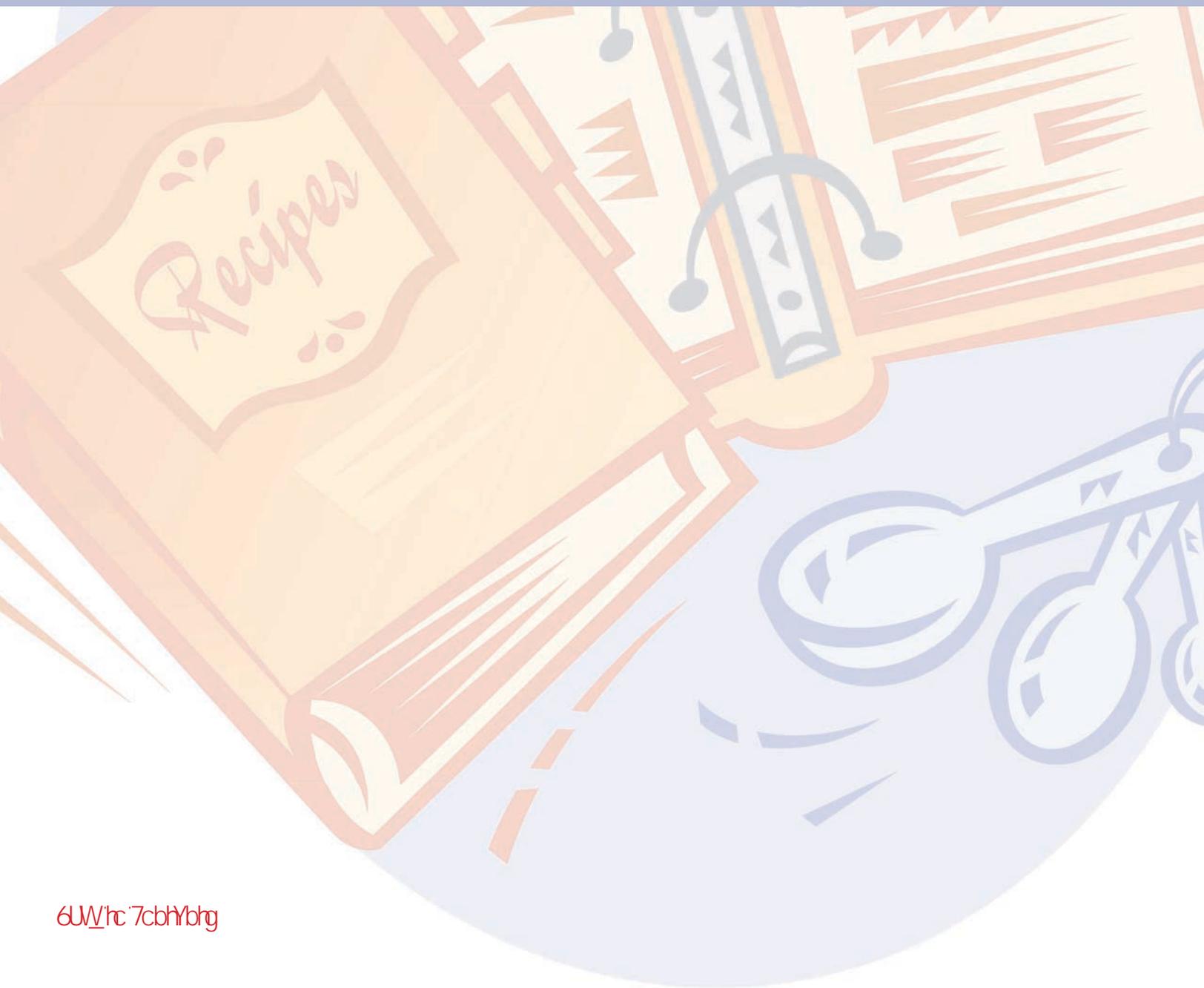


COOKING WITH ENERGY

Breads



FOOD SHOPPING GUIDE FOR 25 PEOPLE

FOOD	AMOUNT TO PURCHASE	FOOD	AMOUNT TO PURCHASE
BEVERAGES		POULTRY, CHICKEN	
Coffee	1/2 to 3/4 pound	Roast	15 to 18 pounds
Hot Chocolate	8 squares	Fried, quartered	7 fryers
Orange juice, frozen	24 ounce	For boned cooked meat, casseroles or salads	10 to 12 pounds
Tea, hot	2 1/4 ounces	POULTRY, TURKEY	
Tea, iced	3 ounces	For boned, cooked meat, sliced	15 to 18 pounds
Punch	2 1/4 gallons	Boned, cooked meat for casseroles or salads	8 to 10 pounds
BREADS		Roast	18 to 20 pounds
Regular, sliced	3 loaves	SALADS	
Thin sliced	2 loaves	Cabbage for cole slaw	4 heads
Rolls, pan	3 dozen	Chicken salad, prepared	5 quarts
Rolls, hard	2 1/4 dozen	Fruit Salad	4 quarts
French	3 loaves	Potato Salad, prepared	5 quarts
CEREALS		Salad Dressing	3/4 quart
Grits	2 pounds	Lettuce	5 heads
Macaroni	3 1/2 pounds	Tomatoes, sliced	6 pounds
Noodles	2 pounds	SEAFOODS	
Rice, long grain	2 1/2 pounds	Crabs, boiled	13 to 16 dozen
Spaghetti	6 pounds	Crawfish, boiled	3 pounds per person
DAIRY PRODUCTS		Shrimp, boiled	1 1/2 pounds per person
Butter	1/2 pound	SOUPS AND GRAVY	
Cheese for sandwiches	2 pounds	Soups, appetizer	1 1/2 gallons
Cream for coffee	1 pint	Gravy for hot sandwiches	3 quarts
Eggs	3 1/2 dozen	Gumbo as main dish	3 gallons
Ice cream,	1 gallon	Tomato gravy for spaghetti	1 1/2 gallons
Milk	1 1/4 gallon	VEGETABLES	
FRUIT		Canned	7 No. 303 cans or 1 No. 10 cans
Canned fruit	No. 10 can	Frozen	6 pounds or 9 10-ounce packages
Frozen fruit	6 10-ounce packages	Potatoes, Boiled	9 pounds
MEAT, BEEF		Mashed	7 pounds
Beef Roast, bone in	10 to 13 pounds	MISCELLANEOUS	
Beef Roast, boneless	9 to 10 pounds	Mustard	5 ounce jar
Steaks	12 pounds	Pickles or Olives	1 quart
Ground for meatballs	9 to 10 pounds	Potato chips	2 pounds
Ground for meat patties	6 pounds	Sugar	1/2 pound
MEAT, PORK			
Bacon	3 pounds		
Ham, cooked, bone-in	13 pounds		
Ham, cooked, boneless	8 pounds		
Roast Loin	10 to 13 pounds		
Sausage, patties or links	6 1/2 pounds		
MEAT, VEAL			
Breaded Veal Cutlets	6 1/2 pounds		

BREAD BASICS

TO FREEZE BREADS: Breads freeze better baked. Bakery bread should be over-wrapped. Thaw in about 1 hour at room temperature - leave in freezer wrap until ready to serve.

TO HEAT: Wrap in foil and place in 350° F. oven for 10 to 15 minutes, depending on size.

STORAGE TIME: Baked - 2 -3 months; Unbaked - 1 month

BASIC CREPES

3 eggs	3 tablespoons melted
1/2 cup milk	butter
1/2 cup water	1/2 teaspoon salt
3/4 cup flour	

In electric blender, blend ingredients about 1 minute; scrape down sides of container and blend until smooth, about 30 seconds. Refrigerate batter 1 hour. Smaller pans will take about 2 to 3 tablespoons batter, larger pan 1/4 cup. On medium high heat, heat seasoned pan until just hot enough to sizzle a drop of water; brush lightly with butter. Add batter and tilt pan to coat bottom; cook until lightly browned on bottom and dry on top. If desired, turn and brown other side. Cool pan slightly between crepes. Yield: 2 cups batter.

To freeze: Layer crepes with waxed paper, foil or plastic wrap; place on paper plate and cover tightly with moisture-vapor-proof wrapping. Storage time: several weeks.

To thaw: Place in refrigerator overnight or unwrap crepes and thaw in 250° F. oven, carefully peeling crepes apart as they thaw. In microwave oven, thaw 1 to 2 minutes.

BISCUITS

1/4 cup shortening	1 teaspoon salt
2 cups sifted flour	4 teaspoons baking
3/4 to 1 cup milk	powder

Cut shortening into sifted dry ingredients. Gradually add milk to form a soft dough. Knead 1/2 minute on lightly floured board. Roll out to 1/2-inch thickness. Cut with floured biscuit cutter. Place on greased baking sheet. Bake in 450° F. oven for 12 to 15 minutes. Yield: 12 biscuits.

Variations:

Olive-Pimento Biscuits: Add 1/4 cup chopped stuffed olives to dry ingredients.

Cheese Biscuits: Add 1/2 cup grated cheese to dry ingredients.

Cinnamon Pinwheels: Roll dough to rectangular shape, 1/4 inch thick. Brush with 1/2 stick melted butter.

Combine 1/4 cup sugar and 1/4 teaspoon cinnamon; sprinkle over dough. Roll jelly roll style and cut into 3/4-inch slices. Put each pinwheel in greased muffin pan.

Drop Biscuits: Increase milk to 1 1/4 cups and drop from tablespoon onto greased cookie sheet.

Southern Biscuits: Omit baking powder and add 1/2 teaspoon baking soda; use buttermilk instead of milk.

BISCUIT MIX

8 cups sifted flour	4 teaspoons salt
1/4 cup baking powder	1 cup shortening

Sift dry ingredients together. Cut in shortening until mixture resembles coarse crumbs. Store in covered container. Yield: 2 quarts or enough for 4 recipes of biscuits.

To make rolled biscuits: Gradually add 2/3 cup milk to 2 cups biscuit mix to form a soft ball. Knead 1/2 minute on lightly floured board. Roll out to 1/2-inch thickness and cut with floured biscuit cutter. Bake on ungreased baking sheet in 450° F. oven for 12 to 15 minutes. Yield: 12 biscuits.

PIMIENTO CHEESE BISCUITS

1 cup grated cheese 1 can (4 ounces) pimiento
2 cups biscuit mix Milk to moisten

Add cheese to biscuit mix; stir in pimiento. Add milk to moisten. Stir until dough leaves sides of bowl. Turn out on lightly floured board; knead lightly. Roll out dough to 1/2-inch thickness. Cut with small cutter. Bake in 425° F. oven for 12 to 15 minutes. Yield: 18 biscuits.

BISHOP'S BREAD

2 cups brown sugar 3/4 cup sour milk
1/2 cup (1 stick) 2 cups sifted flour
 melted butter 1 teaspoon cinnamon
1 egg 1/2 teaspoon salt
1 cup chopped raisins 1/2 teaspoon baking soda

Blend sugar and butter. Add egg; beat until smooth. Mix raisins with sifted dry ingredients. Add raisin-flour mixture and sour milk alternately to brown sugar mixture. Pour into a greased and waxed paper-lined 9 1/4 x 5 1/4 x 2 3/4-inch loaf pan. Bake in 350° F. oven for 1 hour.

BUTTERMILK ROLLS

1 cup lukewarm buttermilk 1 teaspoon salt
1/4 teaspoon baking soda 1 package yeast
1 teaspoon sugar 3 tablespoons shortening
2 1/2 cups sifted flour

Combine buttermilk, soda, sugar and salt. Stir in yeast until dissolved. Add shortening and stir until melted. Blend in flour; add additional 1/4 cup flour if necessary to make dough easy to handle. Knead on lightly floured board until smooth and elastic. Shape dough into 1-inch balls and place 3 balls in each greased muffin pan. Cover and let rise until doubled in bulk, about 1 hour. Bake in 400° F. oven 20 minutes. Yield: 18 rolls.

CAKE DOUGHNUTS

1 cup sugar 2 teaspoons baking
2 tablespoons shortening powder
2 eggs, beaten 1/2 teaspoon salt
3/4 cup buttermilk 1/4 teaspoon nutmeg
3 1/2 cups sifted flour 1/4 teaspoon cinnamon
1 teaspoon baking soda

Beat sugar and shortening into eggs. Stir in milk. Blend sifted dry ingredients into milk mixture. Beat until smooth. Turn onto generously floured board. Roll 1/3-inch thick. Cut with floured doughnut cutter. Lift with spatula and slide into deep hot fat (375° F). Turn doughnuts as they rise to surface. Fry 2 to 3 minutes or until brown. Drain. Yield: 2 dozen 3-inch doughnuts.

BAKED DOUGHNUTS

1 package yeast 1/2 teaspoon salt
1/4 cup warm water 1 egg, beaten
6 tablespoons milk 2 1/2 cups sifted flour
2 tablespoons shortening (about)
4 tablespoons sugar

Dissolve yeast in water. Scald milk; add shortening, sugar and salt. Cool to lukewarm. Add enough flour to make a thick batter. Add dissolved yeast and egg. Beat well. Add enough flour to make a soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl, cover and let rise until doubled in bulk. When light, punch down. Roll on lightly floured board to 1/2-inch thickness. Cut with doughnut cutter. Place on ungreased baking sheets. Let rise until almost doubled. Bake in 375° F. oven for 20 minutes. Yield: about 18 doughnuts.

To Glaze Doughnuts: Blend 1/3 cup boiling water into 1 cup confectioners sugar. Dip warm doughnuts into warm glaze.

CHEESE BREAD

2 cups sifted flour	1 cup grated American cheese
3 teaspoons baking powder	
3/4 teaspoon salt	1/2 cup chopped pecans
1 1/2 teaspoon sugar	1 egg, lightly beaten
2 tablespoons melted butter	3/4 cup milk

Into a mixing bowl, sift flour, baking powder, salt and sugar. Add cheese and pecans. Combine egg, milk and butter; pour liquid ingredients into dry ingredients. Stir only until dry ingredients are moistened. Batter should not be smooth. Pour batter into a greased 8-inch loaf pan. Let stand for 15 minutes. Bake in 350°F. oven for 1 hour.

CINNAMON BUNS

1 package active dry yeast	1 cup lukewarm
1 1/2 cups warm water (105° F. to 115° F.)	mashed potatoes
2/3 cup sugar	7 to 7 1/2 cups flour (regular or instant blending)
1 1/2 teaspoons salt	Soft butter
2/3 cup shortening	
2 eggs	

In mixing bowl, dissolve yeast in warm water. Stir in sugar, salt, shortening, eggs, potatoes and half the flour. Mix with spoon until smooth. Add enough remaining flour to handle easily; mix with hand or spoon. Turn onto lightly floured board; knead until smooth and elastic. Place in ungreased bowl; turn greased side up. Cover bowl tightly with double thickness waxed paper, then with dampened clean cloth. Place in refrigerator until ready to use. (Dough can be kept up to 5 days in refrigerator. Keep well covered and dampen cloth when needed.)

30 large marshmallows	1 cup (2 sticks) butter, melted
2 cups sugar	
2 tablespoons cinnamon	

Punch down dough. Roll to 1/4-inch thickness; cut into 3 1/2-inch circles. Mix sugar and cinnamon. Dip each marshmallow into butter, then into sugar mixture. Wrap each circle around marshmallow, pinching tightly at bottom. Dip bun into butter, then into sugar mixture. Place in greased muffin cups. Let rise 1 1/2 hours. Bake in 400° F. oven for 20 to 25 minutes. Yield: about 2 1/2 dozen.

Confectioners Sugar Icing

Moisten 1 cup sifted confectioners sugar with 1 teaspoon vanilla and 1 tablespoon hot water. Mix to spreading consistency.

CORN PANCAKES

1 cup cut corn	1 tablespoon melted butter
1 egg, well beaten	1 tablespoon milk
1/2 teaspoon salt	3 tablespoons flour

Cut corn from cob by first cutting down through kernels, then scraping the pulp from the cob with back of knife; measure 1 cup. Add egg, salt and melted butter. Stir in milk and flour. Pour onto lightly greased griddle and cook until cakes are bubbly. Turn and brown. Yield: 8 pancakes.

CORN BREAD STUFFING FOR VEGETABLES

4 cups corn bread	1 onion, grated
4 cups boiling water	2 cups diced celery
1/2 cup diced salt pork fat	1/8 teaspoon red pepper
2 eggs, beaten	

Break corn bread into chunks; add boiling water and squeeze out water while still hot. Render salt pork in a skillet to form cracklings. Remove cracklings, add onion and celery; sauté. Remove from heat; add moistened cornbread, cracklings, red pepper and eggs. Mix thoroughly. Use as stuffing for 6 parboiled green peppers, boiled onions, or tomatoes. Bake in 350°F. oven for 25 minutes. Yield: 6 servings.

CORN MEAL TORTILLAS

3 cups yellow corn meal	1 to 1 1/4 cups
2 cups sifted flour	lukewarm water
3 teaspoons salt	1/4 cup shortening

Combine corn meal, flour and salt. Cut in shortening until mixture resembles coarse corn meal. Make hole in center of corn meal mixture; fill with 1 cup water. Stir until ball forms (add more water if necessary). Turn onto bread board and knead. Form dough into small balls about 1 1/2 inches in diameter. Let stand 15 minutes. Roll each very thin, about 6 inches in diameter. Cook on hot ungreased griddle or in skillet about 2 minutes. Turn and cook about 1 minute longer. Yield: approximately 24 tortillas.

CORN STICKS

1 cup yellow cornmeal	4 teaspoons baking powder
1 cup flour	1 egg
2 to 4 tablespoons sugar	1 cup milk
1/2 teaspoon salt	1/4 cup cooking oil

In a medium-sized bowl, mix meal, flour, sugar, salt and baking powder. Combine egg, milk and oil. Stir egg-milk mixture into dry ingredients. Heat greased corn-stick pans in 425° F. oven. Pour batter in hot corn-stick pan, using 1/4 cup for each stick mold. Bake for 15 to 18 minutes. Yield: Approximately 18 corn sticks, or 8-inch square cornbread, or 18 small muffins.

FREEZER WHITE BREAD

12 1/2 to 13 1/2 cups unsifted flour	4 packages yeast
1/2 cup sugar	1/4 cup (1/2 stick) softened butter
2 tablespoons salt	4 cups very warm water (120° F. to 130° F.)
2/3 cup instant nonfat dry milk solids	

Thoroughly combine 4 cups flour, sugar, salt, dry milk solids, and undissolved yeast; add butter. Gradually add water and beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Add 1 1/2 cups flour. Beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 15 minutes. Cover with a towel; let rest 15 minutes. Divide dough into 4 equal parts. Form each piece into a smooth round ball. Flatten each ball into a mound 6 inches in diameter. Place on greased baking sheets; cover with plastic wrap, and freeze until firm. Transfer to plastic freezer bags. Freeze up to 4 weeks. Remove from freezer; place on ungreased baking sheets. Cover; let stand at room temperature until fully thawed, about 4 hours. *Roll each ball into rectangle 12 x 8 inches. Shape into loaves. Place in greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Let rise in warm place, free from draft, until doubled in bulk, about 1 1/2 hours. Bake in 350° F. oven about 35 minutes, or until done. Remove from pans and cool on wire racks. *For round loaves: Let thawed dough rise on ungreased baking sheets until doubled, about 1 hour. Bake as for loaves. Yield: 4 loaves.

FRENCH BREAD

1 package yeast	1 tablespoon shortening
1 1/4 cups warm water	1 tablespoon sugar
2 teaspoons salt	3 1/2 cups sifted flour
1/4 cup yellow cornmeal	

Dissolve yeast in water. Add salt, shortening and sugar. Stir in flour. Knead on lightly floured board until smooth. Place in greased bowl; brush lightly with shortening. Cover; let rise in warm place until doubled in bulk, about 30 minutes. Punch down and divide into 2 equal portions. Roll each half into an oblong 15 x 10 inches; roll up tightly from the wide side. Seal ends by pinching together. Roll dough back and forth to taper ends. Place shaped loaves, fold down, on greased baking sheets. Sprinkle loaves with cornmeal. Brush with Cornstarch Glaze. Make 1/4-inch slashes in dough at 2-inch intervals. Place large pan of boiling water on lower rack of oven. Place bread on rack above and bake in 400° F. oven 10 minutes. Remove from oven and brush again with Cornstarch Glaze; continue baking 20 to 30 minutes or until brown. Yield: 2 loaves.

Cornstarch Glaze: Combine 1 teaspoon cornstarch and 1 teaspoon cold water; gradually add 1/2 cup boiling water. Cook until smooth. Cool slightly.

GARLIC QUICK BREAD

3 1/2 cups flour	1/4 cup (1/2 stick) butter
3 tablespoons sugar	1 1/4 cups milk
1 tablespoon baking powder	1 egg
1 1/2 teaspoons salt	4 small cloves garlic, crushed

Into a large bowl, combine flour, sugar, baking powder and salt. With pastry blender or two knives, cut in butter until mixture resembles coarse crumbs. Add remaining ingredients; stir until moistened. Turn dough onto well-floured surface and knead until smooth and not sticky, about 5 minutes. Shape dough into a loaf and place in a greased 9 x 5-inch loaf pan. With knife make 6 diagonal slashes, 1/4-inch deep, across top of bread. Bake in a 375°F. oven for 1 hour or until golden brown. Remove from pan immediately and cool 30 minutes on wire rack. Serve warm.

HASTY-TASTY ROLLS

1 cup warm water	1 egg
1/3 cup melted shortening	3 1/2 cups sifted flour
1 tablespoon sugar	2 tablespoons butter,
2 teaspoons salt	melted
2 packages dry yeast	

In a bowl, combine water, shortening, sugar and salt. Add yeast; mix well. Blend in egg. Add flour gradually and mix until dough is well blended and soft. On a floured board, roll dough into rectangular shape. Fit dough into a greased 12 3/4 by 9 by 2-inch pan. With a knife, cut dough into 24 rectangles, each 1 by 4 inches. Brush cut sides with melted butter. Let rise in a warm place until doubled in bulk, about 30 minutes. Bake in a 425°F. oven for 20 minutes. Yield: 24 rolls.

HOE CAKE

1/4 cup shortening	1 teaspoon salt
2 cups sifted flour	4 teaspoons baking
3/4 to 1 cup milk	powder

Cut shortening into sifted dry ingredients. Gradually add milk to make a soft dough. On lightly floured board, knead dough for 30 seconds. Form into a ball. Heat a small amount of shortening in a 10-inch skillet over medium heat. Place ball of dough in center of skillet; press dough to shape of skillet. Cook over medium heat until the center of the dough is dry, about 10 to 15 minutes. When turning cake, add a small amount of shortening to skillet; brown the other side over high heat, about 5 minutes.

HUSH PUPPIES

1/2 cup sifted flour	1 egg
1 cup cornmeal	1 teaspoon salt
1 onion, minced	1 teaspoon sugar
1 1/2 teaspoons baking powder	1/2 cup milk, approximately

Combine ingredients with just enough milk to make a rather stiff dough. Drop by teaspoonfuls into deep hot fat (350° F.) and fry until brown about 3 to 4 minutes. Yield: 24 hush puppies.

ITALIAN BREAD STICKS

1 teaspoon dry yeast	1 teaspoon sugar
5 tablespoons warm water	1 teaspoon salt
2 cups sifted flour	1/4 cup lukewarm milk
3 tablespoons melted butter	Sesame seeds

Dissolve yeast in water. Stir into 1 cup flour and knead until smooth. Place in floured bowl; cover with damp cloth and let rise until doubled in bulk, about 1 hour. Mix remaining 1 cup flour, butter, sugar, salt and milk into smooth paste. Place on floured board and add dough; mix and knead until smooth. Place in floured bowl; cover and let double, about 45 minutes. Knead until smooth. Divide into 24 parts, rolling each into a rope 6 or 7 inches long. Brush with milk and roll in seeds. Place 1-inch apart on greased baking sheet. Bake in 425°F. oven until brown, about 10 minutes.

JALAPENO CORNBREAD

3 cups cornbread mix	1/2 cup very finely
2 1/2 cups milk	chopped Jalapeno
1/2 cup salad oil	peppers, remove seeds
3 eggs, beaten	1 1/2 cups grated sharp
1 large onion, grated	cheese
2 tablespoons sugar	1/2 clove garlic, pureed
1 cup cream-style corn	1/4 cup chopped pimiento

In a mixing bowl, combine cornbread mix and milk. Add other ingredients in order given. Bake in a large, greased iron skillet in a 375°F. oven for 35 to 40 minutes. Or use three greased 8-inch square pans and bake in a 400°F. oven for about 35 minutes. This freezes well and is excellent served with vegetables.

BRAN MUFFINS

1 cup shortening	5 cups sifted flour
3 cups sugar	5 teaspoons baking soda
2 cups boiling water	1 teaspoon salt
2 cups 100% bran cereal	4 cups all-bran cereal
4 eggs, beaten	1 quart buttermilk

Cream shortening and sugar. Add water, bran and eggs. Add sifted dry ingredients and all-bran to creamed mixture alternately with buttermilk. Fill greased muffin pans 2/3 full. Bake in 400° F. oven 15 to 20 minutes. Yield: Approximately 90 muffins. (Batter can be stored in covered container in refrigerator for 6 weeks.)

FIG BRAN MUFFINS

1/2 cup shortening	1 teaspoon vanilla
3/4 sugar	1 cup sifted flour
1 egg	2 teaspoons baking powder
1/4 cup bran cereal	1/2 teaspoon salt
2/3 cup milk	18 preserved figs, drained

Cream shortening and sugar; add egg and beat until light and fluffy. Soak bran in milk; add vanilla. Add sifted dry ingredients to creamed mixture alternately with bran and milk. Drop a teaspoon of batter in bottom of each greased muffin cup; top with one fig and fill cups 2/3 full of batter. Bake in 375° F. oven about 25 minutes. Yield: 18 muffins.

MUFFINS

1 egg, well-beaten	2 cups sifted flour
1 cup milk	1/4 cup sugar
1/4 cup cooking oil	1 tablespoon baking powder
1 teaspoon salt	

Combine egg, milk and oil. Stir milk mixture into sifted dry ingredients, just enough to moisten. Do not overmix. Fill greased muffin pans 2/3 full; bake in 400° F. oven for 20 to 25 minutes. Yield: 12 muffins.

Variation:

Blueberry Muffins: Add 1 cup frozen blueberries (thawed and drained) to sifted dry ingredients.

ORANGE CEREAL MUFFINS

1 2/3 cups unsifted flour	3/4 cup orange juice
1/2 cup sugar	1/2 cup (1 stick) butter, melted
3 teaspoons baking powder	1 tablespoon grated orange peel
3/4 teaspoon salt	
1 cup grape-nuts cereal	
2 eggs, well beaten	

Combine flour with sugar, baking powder and salt. Add cereal. Combine egg, orange juice, butter and peel. Add to flour mixture and mix only enough to dampen flour. Spoon batter into greased muffin pans, filling each to about 2/3 full. Bake in 425° F. oven for 15 to 20 minutes for large muffins or 12 to 14 minutes for medium muffins. Yield: 12 large or 16 medium muffins.

WHOLE WHEAT MUFFINS

2 1/2 cups whole wheat flour	1/2 teaspoon baking soda
1/2 cup sugar	1 cup buttermilk
1/8 teaspoon salt	1 egg, slightly beaten
2 tablespoons oil	2 teaspoons baking powder

Combine dry ingredients in a mixing bowl; make a well in center and add buttermilk, egg and oil. Stir just enough to moisten dry ingredients. Fill greased muffin tins 2/3 full. Bake in 425° F. oven for 20 minutes. Yield: 12 muffins.

Note: Stir through whole wheat flour before measuring it; do not sift, because the grains will clog the sifter and the flavorful and nutritious particles will sift out.

NO KNEAD REFRIGERATOR ROLLS

3/4 cup hot water	2 packages yeast
1/2 cup sugar	1 cup warm water
1 tablespoon salt	1 egg, beaten
3 tablespoons shortening	About 6 cups sifted flour

Combine hot water, sugar, salt and shortening; cool to lukewarm. Dissolve yeast in warm water. Stir into lukewarm mixture. Add egg and 3 cups flour. Beat until smooth, about 2 minutes. Stir in remaining flour. Place dough in greased bowl; brush top with soft shortening; cover tightly with waxed paper or foil. Refrigerate until needed. To use, punch down and cut off dough as needed. Shape into rolls and place on greased baking sheet or in greased muffin pans. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Brush rolls lightly with melted butter; bake in 400° F. oven about 15 minutes or until brown. Yield: 3 dozen small rolls.

Variations for Refrigerator Rolls:

Cloverleaf: Roll bits of dough into balls about 1 inch in diameter. Place 3 balls in each greased muffin cup; brush with melted butter.

Dinner: Roll dough into cylindrical shapes, approximately 4-inches long, tapering at ends.

Crescent: Roll dough about 1/4-inch thick into a 12-inch circle. Spread with soft butter. Cut into 16 pie-shaped pieces. Roll up, beginning at rounded edge. Curve into crescents. Place on cookie sheet, point underneath.

PAIN PERDU (LOST BREAD)

2 tablespoons sugar	6 slices stale bread
1/2 cup milk	2 tablespoons shortening
1/8 teaspoon salt	1 tablespoon butter or
1/4 teaspoon brandy or vanilla	bacon drippings
2 eggs, beaten	Confectioners sugar, honey or syrup

Combine sugar, milk, salt, flavoring and eggs. Soak bread in mixture. Cook in hot shortening and butter until well browned on both sides. Sprinkle with confectioners sugar and serve hot with syrup or honey. Yield: 6 servings.

PANCAKES

1/2 cup milk	1 cup sifted flour
2 tablespoons melted butter	2 teaspoons baking powder
1 egg, slightly beaten	2 tablespoons sugar
1/2 teaspoon salt	

Add milk and butter to egg. Stir in sifted dry ingredients just enough to moisten flour. Add more milk if necessary to make batter thin enough to pour. Cook on hot, lightly greased griddle until cakes are full of bubbles. Turn. Serve immediately. Yield: 6 to 8 pancakes.

PETAL BREAD

1 1/2 packages yeast	1 1/2 teaspoon salt
1/4 cup warm water	3 eggs, beaten
1 tablespoon sugar	4 cups sifted flour,
1 cup milk, scalded	approximately
1/2 cup (1 stick) butter	

Sprinkle yeast over water in 3-quart bowl; let dissolve. Blend in sugar. Scald milk and add butter; let melt as milk cools. When warm, stir into yeast mixture along with salt and eggs. Beat in flour gradually, using enough to make a soft dough. Transfer dough into greased bowl. Cover and let rise in warm place until doubled in bulk. Punch down dough. Turn onto lightly floured surface. Divide into 2 portions. Roll out each portion until 1/2-inch thick. Cut with floured biscuit cutter. Dip each piece in melted butter; arrange with edges overlapping, in buttered and floured 10-inch ring loaf pan. Fill only 3/4 full. Let rise until light, about 45 minutes. Bake in 400° F. oven until lightly browned, about 30 minutes. Yield: 1 ring loaf.

POPOVERS

1 cup milk	1/4 teaspoon salt
2 eggs	1 tablespoon melted
1 cup sifted flour	butter

Grease popover pans or custard cups thoroughly with shortening. Put all ingredients in blender container in order listed; cover and blend on high speed for 15 seconds. Fill pans 1/3 full. Bake in 450° F. oven for 20 minutes; reduce heat to 350° F. and bake 20 minutes longer. Serve hot. Yield: 10 popovers.

QUICK RISING BREAD

3 cups warm water (110° F.)	1/2 cup soft shortening
4 packages active dry yeast	or butter
1/4 cup sugar	3/4 cup instant nonfat
1 2/3 tablespoons salt	dry milk
2 eggs	8 cups flour, unsifted

Combine water, yeast and sugar; let stand while assembling other ingredients. Stir in remaining ingredients and mix until thoroughly blended. Allow dough to stand in bowl five minutes. Turn out on lightly floured board; knead until dough is smooth and elastic, about 5 minutes. Divide dough into three parts; roll each portion into a rectangle or circle. Fold ends into the center or roll up jelly roll fashion, shaping into a long narrow loaf. Place loaves on greased baking sheets, open ends down. Let stand in warm place for 10 minutes. Bake in a 350° F. oven 30 to 40 minutes. Cool on wire rack. Yield: 3 loaves.

SOUTHERN SPOON BREAD

2 cups white corn meal	3 tablespoons melted butter
2 cups boiling water	1 1/2 cups milk
1 teaspoon salt	3 eggs, separated

Sift corn meal three times and mix with boiling water, stirring until smooth and free of lumps. Add salt, butter, and milk. Stir in beaten yolks. Fold in stiffly beaten egg whites. Pour into a greased baking dish. Bake in 350° F. oven for 45 minutes. Serve in the dish in which it is baked. Yield: 8 servings.

SOURDOUGH BREAD

To make starter:

1 3/4 cups unsifted flour	1 tablespoon salt
1 tablespoon sugar	1 package yeast
2 1/2 cups warm water	

Combine flour, sugar, salt and undissolved yeast in large bowl. Gradually add warm water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Cover; let stand at room temperature (78° - 80° F.) 4 days. Stir down daily.

To make dough:

5 to 6 cups unsifted flour	1 package yeast
3 tablespoons sugar	1 cup milk
1 teaspoon salt	2 tablespoons butter
1 1/2 cups starter	

Combine 1 cup flour, sugar, salt and undissolved yeast in large bowl. Combine milk and butter and heat until warm. Gradually add dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 1/2 cups starter and 1 cup flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise until doubled in bulk, about 1 hour. Punch dough down; turn out onto lightly floured board. Let rest 15 minutes. Divide dough in half. Shape each half loaf and place in greased 9 x 5 x 3 - inch loaf pan. Cover; leave in warm place until doubled in bulk, about 1 hour. Bake in 400° F. oven 30 minutes or until done. Yield: 2 loaves.

To Re-use Starter:

Add 1 1/2 cups lukewarm water, 3/4 cup unsifted flour and 1 1/2 teaspoons sugar to unused starter. Beat for 1 minute at medium speed of electric mixer. Cover and let stand until ready to use. Stir down daily.

SWEET ROLLS

2 packages yeast	1 teaspoon grated
1/4 cup warm water	lemon rind
1 cup milk, scalded	1 1/2 teaspoons salt
1/4 cup (1/2 stick) butter	5 cups sifted flour
1/2 cup sugar	2 eggs, beaten

Dissolve yeast in water. Combine milk, butter, sugar and salt. Cool to lukewarm. Add enough flour to make a thick batter. Add yeast mixture, eggs and rind. Beat well. Add remaining flour to make soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl; cover and let rise until doubled in bulk. Punch down, shape into rolls and let rise. Bake in 375° F. oven for 20 to 25 minutes.

Variations:

Cinnamon Rolls: Use 1/2 of Sweet Dough; roll 1/3-inch thick into an oblong, 9 x 18 inches. Spread with 2 tablespoons butter; sprinkle with combined 1/2 cup sugar and 2 teaspoons cinnamon. Roll up tightly in a long roll and seal edges. Cut into 1-inch wide slices; place cut-side up in greased muffin pans. Cover and let rise until doubled in bulk, about 35 minutes. Bake in 375° F. oven for 25 to 30 minutes. Yield: 18 rolls.

Swedish Tea Ring: Use 1/2 recipe of Sweet Dough. When dough has been punched down, roll out to rectangular sheet about 1/2-inch thick, and 3 times longer than wide. Brush with melted butter and spread with brown sugar, cinnamon, pecans and raisins. Roll up jelly roll style, sealing edge firmly. Shape into a ring on greased cookie sheet, sealing the ends. With scissors, cut through ring almost to center in slices about 1-inch thick. Turn each slice slightly on its side. Brush with melted butter. Let rise until doubled in bulk. Bake in 375° F. oven 25 to 30 minutes. When cool, frost with Confectioners Sugar Icing and sprinkle with chopped pecans.

RAISIN BREAD

1 package yeast	1 teaspoon cinnamon
1/4 cup warm water	1 1/2 teaspoons salt
1 cup seedless raisins	1/2 cup buttermilk, scalded
1/2 stick butter, softened	3 3/4 cups sifted flour
1/2 cup sugar	2 eggs, beaten

Dissolve yeast in water. Combine raisins, butter, sugar, cinnamon, salt and buttermilk; stir to dissolve sugar. Cool to lukewarm. Add 1 1/2 cups flour; beat well. Add yeast and eggs; mix well. Add enough remaining flour to make a soft dough. Turn out on lightly floured board. Knead dough until smooth and elastic, 10 to 12 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise until doubled in bulk, 1 1/2 hours. Punch down; divide dough in half, rounding each into a ball. Cover; set aside 10 minutes. Shape into loaves. Place in 2 greased loaf pans; cover and let rise until almost doubled in bulk, about 45 to 60 minutes. Bake in 375° F. oven about 25 minutes; place foil over top last 10 minutes, if necessary. Yield: 2 loaves.

WHOLE WHEAT BREAD

3/4 cup milk	2 packages yeast
3 tablespoons sugar	1 1/2 cups warm water
4 teaspoons salt	4 1/2 cups whole wheat flour
1/3 cup shortening	2 cups sifted flour
1/3 cup molasses	

Scald milk and stir in sugar, salt, shortening and molasses; cool to lukewarm. Dissolve yeast in warm water. Stir in lukewarm milk mixture. Combine flours and add 1/2 of the flour mixture. Beat until smooth; stir in remaining flour mixture. Knead dough on lightly floured board until smooth and elastic. Place dough in greased bowl; brush top with shortening. Cover and let rise in warm place until doubled in bulk, about 1 1/4 hours. Punch down and turn out onto lightly floured board. Divide dough in half; shape into loaves. Place in greased bread pans, 9 x 5 x 3 inches. Cover and let rise in warm place until center is slightly higher than edge of pan, about 1 hour. Bake in 400° F. oven about 50 minutes. Yield: 2 loaves.

WAFFLES

1 1/2 cups milk	1 tablespoon sugar
2 egg yolks, beaten	6 tablespoons melted shortening
2 cups sifted flour	
4 teaspoons baking powder	2 egg whites, stiffly beaten
1/2 teaspoon salt	

Add milk to yolks and stir quickly into sifted dry ingredients. Add shortening. Fold in whites. Bake in preheated waffle iron. Yield: 6 waffles.

Variations:

Bacon: Broil or fry 6 strips bacon crisp; drain. Cut into small pieces and stir into batter before folding in egg whites.

Cheese: Stir 1/2 cup grated cheese into batter.

Nuts: Sprinkle 2 tablespoons minced nuts over each waffle before baking.

