

BREAD AND SOUP RECIPES

FROM

ST. PAUL BREAD CLUB MEETING

ON

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Table of Contents

100% WHOLE WHEAT FLAX BREAD	3
Submitted by Paul Stevens.....	3
CRACKED WHEAT & BUTTERMILK DINNER ROLLS	4
Submitted by Marlin Pierson	4
HERB BATTER BREAD.....	6
Submitted by Martha Heisel	6
JAMAICA HILTON BANANA BREAD	7
Submitted by Judy Nyagiro	7
MILK BREAD.....	8
Submitted by David S. Cargo	8
MULTIGRAIN BREAD EXTRAORDINAIRE	9
Submitted by Howard Cutts.....	9
RYE.....	11
Submitted by Ron Miller	11
SUPPLEMENTED COUNTRY LOAF.....	12
Submitted by Peter Glick.....	12
TEXAS MOPPIN' ROLLS	13
Submitted by John Perhay	13
CARIBBEAN PUMPKIN AND BLACK BEAN SOUP.....	14
Submitted by Judy Nyagiro	14
CURRIED COUSCOUS, SPINACH & TOMATO SOUP	15
Submitted by Susan Steger Welsh.....	15
JACK'S CARROT AND GINGER SOUP.....	16
Submitted by Jack (?).....	16
LENTIL SOUP	17
Submitted by Marcia Wertheimer.....	17
SAUSAGE TORTELLINI SOUP.....	18
Submitted by Pat Roberts.....	18
SAUSAGE, SAUERKRAUT AND POTATO SOUP	19
Submitted by MaryJo Boyle	19
TACO SOUP	20
Submitted by Char Johnson	20

100% WHOLE WHEAT FLAX BREAD

Submitted by Paul Stevens

Whole Wheat Flour	2 lbs. 8 oz.
Flax Meal	7 oz.
Water	2 lbs. 2 oz.
Vital Wheat Gluten	2 oz.
Salad Oil	1/2 oz.
Salt	1 oz.
Honey	4 oz.
Active Dry Yeast	2 tablespoons + 1/2 teaspoon

Dissolve yeast in 8 oz. of the water.

Add remaining ingredients.

Mix dough to full development.

Cover dough and let rest for 30 minutes.

Divide into desired sized units.

Cover and let rest for 15 minutes.

Mold into loaf shapes and place in greased pans.

Cover and give full proof.

Bake in a pre-heated 360 degree oven.

CRACKED WHEAT & BUTTERMILK DINNER ROLLS

Submitted by Marlin Pierson

Makes: 40 dinner rolls
Total Time: 28 hrs
Category: Yeast Dinner Rolls

Ingredients:

1 cup cracked wheat
1 cup (8 oz.) boiling water

1 cup (8 oz.) buttermilk
4 tsp (1 oz.) salt (29 g.)
1/2 cup sugar (100 g.)
6 tbsp. melted butter
2 packets (1/2 oz.) active dry yeast (15 g.)
1/2 cup (4 oz.) warm water (~ 115 ° F.)
955 g. bread flour, separated (410g., 545g.)
2 large eggs (unbeaten)

2 oz. rye sourdough (optional)

1 large egg + 1 tbsp. water (for egg wash)

Preparation

Evening of day 1:

Combine 1 cup boiling water with 1 cup cracked wheat and let soak for at least 1 hour. Gather the remaining ingredients while the cracked wheat is soaking. Measure 410 grams of flour in a small bowl and 545 grams of flour in another small bowl.

Melt the butter and let it stand to ensure it isn't too warm (less than 110 ° F.).

Dissolve the yeast and 1 tsp. sugar in 1/2 cup warm water (~ 115 ° F.) and let stand for 5 minutes (proofing the yeast).

In a large bowl, combine buttermilk, salt, remaining sugar, and yeast mixture. Add soaked cracked wheat, 410g flour and the optional sourdough, beating until incorporated and fully hydrated. Mix in melted butter. Then mix in 2 unbeaten eggs, one at a time. Mix in 535g more flour. Roll the dough out onto the counter and knead the dough, adding remaining 10g flour slowly until the dough is tacky but not sticky (add more flour if required). Continue kneading gently until the dough is smooth and elastic and passes the window pane test. If it tears easily, continue kneading until it passes the window pane test. Knead gently as the cracked wheat can cut the gluten.

Put one tablespoon of vegetable oil in a large bowl and with the ball of dough, spread the oil around the inside of the bowl. Turn the dough oiled side up in the bowl and cover. Let the dough rise until no more than double in size then punch it down. Cover the bowl and refrigerate overnight to get the most flavors from the flours.

Evening of day 2:

Take the dough out of the refrigerator and let the dough warm to room temperature to let the gluten relax for scaling. Shape the rolls and place on parchment paper on a cookie sheet. I take 50 grams of dough and form the rolls. Lightly spray the rolls with vegetable cooking spray (example, Pam) and cover with plastic wrap. Let the rolls rise until double in size. I preheat the oven for about 1 minute or until I can just hold my hand on the oven shelf. I then turn on the oven light (to maintain the temperature) and let the rolls rise.

Preheat your oven to 400 degrees F. with the shelf in the middle of the oven.

Combine the remaining egg and 1 tablespoon of water to make the egg wash. Lightly brush the egg wash on rolls just prior to baking.

Notes

Bake at 400 degrees F. for 8 minutes, or until done. Using an instant read thermometer, the internal temperature should be around 185 - 195 degrees F.

To perform the window pane test, you pinch or cut off a small amount of dough. Stretch it a little at a time turning a quarter turn then stretching again, etc. You should be able to stretch it far enough that you can see light through it without the dough tearing. If the dough tears easily, continue kneading a few more minutes and try the test again.

Not all cracked wheat is cracked equally. I use cracked wheat from Homestead Mills (Cook, MN) as it is cracked finer than other brands. I have used Red Mill cracked wheat but run it through a coffee grinder set on the coarsest grind to get the results that I like.

HERB BATTER BREAD

Submitted by Martha Heisel

1 cup warm water
2 packages dry yeast
2 Tablespoons sugar
1 cup milk, scalded & cooled to lukewarm
4 ½ cups flour (2 cups + 2 ½ cups)
1 Tablespoon salt
1 ½ teaspoons crushed basil (dry)
1 ½ teaspoons crushed tarragon (dry)
1 ½ Tablespoons crushed dry parsley (or about 3 Tablespoons chopped fresh parsley)

In a large mixing bowl, sprinkle yeast and sugar over warm water; let stand until dissolved. Add cooled milk (lukewarm), salt, herbs, and 2 cups flour; mix thoroughly. Add rest of flour (2 ½ cups) and stir until mixed. Cover and let rise about 45 minutes in a warm spot. Stir down and put dough in a greased 9-inch metal pie pan. Cover (I invert my mixing bowl over the pie pan as the dough needs room to rise in the pie pan), and let rise again before baking (this second rising will be less than 45 minutes). Bake at 375° F. for about 30 minutes.

Makes 1 round loaf.

Variation: Add garlic powder, or other herbs and/or chopped walnuts (if using nuts, add just after the first rising).

JAMAICA HILTON BANANA BREAD

Submitted by Judy Nyagiro

1 large or 1 ½ medium bananas – not over ripe
2/3 c. sugar
1 1/3 c. flour
1 egg plus 1 egg yolk
½ c. milk
Dash salt
1 ½ tsp. baking soda
¼ c. plus 2 tsp. vegetable oil
¼ tsp. lemon extract
¼ tsp. vanilla extract

Preheat oven to 325° F.

Slice bananas and put them, along with the sugar, in a mixer bowl and blend at medium speed. When they are well mixed, add the flour and beat. Add the egg and yolk and beat at low speed until the mixture is uniform. In a small bowl, combine milk, salt and baking soda; stirring until soda is dissolved. Add to banana mixture and mix. Add the oil, lemon, almond and vanilla extracts and mix again until uniform. Pour and scrape into prepared pan and bake for about 45-50 minutes (until a toothpick inserted into the center comes out moist but clean). Don't overbake. Cool in pan on rack 10 minutes before removing from pan.

MILK BREAD

Submitted by David S. Cargo

1 ¼ cups half-and-half or milk
1 teaspoon sugar
1 package active dry yeast
3 ½ cups bread flour
1 teaspoon salt

Heat half-and-half over low heat to lukewarm. Pour into mixing bowl, and add sugar and yeast. Wait 5 minutes for yeast to foam.

Add 2 cups flour and salt, and mix thoroughly. Add more flour until a smooth dough forms. If necessary, dribble in water until dough comes together. Knead for 10 minutes or until smooth and springy. Place in an oiled bowl, turning to coat top. Cover with plastic wrap and let rise until doubled, about 1 hour.

Punch down dough, and turn out onto a lightly floured surface. Press gently into an oval or rectangle; fold in long sides, and pinch together to form a smooth cylinder. Place seam side down in a buttered bread pan, cover with a cloth, and put in a warm place to rise until doubled, about 1 hour. Preheat oven to 375° F. Bake for 30 minutes or until loaf sounds hollow when thumped on bottom. Remove from pan, and cool on wire rack.

Makes 1 loaf.

Per slice (based on 10): 210 Calories, 7 g. Protein, 37 g. Carbohydrates, 5 g. Total Fat, 3 g. Saturated Fat, 10 mg. Cholesterol, 250 mg. Sodium, 1 g. Fiber. Calories from fat: 19 percent.

MULTIGRAIN BREAD EXTRAORDINAIRE

Submitted by Howard Cutts

Makes one 2-pound loaf or 6 to 12 rolls

SOAKER

3 tablespoons (1 ounce)	coarse cornmeal (also packaged as “polenta”), millet, quinoa, or amaranth
3 tablespoons (.75 ounce)	rolled oats or wheat, buckwheat, or triticale flakes
2 tablespoons (.25 ounce)	wheat bran
¼ cup (2 ounces)	water, at room temperature

DOUGH

3 cups (13.5 ounces)	unbleached high-gluten or bread flour
3 tablespoons (1.5 ounces)	brown sugar
1 ½ teaspoons (.38 ounce)	salt
1 tablespoon (.33 ounce)	instant yeast
3 tablespoons (1 ounce)	cooked brown rice
1 ½ tablespoons (1 ounce)	honey
½ cup (4 ounces)	buttermilk or milk
¾ cup (6 ounces)	water, at room temperature

About 1 tablespoon poppy seeds for topping (optional)

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- 1. On the day before making the bread, make the soaker.** Combine the cornmeal, oats, and bran with the water in a small bowl. The water will just cover the grain, hydrating it slightly. Cover the bowl with plastic wrap and leave it at room temperature overnight to initiate enzyme action.
 - 2. The next day, to make the dough,** stir together the flour, brown sugar, salt, and yeast in a 4-quart bowl (or in the bowl of an electric mixer). Add the soaker, rice, honey, buttermilk, and water. Stir (or mix on low speed with the paddle attachment) until the ingredients form a ball. Add a few drops of water if any of the flour remains separate.
 - 3. Sprinkle flour on the counter,** transfer the dough to the counter, and begin to knead (or mix on medium speed with the dough hook). Knead for about 12 minutes (or mix for 8 to 10 minutes on medium-low speed), sprinkling in flour if needed to make a dough that is soft and pliable, tacky but not sticky. The individual ingredients will homogenize into the greater dough, disappearing to an extent, and the dough will smooth out and become slightly shiny. (If you are using an electric mixer, hand knead the dough for a minute or two at the end.) The dough should pass the windowpane test and register 77° to 81°F. Lightly oil a bowl and transfer the dough to the bowl, rolling it around to coat it with oil. Cover the bowl with plastic wrap.
 - 4. Ferment at room temperature for 90 minutes,** or until the dough doubles in size.
 - 5. Remove the dough from the bowl** and press it by hand into a rectangle about ¾ inch thick, 6 inches wide, and 8 to 10 inches long. Form it into a loaf, or into another desired

shape. Place the loaf into a lightly oiled 9 by 5-inch loaf pan, or onto a sheet pan lined with baking parchment if you are making rolls or freestanding loaves. Mist the top of the dough with water and sprinkle on the poppy seeds. Mist again, this time with spray oil, and loosely cover the dough with plastic wrap or a towel.

6. Proof for approximately 90 minutes, or until the dough nearly doubles in size. If you are using a loaf pan, the dough should crest fully above the lip of the pan, doming about 1 inch above the pan at the center.

7. Preheat the oven to 350°F with the oven rack on the middle shelf.

8. Bake for about 20 minutes. Small rolls probably will be finished at this point. For everything else, rotate the pan 180 degrees and continue baking for another 15 minutes for freestanding loaves and 20 to 40 minutes for loaf-pan bread. The bread should register at least 185° to 190°F in the center, be golden brown, and make a hollow sound when thumped on the bottom.

9. When the loaves are finished baking, remove them immediately from the pans and cool on a rack for at least 1 hour, preferably 2 hours, before slicing or serving.

BAKER'S PERCENTAGE FORMULA

Multigrain Bread Extraordinaire %

SOAKER

Cornmeal	50.0
Rolled oats	37.5
Wheat bran	12.5
Water	100.0
Total	200.0

DOUGH

Soaker	29.6
High-gluten flour	100.0
Brown sugar	11.1
Salt	2.8
Instant yeast	2.4
Brown rice	7.4
Honey	7.4
Buttermilk	29.6
Water	44.4
Total	234.7

RYE

Submitted by Ron Miller

2 cups whole wheat flour
2+ cups bread flour
5 cups water
1 heaping Tablespoon salt
1 Tablespoon honey
½ cup vinegar
1 cup rye flour
2 cups pumpernickel flour
¼ teaspoon dry yeast
Caraway seeds
1 cup sour dough

Night before, or 6 to 8 hours before baking, make a “poolish” (starter) with yeast, 2 cups water, 1 cup sour dough, 2 cups whole wheat flour, yeast, and honey. Cover and let sit in a draft free place. Mix in balance of water and vinegar. Add in rye flour and pumpernickel, then the bread flour, one cup at a time until it balls up. Add salt. Roll out onto a flat, clean surface, knead in caraway seeds and knead in additional flour, as needed. Must be very sticky. Place in a covered bowl and let rise approximately 1 hour. Knead in additional flour, cover and let rise about 45 minutes to 1 hour. Knead out air bubbles. Form and place on baking sheets or baking stone. Let rise for approximately 30 to 45 minutes or until nearly double in size. Makes 2 to 3 large, or 4 small, breads. Preheat oven, bake 20 minutes at 375° F., 20 59 25 minutes at 350° F. Should sound hollow when tapped on bottom when done.

SUPPLEMENTED COUNTRY LOAF

Submitted by Peter Glick

½ cup rye flour
½ cup oat bran
½ cup cracked wheat
1 egg
2 cups water
1 or 2 teaspoons thyme
1 tablespoon salt
2 tablespoons & ½ teaspoon quick rise dry yeast
4 to 5 cups all-purpose flour

Stir into mixing bowl the rye flour, cracked wheat, oat bran, egg, salt, thyme, 1 cup all-purpose flour and water. Add ½ teaspoon yeast, and add up to a second cup of flour, ½ cup at a time. When the mixture is sticky, but not watery, cover bowl with wet cloth and leave overnight. Do not need to refrigerate.

Next day stir mixture, adding in rest of the yeast. Knead for 10 to 15 minutes. Form bread into ball and let rise to double in size in bowl. Then punch down dough gently, remove from bowl and flatten, letting it rest a few minutes. Reform bread into a ball and knead for about ½ minute. Shape the bread into a ball for 2nd rising. When doubled in size, paint surface with water and sprinkle heavily with sesame seeds. Score the loaf and place in a 400 degree oven for 30 to 40 minutes.

TEXAS MOPPIN' ROLLS

Submitted by John Perhay

A roll with a little attitude!

Servings: 12

2 packages Active Dry Yeast
1 teaspoon honey
2 cups lukewarm water
1 teaspoon salt
1 1/2 teaspoons crushed red pepper
1/2 cup minced onion
1 cup shredded Monterey Jack cheese
1/2 cup shredded Cheddar cheese
1 1/2 teaspoons malt powder, optional
6 1/2 cups all-purpose flour, divided (6 1/2 to 7)

Combine yeast, honey and warm water in large bowl; stir until completely dissolved. Add salt, hot red pepper flakes, onion, Monterey Jack cheese and Cheddar cheese; stir until thoroughly mixed. Add 6 cups of the flour, 2 cups at a time, and malt; mixing after each addition until the flour is completely incorporated.

Turn out dough onto a lightly floured surface. Knead 6 to 8 minutes, adding enough of remaining flour to form a fairly stiff dough. Rinse and dry the bowl, then oil surface of dough and place dough in bowl. Cover with a clean, dry cloth and let rise in a warm, draft-free place about 1 hour, or until doubled.

Punch down dough. Knead briefly to expel large air bubbles. Divide dough into 12 equal pieces. Roll each piece into a fat oval. Place rolls in a lightly greased 13x9x2-inch baking pan (three rolls across, four down). Let rise about 20 minutes, or until nearly doubled.

While rolls are rising, preheat oven to 375 degrees F. Place baking pan on middle rack of oven and bake 35 to 40 minutes, or until top crust is browned. Remove rolls from pan and let cool on racks.

Serving Ideas: Great with a hearty soup or chili!

Based on recipe from Cooking with Father Dominic – PBS TV Series

CARIBBEAN PUMPKIN AND BLACK BEAN SOUP

Submitted by Judy Nyagiro

1 tsp. ground cumin
1 - 15oz. can pure pumpkin puree
1 - 15 oz. can black beans, drained
1 - 12 oz. can light unsweetened coconut milk
1 - 15 oz. can of vegetable (or chicken) broth
4 tbsp. chopped fresh cilantro, divided
2 tsp. lime juice
3/4 tsp. grated lime peel (zest)
Salt – to taste
Pepper – to taste

Stir cumin in medium saucepan over medium heat for 30 seconds. Add pumpkin, beans, coconut milk, broth and 2 tbsp. cilantro.

Bring soup to boil, stirring constantly.

Reduce heat to medium low and simmer 3 minutes to blend flavors. Mix in lime juice and zest. Season with salt and pepper. Use remaining cilantro as garnish.

I usually triple this recipe.

CURRIED COUSCOUS, SPINACH & TOMATO SOUP

Submitted by Susan Steger Welsh

Israeli couscous is toasted semolina pasta; each grain is about half the size of a green pea. Even in hot soup, this kind of couscous retains al dente firmness for a long time. I find it at Mississippi Market co-op.

1 teaspoon olive oil
1 teaspoon butter
1 cup finely chopped onion
1/2 cup uncooked toasted Israeli couscous
1 1/2 teaspoons curry powder
1/4 teaspoon salt
1 garlic clove, minced
14 oz can diced tomatoes
4 1/2 cups turkey or chicken stock
1 (6-ounce) package fresh baby spinach

Melt butter & oil in a large saucepan over medium-high heat. Add onion and sauté 3 minutes. Add couscous, curry, salt, and garlic; sauté for 3 minutes. Add tomatoes and stock, and bring to a boil. Reduce heat and simmer 7 minutes or until the couscous is almost tender. Stir in spinach, and cook for 2 minutes or just until spinach wilts.

Yield: 4 servings (serving size: 1 1/2 cups)

CALORIES 339(15% from fat); FAT 5.8g (sat 1.5g,mono 1.9g,poly 1.3g);
PROTEIN 18.6g; CHOLESTEROL 21mg; CALCIUM 64mg;
SODIUM 486mg; FIBER 4.8g; IRON 3.3mg; CARBOHYDRATE 55.1g
Adapted from Cooking Light, NOVEMBER 2003

JACK'S CARROT AND GINGER SOUP

Submitted by Jack (?)

I love soup and have it at least once a day, sometimes twice. My mother made delicious soup, and her specialty was carrot soup. Her recipe, which follows, is my favorite...

1 medium onion, diced
4 garlic cloves, minced
2 Tablespoons olive oil
2 pounds carrots, cut into 1 inch chunks
2 Tablespoons gingerroot, peeled and chopped
1 quart chicken stock, defatted
Plain yogurt and sesame seeds for garnish

Sauté the onion and garlic in oil for five minutes. Add carrots, cover and cook for 15 minutes. Add half of the ginger and all of the stock. Simmer 15 minutes. Add the rest of the ginger. Purée soup in a food processor or blender. Pour into bowls and garnish with yogurt and sesame seeds. Serves six.

LENTIL SOUP

Submitted by Marcia Wertheimer

¼ cup olive oil	Heat
2 large chopped onions	
2 carrots, chopped	Add to oil and sauté 3 to 5 minutes
½ teaspoon dried thyme	
½ teaspoon marjoram leaves	Add and sauté 1 minute more
3 cups stock or seasoned water	
1 cup dry lentils, washed	
Salt to taste	
¼ cup parsley, chopped	
1 pound canned tomatoes with liquid	
½ teaspoon kelp	Add to sautéed mixture. Cook in covered pot until lentils are tender (about 45 minutes)
¼ cup sherry	Add
2/3 cup Swiss cheese, grated	Place 3 Tablespoons grated cheese in each serving bowl and top with soup. Good with corn muffins.

SAUSAGE TORTELLINI SOUP

Submitted by Pat Roberts

1# Italian sausage, browned, drained
1 c. chopped onion, sautéed
2 cloves garlic, minced, sautéed

5 c. beef broth
16 oz. can diced tomatoes
1 c. sliced carrots
½ tsp. basil
½ tsp. oregano
8 oz. tomato sauce

Add to meat

Bring to boil and simmer uncovered for 30 min. Cool. Skim off fat.

1-2 cans green beans with juice
1 T. parsley
½ c. chopped green pepper

Simmer, covered, for 30 min.

19 oz. tortellini

Add and cook 15-20 min.

Sprinkle with Parmesan cheese.

May want to add only enough tortellini for the servings.

SAUSAGE, SAUERKRAUT AND POTATO SOUP

Submitted by MaryJo Boyle

This is my version of a recipe from Emeril Lagasse off the Food Network website.

1 pound kielbasa, diced
1 large onion, finely chopped
2 ribs celery, finely chopped
4 cloves of minced garlic
12 oz bottle of hard cider (I used Woodchuck Amber)
1 (32-ounce) jar sauerkraut, drained and rinsed briefly with cold water
8 cups canned low-sodium chicken broth
4 or 5 large potatoes, peeled and cubed (I used Yukon Gold potatoes)
2 Tbsp. caraway seeds
2 Tbsp. Dijon mustard
1/2 teaspoon freshly ground black pepper

Heat a large soup pot over medium-high heat and add the sausage. Cook until the sausage is caramelized and the fat is rendered, 4 to 6 minutes. Add the onions and celery and cook, stirring occasionally, until vegetables are soft and lightly browned, about 4 minutes. Add the garlic and cook, stirring, for 1 minute. Add the cider and cook until almost completely reduced. Add the sauerkraut, broth, potatoes, caraway seeds, and pepper and bring to a boil. Reduce the heat to a low simmer and cook, stirring occasionally, until potatoes are tender, 45 minutes to 1 hour. Add Dijon, taste and adjust the seasoning, if necessary.

TACO SOUP

Submitted by Char Johnson

2 lbs. ground beef
2 cups diced onions
2 (15 1/2 oz.) cans pinto beans
1 (15 1/2 oz.) can kidney beans
1 (15 1/4 oz.) can whole kernel corn
1 (14 1/2 oz.) can Mexican style stewed tomatoes
1 (14 1/2 oz.) can diced tomatoes with chilies
2 (4 1/2 oz.) cans diced green chilies
1 (4.6 oz.) can black olives, sliced, optional
1/2 cup diced green olives, optional
1 (1 1/4 oz.) package taco seasoning mix
1 (1 oz.) package ranch salad dressing mix

Corn chips, for serving
Grated cheese, for garnish
Sour cream, for garnish
Chopped green onion, for garnish
Pickled jalapenos, for garnish

Brown ground beef and onions in a large skillet; drain the excess fat, then transfer the meat and onions to a slow cooker or a stockpot. Add the beans, corn, tomatoes, green chilies, black olives, green olives, taco seasoning, and ranch dressing mix and cook 6 to 8 hours in the slow cooker or simmer over low heat for 1 hour on the stove. To serve, place a few chips in each bowl and ladle soup over them. Top with sour cream, cheese, green onions and jalapenos.