

the THINKING WOMAN

WALNUT HONEY BUNS



A DELICIOUS TREAT FOR WEEKEND BREAKFAST OR BRUCH: Walnut Honey Buns. The basic dough is a freezer dough which means the rolls can be made and shaped one day and frozen for as long as a month. Or you can bake half and freeze half for another time.

Seasoned bread bakers have discovered that all yeast doughs don't freeze well. So when a good recipe comes along that will behave in the freezer yet can also be baked immediately, they instinctively know that's one to save.

The below recipe for Walnut Honey Buns is such a recipe. The dough can be mixed, kneaded and shaped on one day and frozen for as long as a month. Or, if you like you can freeze half and bake half the day you make up the recipe.

A good reason for freezing unbaked bread is that it takes a fourth to a third less space in the freezer than baked breads. When you want fresh rolls you simply remove the shaped dough from the freezer, let it thaw and rise, then bake it. Frozen dough takes a longer time to rise than unfrozen dough, however these buns are smaller than most rolls and will thaw and rise in one to two hours depending on room temperature.

The method for mixing is Rapidmix which treats yeast like a dry ingredient, eliminating the step of dissolving it first in warm water. The dough is a rich one and doesn't require kneading. After mixing the dough should rest about 20 minutes before shaping and you'll find it handles much easier.

WALNUT HONEY BUNS

5-1/4 to 6-1/4 cups unsifted flour
 1/3 cup sugar
 1 teaspoon salt
 1/2 teaspoon grated lemon peel
 2 packages Fleischmann's Active Dry Yeast
 1 cup (2 sticks) softened Fleischmann's Margarine
 1-1/3 cups very warm tap water (120 - 130 degrees F.)
 2 eggs (at room temperature)
 Confectioners' sugar

Prepare Honey Walnut Filling (below). Set aside until ready to use. In a large bowl thoroughly mix 1-1/2 cups flour, sugar, salt, lemon peel and undissolved dry yeast. Add margarine.

Gradually add very warm tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough.

Cover; let dough rest 20 minutes.

Turn dough out onto well-floured board. Divide into 3 equal pieces. Roll each piece to an 8-inch square. Cut each into 8 1-inch strips. Twist each strip and coil into a circle, sealing ends underneath.

Place on greased baking sheets. Make wide indentations in center of each coil, pressing to bottom. Spoon prepared filling into indentations, using about 1 teaspoon for each roll. Cover loosely with plastic wrap. Freeze until firm. Transfer to plastic bags. Freeze up to 4 weeks.

Remove from freezer; place on ungreased baking sheets. Cover loosely with plastic wrap. Let stand at room temperature until fully thawed, about 1 hour 45 minutes. Let rise in warm place, free from draft, until more than doubled in bulk, about 45 minutes.

Bake at 375 degrees F. 15 to 20 minutes, or until done. Remove from baking sheets and cool on wire racks. Sprinkle with confectioners' sugar.

TO BAKE WITHOUT FREEZING: After shaping, let rise in warm place, free from draft, until doubled in bulk (unfrozen dough will rise faster than frozen dough).

Bake according to above directions.

Honey Walnut Filling: Combine 1/3 cup honey, 1 cup finely-chopped Planters or Southern Belle English Walnuts, and 1/4 teaspoon salt in saucepan. Bring to a boil and simmer over low heat about 3 minutes. Gradually stir in 2 lightly beaten egg yolks. Cook, stirring, until slightly thickened. Stir in 1 teaspoon grated lemon peel. Cool.



THE JACKSONS, newly-signed Epic recording stars, are shown posing for the cameras with political notables Congressman Charles Rangel (D-N.Y.) and Congresswoman Shirley Chisolm during the recent Black Caucus Dinner at the Washington Hilton Hotel. The Jacksons did a benefit concert at the Capitol Center in Largo, Md. and the proceeds were presented to the Caucus. Show above (from the left) Jackie Jackson, Marlon Jackson, Rep. Charles Rangel, Rep. Shirley Chisolm, Michael Jackson, Tito Jackson and Randy Jackson.



MANY NOTABLES ATTENDED THE 6th ANNUAL BLACK CAUCUS Dinner at the Washington Hilton Hotel in Washington, D.C. at which The Jacksons presented Congresswoman Yvonne Braithwaite Burke, who is Chairperson of the Black Caucus, with a donation from the benefit concert they headlined at the Capitol Center. Shown above are (from the left) Judge Simon Banks of the District of Columbia; Bruce Lundvall, President of CBS Records; Jim Jyrrell, Vice Pres. Marketing, Epic and Associated Labels; Columbia recording artist Johnnie Taylor; Operation PUSH Director, Rev. Jesse Jackson; Joseph Jackson, father and manager of The Jacksons and Michael Jackson.