

000 BAGELS AND PITA BREAD

Whole Wheat Pita Bread on a Pizza Stone

3 to 4 c. whole wheat flour
OR 2 c. whole wheat flour and 1 to 2 c. white flour.
1 tbsp. Yeast
1 ¼ c. warm water
½ tsp. Salt (opt.)

Mix 2 cups flour and yeast. Add water and salt, and mix well. Gradually add remaining flour until dough cleans the sides of the bowl. Dough should be moderately stiff. Knead 4 to 5 min. until dough is smooth and elastic. Do not over-knead. Form dough into 10 balls.

On a floured board, roll each ball from the centre out into a round ¼ in. thick and 5 to 6 inches in diameter. Be certain both sides are lightly covered with flour.

Place on a lightweight, nonstick baking sheet. Let rise 30 min. or until slightly raised. Preheat oven to 500 deg. F.

Gently turn the rounds upside down just before placing in the oven. Bake on the bottom rack of the oven. The instant hot heat makes the breads puff up.

Bake 500 deg. F. for 5 min.

Whole Wheat Honey Pita Bread

In Bosch bowl with dough hook, add:

2 c. warm water
1 tbsp. Honey
1 tsp. Salt
2 tbsp yeast
2 c. whole wheat flour
2 tbsp. Dough enhancer

Mix thoroughly, continue to add unbleached flour until mixture cleans sides of bowl. Knead until smooth and elastic. Divide into 24 pieces for small pitas.

Roll out on a floured surface. Cover with a dry towel. Let pitas rest for 10 min. Bake at 500 deg. F. on a preheated pizza stone for 3 ½ to 4 min.

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Pretzels, Bagels, and Schmeers

Pretzels

1 c. whole wheat flour
½ unbleached flour
1 tsp. Baking powder
1 tsp. Sugar
½ tsp salt
2/3 c. skim milk
2 tbsp. Soft butter
1 egg
Coarse salt.

Mix flour, baking powder, sugar and salt in bowl. Add milk and soft butter. Mix with fork to make a soft dough. Knead 10 times. Divide dough in half. Roll one half of dough in a rectangle 12" X 8". Cut lengthwise into eight 1 in. strips. Roll each strip into worm shape and twist into pretzel shape tucking under ends. Place on greased baking sheet. Beat egg in small bowl with fork. Brush pretzels with egg and sprinkle lightly with coarse salt.

Bake at 400 deg. F. 16-20 min. until golden brown.

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Bagels

3 c. warm water
½ c. oil
½ c. sugar
1 tbsp salt
4 eggs
6 c. white flour
4 tbsp. Fermipan yeast
4 c. bread flour
¼ c. brown sugar
cornmeal

Put all liquids and sugar in bowl. Add 6 c. flour and yeast and start on Speed 1. Add remaining flour until bowl cleans and let knead for 5 min. Divide into 4 parts. Divide each part into 6 balls. Roll each ball in your hand and flatten with your palm. Push finger through centre and twirl to make a good-sized hole at centre. Place on a towel and let rise until almost double.

Bring 3 quarts of water to a boil and stir in ¼ c. brown sugar. Set oven at 400 deg. F.

Sprinkle large cookie sheets with cornmeal. Keep water boiling lightly. Drop 4 bagels into water. After 2 min., turn and boil the other side. Transfer boiled bagels to a cookie sheet. Top with poppy seed, sesame seeds or whatever, and bake 25 – 30 min. until brown. If bottom doesn't brown, turn after 20 min.

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Whole Wheat Bagels:

Substitute 2 c. whole wheat for 2 c. of the wheat flour.

Onion Bagels:

Cook ½ c. finely chopped onion in ¼ c. margarine. Brush over bagels after first 15 min of baking.

Flax Bagels:

To dry ingredients, add ½ c. crushed flax. Decrease oil to 1/3 c. and flour by ¼ c.

Orange-Oatmeal Bagels:

Substitute 1 ½ c. oatmeal for an equal portion of the flour. Add 1 tbsp. Grated orange zest and 2 tbsp. Honey to recipe.

Cinnamon-Raisins Bagels:

Increase the sugar by 1 tbsp. And add 1 tbsp. Cinnamon, 1 tsp. Ground mace or nutmeg, and ½ tsp. ground cardamom with the flour in the initial mixing. Add 1 ½ c. golden or dark raisins during mixing.

Formed into a loaf and topped with sesame seed, this makes a wonderful bread for toasting.

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Egg Bagels

1 large russet potato
1 ½ c. water
2 tbsp. Fermipan yeast
1 ½ tbsp. Sugar
1 ½ tbsp. Salt
7 c. bread flour
¼ c. oil
4 eggs
3-4 quarts water
2 tbsp. Salt or sugar

Peel potato and cut into large chunks. Place in a small pan with 2 ½ c. water and boil until soft. Drain the potato, reserving 2 c. of the potato water. Let cool to warm. In bowl with dough hook put potato water, oil, sugar, and eggs. Add half the flour and dry ingredients. Let knead on speed One and add remaining flour until bowl cleans. Let knead for 5 min.

Let rise in greased bowl until double, about 1 hour. Turn the dough out onto a lightly floured board and divide into four. Divide each quarter into 6 balls. Flatten and shape by poking finger through the centre and stretching the hole by spinning. Pre-heat oven to 425 deg. F and place parchment paper onto 2 cookie sheets. Bring 3-4 quarts of water to boil and add sugar or salt. Reduce heat to maintain boil.

With slotted spatula, lower 3 to 4 bagels into gently boiling water and boil for 2 min. on each side. Remove from boiling water and place on cookie sheet 1 inch apart.

Brush with egg glaze and sprinkle with seed. Bake for 25 to 30 min. or until deep golden brown.

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Pumpnickel Bagels:

Substitute 2 c. rye flour for white flour. Add ¼ c. molasses, 1 tbsp. carob powder, and 1 tbsp. Postum. Sprinkle with caraway seeds.

Egg Glaze: 1 egg white, 1 tbsp. water, dash salt. Whip until foamy.

Pesto Butter:

In blender or processor, combine 2 ½ c. fresh basil leaves, ½ c. grated Parmesan cheese, 1 garlic clove, 1 tbsp. pine nuts until finely chopped. Add 1/3 c. olive oil until slightly pureed.

Pesto may be frozen for 1 month, or kept in the fridge for 3 days. To make butter, cream 1 tbsp. Pesto into ½ c. butter until smooth.

Red Pepper Cream Cheese:

Puree in blender or food processor, 1 small red pepper, roasted, seeded and peeled, to yield ½ c. puree. Place in bowl with whips and add 12 oz. Cream cheese and juice of ½ lemon. Whip until smooth.

Vegetable Cream Cheese:

1 celery stalk, finely chopped
2 radishes, chopped
½ med. Carrot, peeled and grated
½ small zucchini, grated.
8 oz. Cream cheese
½ tsp. Worcestershir sauce.

Drain chopped vegetables on a paper towel. Combine all the ingredients in bowl with whips until smooth.

Fruit Butter

4 oz. Cream cheese
4 tbsp. butter
½ c. fruit preserve or jam
1 tbsp. orange juice

Beat cream cheese and butter in bowl with whips until creamy. Add preserves and juice and refrigerate until cool

001 COOKING WITH JUICER PULP

Cooking with Juicer Pulp

Apple Cheese Bread

½ c. butter
2/3 c. sugar
2 eggs, beaten
1 ¼ c. apple pulp
¼ c. apple juice
¾ c. cheddar cheese, grated
2 c. flour, sifted
1 tsp. Baking powder
½ tsp. Baking soda
½ tsp. Salt
½ c. chopped nuts

Pre-heat oven to 350 deg. F. Prepare a loaf pan by lining with buttered brown paper and buttering sides of pan.

Beat butter, sugar and eggs until fluffy. Beat in apple pulp, apple juice and cheddar cheese. Mix flour, baking powder, baking soda and salt together, and stir into apple mixture. Then stir in chopped nuts. Pour into prepared loaf pan and bake for 50 to 60 min. Cool 10 min. in pan; remove and cool on a wire rack.

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Vegetable Bread

1 tbsp. yeast
¾ c. warm water
1 tbsp sugar
4 c. flour
1 c. whole wheat flour
1 egg
1 tsp. Salt
1 tbsp basil
½ tsp. Thyme (optional)
1 tbsp. oil
1/3 c. Parmesan cheese
3 c. vegetable pulp (carrot, celery, etc.)

Place liquids including vegetable pulp in bowl equipped with dough hook. Add half of the flour and the dry ingredients. Mix on Speed One for 30 sec. And add remaining flour until mixture cleans bowl. Knead for 7 min. Let rest 10 min. Shape into round loaf and let rise for 40 min. Bake at 350 deg. F. for 40 to 45 min.