

"Dough" Yourself A Favor, Bake Some Bread

Ummmm... if you were anywhere near the Miller house this past week you would no doubt have caught a whiff of that unmistakably delightful aroma of homemade bread. While I thoroughly enjoyed researching these recipes, my waistline and the bathroom scales tell me it's time to lay off the bread.

Homemade yeast bread is relatively easy to make although it is not something that you can just whip up in a few minutes. You may have noticed a trend with the recipes that I select-the quicker and easier they are, the better I like them. Although all yeast breads take a while to prepare, these recipes are about as quick as you will find.

The main trick to making yeast bread is to make sure that you get the liquid the right temperature; this enables the yeast to grow properly. The easiest way to do this is to use a cooking thermometer then there is no guesswork. The other important thing to remember is to knead the bread according to the recipe. If you have had a particularly stressful day, choose a recipe that calls for at least 10 minutes of kneading and take your frustrations out on the dough. It's great therapy. If you don't have as much time to spare, choose one that doesn't require as much kneading.

All breads taste the best right out of the oven but if your want to make some and save it for later, bread freezes very well. If you want to impress dinner guests keep some of the Freezer Dinner rolls on hand. Just take them out of the freezer an hour or so before dinner and then you will have "fresh" homemade bread.

If plain bread doesn't quite get it for you, try some of the butter spreads listed below. They're also great to give as a gift with a loaf of your fresh baked bread (if you can spare it!).

Start dusting off your pound cake recipes because we're going to help get you out of the mid-winter blues. We want to find out who really makes the best Pound cake in Kings Mountain and the best way to do that is with a Bake-off. Look for more details later but go ahead and start practising!

5 1/2-cups all-purpose flour, divided
1/2 cup sugar
2 packages dry yeast
1 1/4 cups water
1/2 cup milk
1/3 cup butter or margarine
2 eggs

Combine 2 cups flour, sugar, salt, and yeast in a large mixing bowl; stir mixture and set aside.

Combine water, milk and butter in a saucepan; heat until butter melts. Cool to 120-130°. Stir into flour mixture, and beat at medium speed of an electric mixer 2 minutes. Add 1/2 cup flour and eggs; beat at high speed 2 minutes. Gradually stir in enough remaining flour to make a soft dough.

Place dough in a well-greased bowl, turning to grease top. Cover and let rise in a warm place (85°), free from drafts, 30 minutes or until doubled in bulk.

Punch dough down; turn out onto a lightly floured surface, and knead 4 or 5 times. Lightly grease muffin pans. Shape dough into 1-inch balls; place 3 balls in each muffin cup. Or cut with a biscuit cutter into desired shape. Cover and let rise in a warm place, free from drafts, 30 minutes or until doubled in bulk. Bake at 350° for 15 minutes or until golden brown. Yield: 3 dozen.

to freeze: Shape dough into 1-inch balls or cut in desired shape, and place on wax paper-lined baking sheet. Freeze. Place frozen dough into a plastic bag, and freeze up to 1 month.

to bake: Lightly grease muffin pans. Remove desired amount of dough from freezer, and place 3 balls in each muffin cup. Cover and let rise in a warm place, free from drafts, 1 hour or until doubled in bulk. Bake at 350° or 15 minutes or until golden brown.

COOL RISE SWEET DOUGH

5-6 1/2 cups plain flour
2 packages yeast
1/2 cup sugar
1 1/2 teaspoon salt
1/2 cup softened butter
1 1/2 cup hot tap water
2 eggs
oil

Combine 2 cups flour, yeast, sugar and salt in large bowl, stir. Add butter and hot water. Beat with electric mixer at medium speed for 2 minutes. Add eggs and 1 cup flour. Beat on high 1 minute. Gradually stir in enough flour to

make a soft dough. Knead 5-10 minutes. Cover with plastic wrap and a towel, let rest 20 minutes. Divide and shape as desired (rolls, clover leaf rolls, or 2 loaves). Place on greased baking sheets or loaf pans, brush with oil, cover with plastic wrap. Refrigerate 2-24 hours. Remove from refrigerator 10 minutes before baking. Bake at



From My Kitchen To Yours by Shearra Miller

375° for 25-30 minutes.

EASY ROLLS OR BISCUITS

3-4 cups self-rising flour
heaping 1/8 cup sugar
1 stick margarine or 1/2 cup shortening
1 cup buttermilk
1/4 cup very warm water
1 package yeast

Mix flour, sugar and shortening until it resembles cornmeal. Dissolve yeast in warm water. Add buttermilk and dissolved yeast. Add more flour if needed to make a soft dough. Knead a few minutes then refrigerate in a covered container for up to a week. Use a needed. Let rise 30 minutes or so before baking at 400° for 10 minutes.

JIFFY SANDWICH ROLLS

4 1/2-5 cups flour
2 packages dry yeast
1 cup milk
3/4 cup water
1/2 cup oil
1/4 cup sugar

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