

Scotty's Butternut Squash Soup and Dinner Rolls

The Soup:

1 medium to large butternut squash
4 cups apple juice
1 small potato, peeled and diced
3 carrots, peeled and diced
2 Tbsp. Cranberry sauce
½ tsp. ground ginger
2 Tbsp. butter
1 cup milk

Cut squash in half and remove seeds. Lay cut side down in baking dish and add about one inch of water. Bake the squash for 1 hour at 400°F. Allow the squash to cool and then remove the meat from the skins.

Place the apple juice, potato, carrots, squash, and cranberry sauce in a pan. Boil on the stove top for 15 – 20 minutes until the potato and carrots are tender and then puree with the squash.

Add the puree back to the pan, add the ground ginger, butter and milk and reheat until the butter is melted.

Save 2 cups of the soup for the rolls and enjoy a nice hot bowl of soup while the rolls are rising!

The Rolls:

2 cups butternut squash soup
1 tsp. salt
1 tsp. malt extract (you can use honey instead)
1 Tbsp. yeast (instant)
4 ½ to 5 cups flour

If you do not have instant yeast, proof your yeast in ¼ cup water until foamy. You may have to add a little more flour to compensate for the water.

Add soup to a mixing bowl. Then add salt, malt extract, and yeast and stir until blended.

Add flour, ½ cup at a time and mix until the dough comes away from the side of the bowl. This dough is rather sticky.

Knead the dough for about 10 minutes. Grease a bowl, place the dough to coat the surface, cover with plastic wrap and allow the dough to rise in a warm place until doubled in volume.

Punch down the dough and turn it out onto a lightly floured surface.

Divide the dough into 24 equal sized pieces. Roll each piece into a ball and place on a greased baking pan. Cover and let rise until doubled in volume.

Preheat the oven to 375°F and bake for 15 to 20 minutes.

Catalan Sausage and Bean Soup

White beans
Sausage
Onions
Garlic
Herbs
Wine
Chicken stock
Roasted peppers

Columbia County Apple Jack Beef Stew

1 cup applejack (apple brandy)
¼ cup vegetable oil
4 shallots, chopped
2 garlic cloves, minced
Juice of 1 lemon
1/8 tsp. dried thyme, crumbled
1 bay leaf
Salt and freshly ground pepper to taste
Tabasco sauce to taste
3 lbs. boneless beef chuck, trimmed of excess fat and cut into 1 ½-inch pieces
(I use steak tails from a butcher shop for the meat)
2 cups beef stock or broth
2 medium-size carrots, peeled and cut into 1-inch thick rounds
2 small turnips, peeled and cubed
(I replace turnips with small potatoes, add small pearly onions, and sometimes peas)
2 small parsnips, peeled and cubed

In a large bowl, combine the applejack, oil, shallots, garlic, lemon juice, thyme, bay leaf, salt, pepper, and Tabasco sauce. Stir well. Add the meat, cover with plastic wrap, and refrigerate 3 hours, turning the meat twice.

Transfer the meat and marinade to a large, heavy pot. Add the beef stock, bring to a simmer, cover, and cook for 2 hours. Add the carrots, turnips, and parsnips, return the stew to a simmer, and cook until the turnips and parsnips are tender (approximately 1 hour longer). Remove the cover, increase the heat to moderately high, and cook the sauce down to a very thick gravy. Season to taste.

Ron Miller
St. Paul Bread Club 1/30/10

Easy Mullgatawny Soup
(easy version of curry flavored Indian soup)

(found the recipe in Good Housekeeping Cookbook and altered a couple of ingredients)

The Soup:

2 ½ cups chicken broth
1 cup chopped apples
1 cup chopped carrots
7 oz can tomatoes, cut up
½ cup chopped celery
1/3 cup long grain rice
¼ chopped onion
¼ cup raisins
1 Tbsp. parsley
1 ½ tsp. curry powder (or to taste)
1 tsp. lime juice
¼ tsp. coarsely ground pepper
1/8 tsp. mace
1 ½ cups chopped cooked chicken (or turkey)

In a large pot combine all ingredients except chicken (or turkey). Add 1 cup water. Bring to a boil. Then reduce heat, cover, and simmer for 20 minutes (until rice is tender). Stir in chicken and heat thoroughly.

Sue Brown

St. Paul Bread Club 1/30/10

French Onion Soup

This recipe is based on the recipe in Cooks Illustrated. Cooking times have been adjusted to what I have found that works. The secret to making this soup is patience.

Equipment

6 ½ to 7 –quart Dutch oven
Cooking spray oil
Broiler safe bowls
Baking sheet
Silicone spatula or stirring spoon
Grater

Ingredients

3 T unsalted butter, cut into small pieces
4 lbs large yellow onions (~ 6), halved and cut pole-to-pole into ¼-inch slices
1 t salt
2 c water
½ c dry sherry
4 c chicken broth, low sodium
2 c beef broth
6 sprigs fresh thyme, tied
1 bay leaf
1 baguette, cut into ½-inch slices
8 oz Gruyere cheese, shredded (~ 2 ½ cups)

Procedure

1. Set oven rack to lower-middle and preheat oven to 400°F.
2. Spray inside of Dutch oven with cooking oil.
3. Place butter in pot.
4. Add onions and 1 t salt.
5. Cover Dutch oven and bake 1 hour.
6. Remove pot from oven and stir onions. Scrape sides and bottom.
7. Return pot to oven with lid set slightly ajar.
8. Cook until onions are very soft and golden brown – 2 to 2 ½ hours. Stir and scrape every hour. Volume will be reduced by ~ ½.
9. Remove pot from oven and place over medium-high heat. Stir and scrape frequently until liquid evaporates and onions brown (~ 45 – 60 minutes).
10. Continue to cook until pot bottom is coated with a dark crust (~ 15 – 20 minutes). Adjust heat to control rate of fond formation.
11. Deglaze with ¼ cup of water.
12. Cook until water evaporates and another dark crust forms (~ 15 minutes).
13. Deglaze with ¼ cup water.
14. Repeat steps 12 and 13 two more times (deglaze a total of 4 times).
Onions become a darker brown with each deglazing. Be patient with this procedure.

Decreasing the cooking time by increasing the heat by too much can cause burning that adds a bitter taste to the soup.

15. Stir in sherry and cook with constant stirring until the sherry evaporates (~ 10 minutes)
16. Stir in chicken broth, beef broth, 2 cups of water, and ½ t salt.
17. Scrape bottom and sides of pot to incorporate any remaining fond.
18. Add thyme and bay leaf.
19. Increase heat to high and bring liquid to simmer.
20. Reduce heat to low, cover, and simmer for 30 minutes.
21. While soup simmers, arrange baguette slices in a single layer on a baking sheet and bake at 400°F until bread is golden brown at edges (~ 10 minutes).

To Serve

1. Adjust oven rack to 6 inches from broiler and heat broiler.
2. Set individual serving bowls onto baking sheet and fill each with soup.
3. Top each with 1 or 2 croutons and sprinkle with Gruyere cheese.
4. Broil until cheese melts and is bubbly around edges (~ 3 to 5 minutes).

Dave Powell

St. Paul Bread Club meeting 1/30/10

Baguette

This was an experimental formulation with a low yeast level to slow the fermentation process.

Dough

Ingredient	Poolish	Dough	Total	Bakers %
Poolish		200 g		
KAF AP Flour	100g	375 g	475 g	100.0
Water	100g	200 g	300 g	63.15
Salt		9 g	9 g	1.9
Active dry yeast	Pinch	1 g	1 g	0.2
Total	200 g	785 g	785 g	165.25

Procedure

1. Prepare Poolish. Ferment 12-15 hours at room temperature (68°F).
2. Mix ingredients for dough. Adjust amount of water if necessary.
3. Rest for 30 minutes.
4. Knead dough until smooth.
5. Place in oiled bowl and bulk ferment for 3 ½ hours.
6. Divide into 4 x 195g pieces.
7. Pre-shape. Rest 10 minutes.
8. Final shape baguettes. These are smaller than typical baguettes in order to fit on my pizza stone. Length is 10.5 – 11 inches.
9. Proof for 45 minutes at room temperature (68°F).
10. Preheat oven with pizza stone at 485°F. Also preheat disposable aluminum roast pan (cover).
11. Scribe dough with razor blade. Mist with water.
12. Place on pizza stone and cover with disposable aluminum roast pan.
13. Spritz water under cover.
14. Bake at 485°F for 15 minutes.
15. Remove aluminum cover, reduce temperature to 450°F, and bake additional 15 minutes.

Dave Powell

St. Paul Bread Club meeting 1/30/10

French Onion Soup

12 c. (3-4#) yellow onions, thinly sliced
8 T. butter
½ c. chopped garlic
1/3 c. brandy
3 T. all purpose flour
6 c. brown stock
Fresh thyme, bundle
Homemade croutons
3c. gruyere cheese
½ c. parmesan cheese

Sweat and carmelize onions in butter for 20 min, uncovered.

Add garlic and cook for 5 more minutes, covered.

Remove cover and cook for 1-1/2 hr over medium low heat.

Add Brandy and reduce (about 10 min).

Add flour and stir – cook until mixed in (1-2 min).

Add stock, a bundle of fresh thyme (remove before serving) and salt and pepper – simmer for 40 min.

Ladle into bowls, covering with a toasted round of bread or croutons from your homemade bread and a mixture of the 2 cheeses.

Bake at 475 deg F for 15 min.

Judy Dickerson

St. Paul Bread Club 1/30/10

French Onion Soup

3# yellow onions, sliced
8 T. butter
1-1/2 tsp. pepper
2 T. paprika
1 bay leaf
1/3 c. all purpose flour
8 c. beef bouillion
1 c. white wine
Homemade croutons
cheese

Slowly saute onions in butter for in a large pot for about an hour.
Add pepper, paprika, bay leaf and flour and aute over low heat for about 1 min.
Add bouillion and wine and simmer for 1-2 hours.
Ladle into bowls and serve with croutons and cheese.

Kim Ode

St. Paul Bread Club 1/30/10

Hi-Rise Bakery's Corn Bread

from *Artisan Baking Across America*, by Maggie Glezer.

Polish:

1 ¼ cups Bread Flour (6.6 oz)
1 ½ tsp. Instant Yeast
¾ cup Water, lukewarm (6.6 oz)

Mix and let rise for approximately 2 hours.

Dough:

2/3 cup Water (5.6 oz)
All of the Polish
2 ½ cups Bread Flour (13.2 oz)
1 cup + 2 Tbsp. Corn Meal (5.0 oz)
¾ cup Corn Kernels (4 oz)
2 Eggs, large
2 Tbsp. Honey
1 ½ Tbsp. Oil
1 Tbsp. Salt

Mix all of the ingredients together except for the salt. Knead for 5 minutes. Add the salt and knead for an additional 3 minutes. Let rise until double in size. Deflate and shape. Bake at 350°F.

It is especially good made with roasted corn.

Sarah Dennett

St. Paul Bread Club 1/30/10

Irish Beef and Guinness Stew

This Rx is a composite of several I've seen. I wanted it to be brothy like the stew served at Busker Brown's in Galway. I think it comes pretty close. Be sure to serve it with lots of fresh hearty bread to sop up the juices! (Along with red wine or a pint of Guinness!)

Ingredients

2 ½ pounds of lean stewing beef, cut in two-inch chunks
3 tablespoons oil
3 tablespoons flour
Salt and freshly ground pepper
2 large onions, coarsely chopped (I used whole pearl onions, about 3 cups – really good!)
1 clove garlic, crushed
½ small can tomato paste, dissolved in ½ cup water
1 Tbsp. Worcestershire sauce
2 cups vegetable broth, non-fat, low sodium
½ cup good red wine
1 can of Guinness stout beer (14.9 ounces)
2 cups carrots, cut in chunks (I used the whole, ready-to-eat petite baby carrots)
4 celery stalks, cut in large chunks
1 large sprig of fresh Thyme
18-20 or so small white potatoes, whole and unpeeled
Chopped fresh parsley

Instructions

Toss meat in bowl with 1 Tbsp of the oil. Throw in the flour, salt and pepper and toss to coat. Heat the remaining oil in a large, wide frying pan or big pot until very hot. Brown the meat on all sides. Add the onions, garlic, tomato mixture, wine and Worcestershire sauce. Cover and simmer for 5 minutes. Place the carrots, celery and thyme on the bottom of a large crock pot, and then dump the meat mixture on top. Return the frying pan or large pot to the stove, and pour in the Guinness and the vegetable broth. Bring to a boil and stir to dissolve all the caramelized bits in the pan. Then pour the liquid over the meat in the crock pot. Cover and cook for 5-6 hours on low setting until the meat is tender. Correct the seasoning if needed. Boil the potatoes just before serving and place 3 in each bowl, then ladle in the stew and sprinkle with chopped fresh parsley.
Serves 6-8

John Wheeler

St. Paul Bread Club 1/30/10

Reuben Chowder

¼ c. butter	2 c. potatoes, diced 1/2"
1-1/2 c. onions, diced ¼"	1-1/2 c. corned beef brisket, diced ¼"
1 c. celery, diced ¼"	1 qt milk
2 qts. Chicken stock	1 c. roux
1 each bay leaves	2 c. sauerkraut
1 tsp. leaf thyme	1 T. worcestershire sauce
1 tsp caraway seeds	Salt and pepper to taste

Melt butter in a soup pot and sauté onions and celery until clear and tender.

Add chicken stock, bay leaves, thyme, caraway seeds, and simmer for 1 hr on low heat.

Add diced potatoes and corned beef and simmer for 20 min.

While potatoes are simmering, heat milk and add roux to make a heavy cream sauce.

Add cream sauce and sauerkraut to soup base and cook for 15 min.

Add Worcestershire sauce.

Adjust seasoning with salt and pepper.

Serve with rye bread toast topped with Swiss cheese. Put under broiler to melt the cheese.

Serves 8 Nutrition Information: 292 calories, 17 g fat, 13 g. protein, 20 g. carbohydrate, 2 g dietary fiber, 56 mg cholesterol, 274 mg sodium

Roux

1# butter

1# flour, weighed, not measured

Melt butter in heavy pot, stir in flour and bake for 1 hr at 375 deg F. Stir the mixture every 15 min. When cooked, it should be golden brown and the consistency of sand.

Use roux at room temp, but store in refrigerator or freezer.

Nutrition Information: 4908 calories, 373 g fat, 51 g protein, 347 g carbohydrates, 13 g dietary fiber, 994 mg cholesterol, 3759 mg sodium

From John Schumacher's "New Prague Hotel Cookbook"

St. Paul Bread Club 1/30/10

Ron's Olive Bread

White bread dough of your choice

Olive oil

3 to 5 different types of olives

(e.g., Italian kalamata, green stuffed with garlic, pimentos, sun dried tomato, etc. I like to go to the olive bar in grocery stores and buy different types.)

Make a white bread dough. Roll out dough into a rectangle, with the short side towards you, using olive oil so the dough will not stick to the rolling pin. Alternating the types of olives, place the olives in row, leaving a one inch border on each side and a 1 ½-inch border along the bottom edge. Roll the short edge over the row of olives. Continue adding rows of olives and rolling the dough over them until a 1 ½-inch border remains at the top edge. Seal the sides and long edge of the roll. Liberally brush the top and sides with olive oil. Do not be sparing with the olive oil.

Place the roll, sealed side down, on a baking or cookie sheet lined with parchment paper. Bake at 375°F for 15 minutes. Lower oven temperature to 350°F and bake until golden brown (~15-20 minutes). Check for doneness by tapping and listening for a hollow sound. An internal temperature of 190°F also indicates doneness. Do not touch the olives with the thermometer probe while measuring the internal temperature.

Let cool on a rack. Cut slices at an angle, as you would a French baguette, to insure getting olives and not just bread in each slice.

Ron Miller

St. Paul Bread Club 1/30/10

Schiacciata con le Cipolle Rosse e Formaggio

Sciacciata with Roasted Red Onions and Cheese

Ingredients

For the starter

½ tsp. dry yeast

⅔ cup water

¾ cup plus 2 tbsp. (125g) unbleached flour

For the dough

1½ tsp. dry yeast

¾ cup (175 ml) water

2¾ cup (375g) unbleached flour

1½ tsp. salt

3 tbsp. olive oil

For the topping

7 oz. (200g) Gruyere, grated

3 red onions, each cut into 8 wedges

2 tsp fresh thyme

4 tbsp. olive oil

1 tsp. coarse salt

1. To make the starter

Sprinkle the yeast into the water. Leave for 5 minutes; stir to dissolve. Add the flour and mix to form a thick batter. Cover with a dish towel and ferment at room temperature for at least 12 and up to 36 hours, until it forms a loose, bubbling batter.

2. To make the dough

Sprinkle the yeast into the water. Leave for 5 minutes; stir to dissolve. Mix the flour and the salt in a large bowl. Make a well in the center, pour in the dissolved yeast and olive oil, then add the starter.

3. Mix in the flour. Stir in the remaining water, as needed, to form a soft, sticky dough. Add extra water, 1 tablespoon at a time, if necessary.

4. Turn out on a lightly floured work surface. Knead the dough until smooth, silky, and elastic, about 10 minutes.

5. Put the dough in a clean, lightly oiled bowl and cover with a dish towel. Let rise until doubled in size, 1½ - 2 hours. Punch down and chafe for 5 minutes, then let rest, about 10 minutes.

6. Roll out the dough on a lightly floured work surface to form a round, 9½ in. in diameter.

7. Place the dough on a lightly oiled baking sheet and cover with a dish towel. Proof until doubled in size, about 30 minutes.

8. To make the topping

Use your fingertips to gently press into the dough to make dimples about ½ in. deep. Scatter an even layer of Gruyere and onion wedges on top of the dough, then sprinkle with the thyme, oil, and salt.

9. Bake in the preheated oven for 30 minutes, until puffed and the topping is crisp. Cool slightly on a wire rack. Cut into wedges and server while still warm. It is also good at room temperature.

From *Ultimate Bread*, by Eric Treuille and Ursula Ferrigno (1998), page 108

David S. Cargo

St. Paul Bread Club meeting 1/30/10

Spicy Southwestern Soup

3 c. Spicy Southwestern Soup mix
2 cans vegetable broth
1 can chicken broth
6 c water
½ c. white rice
1# shredded pork, cooked
Juice of 2 limes
½ c. cilantro, chopped, packed

Note :

This is the soup mix I used <http://www.northbaytrading.com/spicy-southwestern-soup/>
They sell it in bulk at River Market Coop in Stillwater, I would guess other Twin cities coops carry it also.
Next time I would make it with 3 ½ c. mix and all chicken broth.

Mary Jo Boyle
St. Paul Bread Club meeting 1/30/10

Sweet Potato Corn Chowder

12 ounces kielbasa -- 1/2" cubes
1 cup celery -- chopped
1 cup onion -- chopped
1 tablespoon garlic -- fresh, minced
3 tablespoons flour -- white
1 1/2 teaspoons ground cumin
1 1/2 teaspoons chili powder
1 teaspoon cajun seasoning
6 cups chicken broth
16 ounces corn -- frozen
2 cups sweet potato -- 1/2" cubes
12 ounces chicken breast -- cooked, cubed
1 cup heavy whipping cream
1 teaspoon black pepper -- freshly ground

In a 6 qt. Dutch oven, brown sausage over med heat for 5 min.

Add onion, celery, garlic. Cook and stir for 5 min.

Stir in flour, cumin, chili powder, Cajun seasoning. Cook and stir 2 min more.

Stir in broth. Bring to boiling.

Add the frozen or fresh corn, peeled and cubed sweet potato and the chicken. Return to boiling; reduce heat. Simmer the chowder, covered, about 20 min. or until sweet potatoes are tender.

Stir in the cream and pepper; heat through.

Yield: 20 cups Serving size = 1 cup

Per Serving (excluding unknown items): 160 Calories; 11g Fat (61.1% calories from fat); 8g Protein; 8g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 446mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

NOTES : I often omit the cumin.

1 cup = 4 Weight Watcher points

Pat Roberts
St. Paul Bread Club 1/30/10

Tassajara Yeasted Bread

1. 3 Cups lukewarm water
2 pkgs dry yeast
1/4 Cup brown sugar
1 cup dry milk
2 eggs, beaten
2 cups unbleached white and 2 cups whole wheat flour

11. 2 teaspoons salt
1/3 cup melted butter (unsalted can be used)
3 cups grated Cheddar (or other strong flavored) cheese
3-5 cups whole wheat flour as required to form the dough and need it. (Mix white and wheat if you want)

Proceed with these directions, stirring in the beaten eggs after the dry milk, and folding in the grated cheese after the salt and butter.

Dissolve the yeast in the water

Stir in sweetening and dry milk.

Stir in the 4 cups white and wheat to form a thick batter.

Beat well with a spoon (100 Strokes)

Let rise 45 minutes

Fold in the salt and butter

Fold in the additional 3 to 5 cups of flour until the dough comes away from the sides of the bowl.

Knead on a floured board, as needed to keep the dough from sticking to the board, about 10 minutes, until the dough is smooth.

Let rise 50-60 minutes until doubled in size.

Punch down

Let rise again 40-50 minutes until doubled in size.

Shape into loaves and place in pans.

Let rise 20-25 minutes.

Brush tops with egg wash (optional)

Bake in a 350 oven for 1 hour, or until golden brown.

Remove from pans and let cool---or eat right away.

If you like a lighter bread (and quicker risings use another packet of yeast.

For the 3 cups of flour in the second part of the recipe, you can substitute the following ingredients, rye flour, rolled oats, cornmeal, millet meal or whole millet, wheat bran, wheat germ, rice flour, barley flour or soy flour. don't add more than 1 or 2 other flours or else the taste will be too diluted.

Howard Cutts

St. Paul Bread Club 1/30/10

Cream Cheese Tomato Soup

Ingredients:

2 TBSP butter
1/2 cup finely diced onions (or more)
6 oz. Cream cheese
2 cans (11 oz. ea.) tomato soup
3 cups milk
2 cans (14 oz. ea.) diced tomatoes
2 tsp basil
1 TBSP chopped parsley

Method:

Melt butter in medium saucepan and gently sauté the onions until tender, approximately 3 - 5 minutes. Add the cream cheese, stirring while it melts. Do not let it burn. Mix in the tomato soup until incorporated. Turn off the heat. Add the milk slowly, mixing well. Return to heat to continue cooking. Add diced tomatoes, juice and all, and the basil. Stir and heat until hot. Add parsley, or sprinkle the parsley on top of each bowl when serving.

Makes about 8 servings.

Submitted by Martha & Jon Heisel
St. Paul Bread Club meeting on 01-30-10
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Vegetable Stew

1 can stewed tomatoes (16 oz.)
1 can kidney beans
12 oz. frozen corn
1 c. shredded cabbage
1/2 c. pasta
1 T. Italian seasoning
2 tsp. dill weed
2 vegetable cubes
1-1/4 c. water
1 clove garlic, chopped

Notes: This is not an exact science. Frequently I add a larger size of stewed tomatoes and other vegetables. Place all the ingredients in a 4 qt. pot. Cook for 20 minutes. . You can add grated Parmesan cheese on top. I don't always add pasta. Sometimes I use leftover pasta. This time I used a new brand and they expanded unbelievably. They also soaked up most of the liquid during the time I drove it to St. Agnes.

Marcia Wertheimer
St. Paul Bread Club meeting 1/30/10

Whole Pea Soup

This is a comfort food for me. My grandmother used to make it and, after we got engaged, I told my wife she needed to get Grandma to tell her how to make this soup. I think Grandma was a bit surprised. Grandma insisted that it had to be whole peas, since the split ones turned to mush. Sorry, but not a lot of measurements.

1 Pound of dried whole peas
2 Pounds of beef roast
Diced Carrots
Diced Celery
Diced Potatoes

Soak the dried peas overnight in water. Add the roast, carrots, celery, and potatoes. Cook in a slow cooker until everything is tender. Shred the roast. Salt and pepper to taste.

This is best served with drop dumplings. Grandma used Bisquick, but I have the following recipe from Betty Crocker:

1 1/2 Cups all-purpose flour
2 teaspoons baking powder
3/4 teaspoon salt
3 Tablespoons shortening
3/4 Cup milk

Measure flour, baking powder, and salt into a bowl. Cut in shortening thoroughly, until mixture looks like meal. Stir in milk.

Drop dough by spoonfuls onto hot vegetables in the soup. Cook uncovered 10 minutes. Cover and cook another 10 minutes or until the dumplings are fluffy.

Bill Middeke
St. Paul Bread Club 1/30/10