

the THINKING WOMAN

Dorothy Johnson's Food Forum

Bread From Scratch

With the ever-growing return to cooking from scratch, home baked yeast breads rank high on the list of foods that are popular with today's cooks.

To make the dough rise properly, you'll need a spot that is draft-free and has a temperature that remains steady at 80 to 85 degrees.

The way to tell if the bread has risen enough press the tips of two fingers into top of risen dough; if the impression stays, the dough is ready for the next step. If the impression readily disappears, more rising time is needed.

Here are some bread recipes that offer a great variety of flavors and textures.

PAIN DE FROMAGE

1 envelope dry yeast
1/4 cup lukewarm water
1/2 tsp. salt
1 tbsp. sugar
1/2 cup butter or margarine (softened)
1/4 cup brandy
5 eggs
5 cups flour
1/2 cup (2 oz.) shredded Bonbel cheese
1/2 cup shredded sharp cheddar cheese.
Kosher salt
Caraway seeds.



Dissolve yeast in lukewarm water. Stir in salt, sugar, butter, brandy and four well beaten eggs. Beat in half of the flour. Stir in Bonbel and cheddar cheeses. Beat in enough of the remaining flour to make a soft dough. Knead dough on a lightly floured board until smooth and elastic. Place in bowl and let rise, covered, in a warm place until doubled in bulk. Punch down. Knead again on floured board. Cut dough into three equal pieces. Roll each piece into a rope 12 inches long. Braid three ropes together. Pinch ends together and place braids into a well greased loaf pan. Beat remaining egg and brush loaf. Sprinkle with Kosher salt and Caraway seeds. Let rise in warm place. Bake at 350 degrees 30 to 40 minutes or until richly browned and when thumped sounds hollow. Unmold and cool thoroughly on a rack before cutting into slices. Makes 1 loaf.

PINEAPPLE COTTAGE CHEESE BREAD

1 (-1/4 ox.) can crushed pineapple, well drained
1 pkg. dry yeast
1 (8 oz.) carton small curd, creamed cottage cheese
1 egg, beaten
3 tbsp. sugar
1-1/2 tsp. salt
1 tsp. grated lemon peel
3-1/2 cups sifted flour
1/4 cup soft butter or margarine.



Heat drained pineapple in a small saucepan to luke warm. Stir in yeast, and left soften 5 minutes. Turn cottage cheese out into doubled thickness of paper toweling to absorb excess liquid. Combine cottage cheese, egg, sugar, salt and lemon peel. Stir in pineapple yeast mixture. Blend in half the flour, mixing well. Stir in butter, then work in remaining flour, using hands, to make a stiff dough.

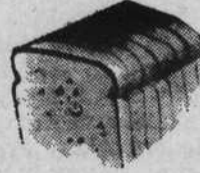
Turn out onto lightly floured board, and knead smooth, 3 to 4 minutes. Place in oiled bowl, turn once to bring oiled side up, and cover. Let rise in warm place until light and doubled in volume, about 1-1/2 hours. Punch down, and shape into 6 small balls or one large one. Place in greased 6 (1-cup) loaf pans or 1-1/2 quart round souffle dish or glass casserole. Brush lightly with oil. Let rise again until doubled about 45 minutes.

Bake below oven center at 325 degrees, 30 minutes for small loaves and about 1 hour for round bread. Remove from oven and let stand in pan 5 minutes, then turn out onto wire rack to cool. Makes 6 small or 1 large loaf.

Check Voice for Service Ads.

PEANUT BANANA TOASTING BREAD

2 pkgs. dry yeast
1/3 cup warm water
3/4 cup peanut butter
1/2 cup brown sugar, packed
2 large ripe bananas, mashed
1 egg
1 cup milk, scalded and cooled
1-1/2 tsp. salt
6 to 7 cups flour



Dissolve yeast in warm water and let set until bubbly. In a large bowl, blend together peanut butter and sugar. Beat until creamy. Stir in mashed bananas, egg, milk, dissolved yeast and salt. Blend well. Add 2 cups of the flour and beat well. Stir in enough additional flour to make a stiff dough. Turn out onto a lightly floured board and knead about 10 minutes, adding more flour to keep dough from sticking. When dough is smooth and elastic, place in a large greased bowl. Cover and let rise in a warm place until doubled in bulk, about 1-1/2 hours. Divide dough in half. Divide each half into 4 sections, roll each section into a mini loaf. Place 4 small loaves in each of 2 greased 8-1/2 x 4-1/2 inch loaf pans. Cover and let rise until doubled again. Bake at 350 degrees 30 to 35 minutes. Remove from pans and cool. Makes 2 loaves.

MONKEY BREAD

1-1/2 pkgs. of cakes yeast
1/4 cup warm water
1 tbsp. sugar
1 cup milk
1 cup butter or margarine
1 tsp. salt
3 eggs, beaten
3 to 4 cups flour.



Soften yeast in warm water and stir in sugar. Scald milk and add 1/2 cup of butter and salt. Cool to luke warm. Stir beaten eggs and yeast mixture into lukewarm milk mixture. Gradually beat in flour with a wooden spoon to make a soft dough.

Transfer dough to a greased bowl, turning to grease top. Cover and let rise in a warm place until doubled in bulk.

Divide dough into halves and roll each portion out on a floured surface to a sheet 1/3 inch thick. Melt remaining butter. Cut dough with floured 3-inch-diamond-shaped cookie cutter. Dip each piece of dough into melted butter and layer into greased 10 inch ring mold, overlapping points of dough pieces. There should be about three layer, about three layers, but pan should be no more than 3/4 full or pieces of dough will pop off while baking. Let rise until light, about 1 hour. Bake at 400 degrees 35 minutes or until lightly browned. Makes 1 loaf.

Note: For Cheese Monkey Bread follow recipe for Monkey Bread but add 3/4 cup shredded cheddar along with the flour.

No Cost Screening Program

The Clark County Health District is now accepting appointments for the cancer screening program available to women over 18 years.

The screening includes a "pap" test for cervical cancer and breast examination. Written notification of test results will be provided, and if necessary, referrals will be made for appropriate followup.

This program is available at no cost to the client and is sponsored by the Nevada State Division of Health.

The Economic Opportunity Board also provides this cancer screening program under the same state sponsorship.

Appointments can be made at the Health Center by calling 385-1291 or through the Economic Opportunity Board at 648-3280.

PHI DELTA KAPPA Scholarship Recipients

As a result of their successful Summer Cocktail Sip, two young ladies were able to attend Clark County Community College this fall. The announcement of scholarship recipients came from Mrs. Patricia Butler - Financial Aid Director for the Clark County Community College.

Recipients of the Mabel Hoggard Financial Aid Scholarship Fund established at Clark County Community College by the National Sorority of Phi Delta Kappa for the 1976-77 school year are Miss Sheila Bradford and Miss Marilyn Juarez. Last year recipient was Miss Maxine Coleman. Miss Curtia Hunter, who is attending Arizona State College was the recipient of a scholarship after participating in the Phi Delta Kappa Sorority national scholarship contest where she scored the highest of the Las Vegas group tested.

Letters of appreciation have been received from these grateful young ladies.



SCHOLARSHIP PRESENTATION: Pictured are members of the National Sorority of Phi Delta Kappa Scholarship committee making their presentation at the Clark County Community College. (From the left): Mrs. Charlotte Cook-Counselor, Mrs. Ann Chapman-Basileus presenting check to Miss Sheila Bradford, Mrs. Patricia Springs-Butler-Financial Aid Director for CCC, and Mrs. Edna Perkins-Scholarship Chairperson for Phi Delta Kappa.

Collectors Paradise

Americans, as we all know, are great collectors, and the items we collect are varied as the people who collect them. Would you believe: African violets, tropical fish, records, whodunits, jigsaw puzzles, books, trout lures, power tools and - antiques?

Over the past twelve years, a devoted audience has developed for "Antiques," a television series about various kinds of antiques, what to look for, and how to go about collecting them. This fall, "Antiques" will air Wednesday nights at 6 p.m. beginning Oct. 6 on TV-10.

Except for fascinating but large and heavy Elizabethan furniture, the programs deal with portable collectibles. Esteemed dealers, collectors, and museum curators from around the country offer the best in the Durham, New

Hampshire studio production location. The camera scrutinizes a small Baccarat glass paperweight, for instance or a one-inch ivory violin-maker's plane as the human eye cannot. A Wedgwood slave medalion fills the screen in sharp detail; looking at pieces on museum shelves was never like this!

Whether you're starting out or are an "old pro" there something in these programs for you.

PREGNANT?

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Pregnancy Counseling Service of Nevada,

(A non-profit organization).

2623 Paradise Road