sides of the bowl. Knead for 6-10 minutes or until the gluten is fully developed. Allow the dough to rise 15-30 minutes in a covered bowl if time allows.

To shape the loaves: Divide the dough into two parts if using the hand method or four equal parts if using the large mixer method, and roll each portion into a 12X15" rectangle. Roll up tightly along the long side. Pinch the edges to seal. Place on a greased cookie sheet or in French Bread pans sprinkled with cornmeal.

When the dough doubles in size, slash the top with a serrated knife 1/4" deep every 2-3 inches. Beat one eggwhite with water until foamy. Use a pastry brush to coat top and sides of loaves with egg mix. Sprinkle with sesame seeds. Bake at 375°F about 25-30 Minutes or until brown.

To shape bread bowls: Use 1 to 1-1/2 cups dough per "bowl". Place dough shaped bowls onto greased cookie sheet which has been sprinkled with 2 TB yellow cornmeal or semolina flour. Bake at 375°F for 25-30 minutes or until a deep golden brown color has been achieved. Either French Bread or bread bowls can be baked on a pre-heated pizza stone for a more crispy crust. Use bread bowls as a fun way to serve chili or hearty soups & stews. You can eat the dish afterwards!

## Whole Grain Breads

### SEVEN GRAIN OR CRACKED WHEAT BREAD

*Chewy cracked grain bread is a family favorite*

#### Large Mixer Method

5 C. warm water  
1-1/2 C. cracked 7-grain mix or cracked wheat  
3 TB SAF yeast  
1/2 C. honey  
1/2 C. oil  
2 TB salt  
3 TB Dough Enhancer (optional)  
1/2-1 C. vital gluten  
1 C. unbleached bread flour  
11-14 C. fresh whole wheat flour

#### Hand Method

2-1/2 C. warm water  
3/4 C. cracked 7-grain mix or cracked wheat  
1-1/2 TB SAF yeast  
1/4 C. honey  
1/4 C. oil  
1 TB salt  
1-1/2 TB Dough Enhancer (optional)  
1/4-1/2 Vital Gluten  
1/2 C. unbleached bread flour  
5-7 C. fresh whole wheat flour

#### Bread Machine Method

1-1/3 C. warm water  
1/3 C. cracked 7-grain mix or cracked wheat  
4 TB Vital Gluten  
2 TB oil  
2 TB honey  
1-1/2 tsp. salt  
1-1/2 tsp Dough Enhancer (optional)  
1/4-1/2 vital gluten  
4 TB unbleached bread flour  
3 - 3 1/2 C. fresh whole wheat flour  
1-3/4 tsp. SAF yeast

*See Marilyn's Famous Whole Wheat on page 23 for mixing instructions.*

## Whole Grain Breads

### BASIC WHOLE WHEAT BREAD DOUGH VARIATIONS

*Any basic bread dough can be made into many tasty variations limited only by your imagination. Why not try Marilyn's Famous Whole Wheat Bread recipe for a basic bread dough and fashion it into pizza, cinnamon rolls, bread sticks, onion-cheese bread, etc.?*

#### WHOLE WHEAT PIZZA

Use approximately one loaf of bread (1-1/2 pounds dough) for each pizza crust. If you are not baking the crust on a pizza stone, you will be much more successful if you pre-bake the crust for 6-8 minutes, and then cover it with toppings of your choice. Be sure to have all your toppings ready, or wrap and freeze pizza crusts for future meals.

#### CINNAMON PULL-APARTS

Pinch dough off into walnut sized balls. Dip in melted butter and then roll in cinnamon sugar mixture (1 TB cinnamon to ½ C. sugar or SUCANAT). Place balls in layers, at least two layers (or one-half to two-thirds full), in a regular loaf pan or bunt pan. Let rise until doubled in bulk, bake at 350° for 20-30 minutes.

#### CARAMEL NUT PULL APARTS

Make caramel sauce by melting 1/4 cup butter, ½ Cup brown sugar, and ½ C. maple syrup in a saucepan, add ½ cup chopped walnuts or pecans if desired. Pour this mixture into the bottom of a bundt pan or 9X13" baking pan. Place walnut sized pieces of dough in layers in the pan. Let rise until doubled, bake at 350° for 20-30 minutes.

#### BREAD STICKS

Roll ½ Cup portions of dough into finger-thin ropes and cut to the desired length. Brush with melted butter. Sprinkle with a desired topping: Parmesan cheese, garlic salt or powder, Italian Seasonings, sesame seeds, etc. Place the "sticks" onto a lightly greased baking sheet, about 2 inches apart. Let rise 10-15 minutes. Bake at 375 degrees for 18-18 minutes.

#### ONION-CHEESE BREAD

For each loaf, knead in 1/4 cup chopped onion (or reconstituted minced onion) and ½ C. grated, sharp, cheddar cheese. Proceed with regular rising and baking.

## Whole Grain Breads

### 2 STAGE PROCESS FOR YEAST BREADS

*Adapting Marilyn's Famous Whole Wheat Bread Recipe to maximize nutrition. Use this method after basic baking techniques have been mastered. Phytic acids are neutralized during the soaking process to greatly increase important nutrient absorption.*

**1. Soak the whole grain flour** in an acid medium such as buttermilk, yogurt, or other cultured milk such as kefir or whey. Substitute your "acid ingredient" for all of the liquid called for in Marilyn's Bread Recipe, depending on which version you are making. (Hand (2 ½ Cups) , Large Mixer (6 Cups\_, or auto-bakery method (1 ½ Cups). Lemon Juice or Vinegar may be added -- 1 TB per cup water as an alternative "acid" ingredient if you do not wish to use the buttermilk, yogurt or kefir.

Use 5 Cups whole grain flour for the hand method, 12 Cups whole wheat flour for Large Mixer method and 2 ½ Cups whole grain flour for the Auto-bakery method. . As little as 7 hours soaking time will neutralize a large portion of the phytic acid in grains. 12 to 24 hours is considered better with 24 hours yielding the best results.

However, be flexible, soak the flour for as long as you have time available so that this process fits into your routine smoothly. Any amount of soaking time improves texture, nutrition, and flavor. Just mix the liquid and water long enough to moisten the flour. This is a little bit like "sponging" but no yeast is used or any other ingredients. Cover the bowl with plastic wrap to prevent it from drying out or cover the bowl with a damp cloth.

**2. After the liquid and flour has soaked** overnight or 12 hours, blend in a glass or plastic liquid measuring cup:

**1/4 cup-1/2 C. warm water**

**SAF yeast called for in recipe (preferred brand)**

**1 tsp honey**

**½ tsp baking soda.**

Allow this yeast mixture to stand 5-10 minutes to proof the yeast. If using SAF yeast, the proofing time is not needed. Now add the yeast mixture into soaked flour.

**3. Thoroughly whisk together** the oil, honey, and salt in a two 2 cup liquid measuring cup or small bowl, pour the mixture into the soaked flour mixture, and work the balance of the ingredients into the dough along with the yeast mixture until they are well blended.

**4. Knead the dough as normal** adding unbleached bread flour or additional whole grain flour as needed so that the dough is easily handled and knead the bread until the gluten is developed. For whole wheat bread it takes about 8 minutes kneading time in a Bosch, or 10-12 minutes of



## Whole Grain Breads

vigorous hand kneading or about 600-800 strokes.

**5. Be sure to add as little flour as needed** to keep the dough from becoming too stiff (a signal too much flour has been added). Knead the bread until it becomes smooth and elastic, and resistant to kneading action. Check to see if the gluten is fully developed.

**6. Complete the recipe** according to Marilyn's recipe instructions on page 23 for the particular version you are making\*. Allow the dough to rise once in a greased bowl. and once in the bread pans.\*\* Be prepared that the rising time will take longer because the dough is lower in temperature.

**7. Allow the bread to double in pans;** bake at 350 degrees for 30-40 minutes or until the loaf is well browned, top, sides, and bottom of the loaf.

\* When adapting other bread recipes, complete the instructions according to the cookbook instructions for the particular recipe .

\*\*If using conventional yeasts other than Saf Yeast, Sue Gregg suggests two raisings of the dough in the bowl before shaping, raising and baking the final product.