

St. Mary's

County

'Fare'



**“STAFF OF LIFE”
(BREADS)**



BASIC WHITE ROLLS

Maude Lawrence
Temp: 375°
Time: See Below
Yield: 4 doz.

2 c. scalded milk
1/2 c. butter or shortening)COMBINE, cool to lukewarm.
1/3 c. sugar
1 t. salt

2 cakes compressed yeast)CRUMBLE yeast and add to water.
1/4 c. lukewarm water

2 eggs, well beatenCOMBINE with above ingredients.

6 c. sifted flour (about)ADD part of flour, beat until
smooth. Work in rest of flour.
Knead until smooth. Place in a
greased bowl, cover and let rise
in a warm place until doubled.
Shape into rolls. Place in
greased pan.

Melted butterBRUSH tops of rolls, cover, let
rise until light, about 45 min.
Bake.

Sotterley

NO-KNEAD ROLLS



Veronica Hill
Temp: 400°
Time: 15 min.
Yield: 4 doz.

2 c. buttermilkHEAT to lukewarm.

1 pkg. dry yeastDISSOLVE yeast into above.

5 c. flour

3 T. sugar

1 t. salt

1/4 t. baking powder

1/4 t. soda

)MIX together.

4 T. shorteningCUT into above dry ingredients.
Add buttermilk, yeast mixture
and mix well. Cover and store
in refrigerator (overnight preferably)
until ready to use. About 1 1/2 hrs.
before serving, shape and let rise.

BAKE until brown.

BASIC SWEET DOUGH



Grace Loffler

Temp: See Below

Time: See Below

Yield: 6 doz. doughnuts,
5 doz. buns,
or 5 coffee cakes

2 pkgs. dry yeast)
1/2 c. warm water)COMBINE &
set aside.

2 c. milk)
1 c. sugar)COMBINE and heat to lukewarm (until
1 c. margarine or butter)margarine melts and sugar dissolves).
1 t. salt)

8 c. flour)
Grated rind of 1 lemon)MIX together with above liquids,
4 eggs)adding yeast last. Knead until dough
shows little blisters. Allow to
rise 1 1/2 hrs. or until double.
May be shaped then or punched down and
allowed to rise again.

SEE NEXT PAGE FOR DIRECTIONS FOR MAKING DOUGHNUTS, BUNS, AND COFFEE CAKES.

Basic Sweet Dough continued -

DOUGHNUTS: Roll to 1/2" thick and cut with doughnut cutter. (Holes may be put aside for coffee cake). Place doughnuts on waxed paper covered trays to raise until doubled. Fry in hot Wesson or corn oil (375° - being careful not to prick doughnuts with fork when turning). Remove when golden brown, drain on paper towels. While still very hot, dip in glaze and cool on cake rack.

Glaze: 1 lb. 10X sugar, 2 T. vanilla. Add enough lukewarm water to make the consistency of honey.

BUNS: Cut off section of dough. Roll into rectangle. Spread with melted margarine and sprinkle with a cinnamon-sugar mixture. Sprinkle with chopped nuts. Roll up tightly, jelly-roll style, beginning at wide side. Seal well by pinching edges of roll. Cut into 1" slices. Place slices a little apart in a greased round pan that has been sprinkled lightly with brown sugar and nuts. Cover. Let rise in warm place until doubled (about 1 hr.) Bake about 20 min. at 350°.

COFFEE CAKE: Shape doughnut holes into balls. Drop in pan of melted margarine, then in a cinnamon-sugar mixture. Place in round greased cake pan that has been lightly sprinkled on bottom with brown sugar and chopped nuts. Let rise until double. Bake at 350° for 20 min.

ORANGE ROLLS

Virginia Shilling

Temp: 400°F.

Time: See below

Yield: 2 doz.

1 pkg. active dry yeast or
1 cake compressed yeast)SOFTEN yeast in lukewarm water.
1/4 c. water) Set aside.

1 c. milk, scalded)
1/2 c. shortening)COMBINE. Cool to lukewarm.
1/3 c. sugar)
1 t. salt)

2 c. sifted flourSTIR into milk mixture. Beat well.

2 eggsADD one at a time. Beat well after each.

STIR in softened yeast.

2 T. grated orange peel)
1/4 c. orange juice)STIR in.

3 to 3 1/2 c. sifted flourADD to make soft dough. Cover, let
stand 10 min.

Knead dough 5-10 min. on lightly floured surface until smooth & elastic. Place in
lightly greased bowl, turning once to grease surface. Cover. (over)

Orange Rolls continued -

Let rise in warm place till double (about 2 hrs.). Punch down. Divide dough in half. Cover let rest 10 min. Roll each half in a 12x9" rectangle, 1/4" thick. Spread with Orange filling.

ORANGE FILLING

1/2 c. sugar
1/2 c. chopped walnuts
1 T. grated orange peel
1/4 c. melted butter

)COMBINE. Spread on dough rectangles.

ROLL up jelly roll style. Seal edge.
Cut into 1" slices.

PLACE cut side down in greased muffin
pans. Cover, let rise in warm place
till nearly double, (1 hr.).

BAKE 12 min. or until done and golden
brown. Remove from pans and serve
warm.

HINT: For pretty spirals, give bottom of each roll a poke in the center before placing in pan.

WHOLE WHEAT REFRIGERATOR ROLLS

Grace Loffler
Temp: 375-400°
Time: 20 min.
Yield: 36 rolls

2 pkgs. dry yeastDISSOLVE as directed on package.

1/2 c. warm water
1 T. honey or brown sugar)ADD to above and let stand 10 min.

1 c. lukewarm milk
1/3 c. corn oil
1/3 c. brown sugar or honey)COMBINE, add yeast mixture.
2 eggs, well beaten
2 t. salt

4-5 c. unsifted whole wheat flourADD, mixing well.

This is a sticky dough at this stage. Place in refrigerator overnight or several hours. Take from refrigerator 2 hours before rolls are to be served. Knead when it has reached room temperature. Roll out and shape into rolls. Allow to rise approximately 1 hr. Bake.

CORN MEAL MUFFINS

Temp: 400°
Time: 15 min.
Yield: 2 doz. lg.

1 cake compressed or 1 pkg. dry yeast)
1/4 c. lukewarm water)SOFTEN yeast in water.

2 c. milk, scalded)
1/2 c. shortening)POUR milk over shortening, sugar
1/2 c. sugar) and salt. Stir occasionally
1 T. salt) until shortening melts. Cool to lukewarm.

1 c. flour)
2 eggs)BEAT in.

1 c. enriched cornmealSTIR in along with yeast.

2 c. flourBEAT in & beat 2 min. or 300 strokes.

1 1/2 c. flourBEAT in by hand (batter will be thick.)

Cover, let rise until double, about 1 hr. Stir batter down, spoon into greased muffin cups, filling about 2/3 full. Cover, let rise until double, bake, brush with butter.

Sotterley

MAUDE'S BISCUITS



Maude Lawrence

Temp: 425°

Time: 12-15 min.

Yield: 100 lg.

4 lbs. self-rising flour (4 qts.))
1 1/2 c. dry milk)MIX together in a large bowl.

1 lb. 10 oz. shortening (Crisco)CUT into dry ingredients.

1 1/2 qts. waterADD to above and knead gently together until all is moistened.
Roll out on well-floured board.
Cut out.

1/2 c. margarine, meltedBRUSH tops with melted margarine.
Bake. Split & butter while hot.

- HINTS:
1. When cutting miniature biscuits for receptions, use same cutter to cut ham for attractive appearance.
 2. Biscuit mix may be prepared ahead, all but adding the water. Mix can be kept in refrigerator several days and water added just before baking.

Sotterley

CORN FRITTER PUFFS



Grace Loffler
Yield: about 40

2 c. flour
1 T. baking powder
1/2 t. salt
1 T. sugar

)SIFT together.

1 egg, lightly beaten
1 T. melted butter or margarine
1 c. milk
1 1/2 c. drained, whole kernel
corn (or 1 can vacuum pack)

)COMBINE and add to dry ingredients.
Stir until just blended.

Fat for deep fryingHEAT to 365°

DROP batter by tsp. into hot fat,
turning and frying until golden.
Drain on paper towels.

1 c. 10X sugar ,SPRINKLE generously on fritters.

BANANA BREAD

Lorraine Newton

Temp: 350°

Time: 1 hr.

1/4 c. shortening)
3/4 c. sugar)CREAM together.

1 egg)
2 lg. bananas, mashed)ADD to above.

2 c. flour)
1 t. baking powder)SIFT together.
1 t. soda)

3 T. sour milk)
1 t. vanilla)COMBINE and add alternately with
flour mixture to banana mixture.

1/2 c. nutsFOLD in. Bake in a loaf pan.

STRAWBERRY NUT BREAD

Betty Ogden
Temp: 350°
Time: 50 min.
Yield: 2 loaves

1 c. margarine)
1 1/2 c. sugar)CREAM.
1 t. vanilla)

4 eggsADD one at a time, beating well
after each.

3 c. sifted flour)
1 t. salt)SIFT together.
3/4 t. cream of tartar)
1/2 t. soda)

1/2 c. sour cream)
1 c. strawberry jam)MIX together. Add alternately with
the flour mixture to the creamed
mixture. Beat well.

1/2 c. chopped nutsADD. Bake in paper lined pans.

PUMPKIN BREAD

Betty Woods

Temp: 350°

Time: 1 hr.

Yield: 2 loaves

3 c. sugar)
1 c. salad oil)DISSOLVE sugar in oil.

4 eggsADD. Beat well.

2 c. pumpkin (or squash))
2/3 c. water)ADD. Mix well.

3 1/2 c. flour)
1 1/2 t. salt)
1 t. cinnamon)COMBINE and add. Mix well.
1/2 t. nutmeg)
2 t. soda)

2 c. raisins)
1 c. walnut meats)FOLD in. Pour into greased and
floured pans. Bake.

NOTES.

I don't use water with homegrown pumpkin or squash.

For Christmas cake, add 1 c. chopped candied cherries in place of 1 c. raisins.

"FRENCH" FRENCH TOAST

Louise Dean
Temp: 450°
Time: 18-20 min.
Yield: 4 serv.

4 eggs, slightly beaten)
1 c. milk)MIX together.
1/2 t. salt)

1 loaf French breadCUT diagonally into 1-1/2" thick pieces. Leave crusts on. Soak the slices in the above mixture for 20 min., 10 min. on each side.

6 T. butterMELT in a small, shallow baking pan. Lay the slices of soaked bread in the butter, then turn over immediately.

BAKE until brown. (see above)

4 T. 10X sugarDUST with sugar. Serve at once.

(If top is not browning during baking, turn pieces over).

