

# Food Forum

## Dorothy Johnson

### "OUT OF THIS WORLD" BREAD

Those who would argue with the pundit who said "Man cannot live by bread alone", are not the new breed of dieters and health-food fadist who proudly boast that they never eat bread. Rather, they are the nostalgic ones who remember the smell of new-made bread, to say nothing of the taste of it--a crusty slice still warm and dripping with butter. That was in the long ago days when home-made bread was a part of every American's childhood. There are many of us who would still have it that way even in these days of efficient commercial baking and carefully-dieted youth.

NOWADAYS, however, the home-baked loaf is a luxury, and it is a rare occasion when the author runs across a new and delightful bread recipe to pass along to you. Such an occasion was the recent bake sale given by the Senior Citizens Council. Two members of the Golden Age Club and the Association of Retired People, Ethel Dold and Dorothy Scherer, generously gave me these marvelous recipes for the items that were the 'hit' of the bake sale.

### PUMPKIN BREAD

Soak together 1 cup raisins, 2/3 c. hot water, 1 tsp. soda, 1 medium cup pumpkin, 2/3 c. shortening, 2-1/3 c. sugar, 1 tsp. cinnamon, 3-1/2 c. flour, 1 tsp. salt, 4 eggs beaten, 2 tsp. cloves, 1 tsp. baking powder, 2/3 c. chopped nuts.

Mix all ingredients together and bake in three small loaf pans at 325 degrees for about 45 minutes or tested done.

### BANANA NUT BREAD

3/4 c. shortening, 2 eggs, 4 tbsp. buttermilk or sour milk, 1 tsp. soda, 1 tsp. vanilla, 3/4 c. chopped nuts, 1-1/2 c. sugar, 2-1/2 c. flour sifted, 1 tsp. baking powder, 3 large bananas.

Cream shortening and sugar--add eggs one at a time, beating well. Add mashed bananas then add milk and flour alternately--finally, add vanilla and nuts. Bake in three small loaf pans at 350 degrees for 45 minutes.

### DANISH COFFEE RING

1 pkg. (about 14 oz.) hot roll mix, 3 tbsp. sugar, 1/2 c. or 1/4 soft butter, 1/4 c. unsifted all-purpose flour, cardamon butter filling (recipe follows), 1-1/2 c. golden raisins, 1 egg yolk, 2 tbsp. milk, 1/4 c. sugar, 1/2 c. blanched almonds.

Prepare hot roll mix as directed, adding the required ingredients along with 3 tbsp. sugar. Allow to rise as directed until almost doubled, then punch down. Wrap in plastic film and chill about 30 minutes. Cream butter and flour until thoroughly blended. Turn out onto a sheet of waxed paper. Roll out the butter-flour mixture to make a 4x10 inch strip and chill for about 30 minutes.

Roll out chilled dough on a floured board to form a 12 inch square. Peel paper from butter and set butter in center of dough. Fold the two wide sides of the dough over butter, then fold in the narrow ends. Fold dough again to make a 5 inch square. Flatten slightly with floured rolling pin, then roll out on floured board to make another 12 inch square. Use light strokes to avoid tearing dough.

Repeat folding and rolling procedure two more times. Wrap dough in plastic film and chill 30 minutes. Divide the dough in half; roll out and make into strips--spread with cardamon filling, leaving 1/2 inch margin on each side. Distribute the raisins evenly over filling--slightly roll up and down in jellyroll fashion and twist into pretzel shape. Beat egg yolk with milk, brush on shaped dough and sprinkle with sugar and nuts. Cover and let rise in warm place for 30 minutes. Bake.

\*Cardamon Butter-Filling:

1/2 c. butter, 2 c. sifted powdered sugar, 3/4 tsp. cardamon and 3 tsp. heavy cream. Mix until fluffy.

## OFF TO VIETNAM



ROBERT McNEAL, Jr., son of Mr. and Mrs. Robert McNeal, Wyatt Ave., Las Vegas, departed Sunday for military duty assignment. Also reporting at the same time was his buddy, James McMillan, son of Dr. J.B. McMillan--Both are helicopter machine gunners in the United States Army.

A. B. 404

ASSEMBLY BILL NO. 404—MESSRS. CLOSE AND BUNKER


FEBRUARY 23, 1965

Referred to Committee on Judiciary

SUMMARY—Prohibits discrimination in public accommodations or in employment based on race, color or national origin. (S.B. 51 1965)

EXPLANATION—Author: Walter H. Close, Jr., Attorney at Law, Las Vegas, Nevada

AN ACT relating to civil rights, to amend chapter 631 of NRS, relating to



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