

Recipe of the Year for Odd Years

Basic Skills Level 1: Baking Powder Biscuits from Baking 1, page 13

Ingredients:

2 cups sifted all-purpose flour

½ tsp. salt

2 tsp. baking powder

1/3 cup shortening

¾ cup milk

Directions:

1. Assemble all equipment and ingredients. Lightly flour bread board or pastry canvas and rolling pin.
2. Preheat oven to 450 degrees F.
3. Sift flour onto waxed paper. Measure the flour by spooning lightly into the measuring cup, then leveling with the back of a knife. Measure salt and baking powder; add to flour. Sift again to distribute thoroughly through flour.
4. Measure shortening.
5. Cut shortening into flour mixture using either two knives or a pastry blender. Cut together until mixture resembles coarse cornmeal. Make a well in the center of the dry ingredients.
6. Measure the milk.
7. Pour milk into the center of the dry mixture. Stir through liquid and dry mixture using a fork (20-25 strokes). Do not overmix. Dough will be smoothed out during the kneading process.
8. Turn out the dough on a lightly floured bread board or pastry canvas. Knead gently 15-20 strokes. This will help smooth the dough while it develops a delicate gluten structure.
9. Roll lightly, working rolling pin from center of dough to the outer edges. Dough should be about ½ inch thick.
10. Cut dough with floured biscuit cutter. Do not twist cutter – cut straight down and lift straight up.
11. Using a spatula or wide-bladed knife, transfer biscuits to ungreased baking sheet. Place biscuits ½ inch apart. Place sheet on center rack in preheated oven.
12. Bake at 450 degrees F for 10-12 minutes, or until golden brown.

Makes 10-12 biscuits

Skills Level 2: Scones from Cooking 201, page 51

Ingredients

2 cups all-purpose flour	½ cup milk
¼ cup sugar	1 egg, slightly beaten
1 Tbls. baking powder	Extra flour for kneading
¾ tsp salt	1 Tbls. milk
1/3 cup butter or margarine, chilled	1 Tbls. sugar
½ cup raisins or dried cherries, if desire	

Directions

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add sugar, baking powder, and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with a fork or pastry blender until well mixed. Add raisins or dried cherries and stir.
4. Mix milk and egg together. Make a hole in the center of the flour. Slowly add milk mixture and stir just enough to wet the flour. The dough should be soft but not sticky.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface and knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand to push the dough away from you and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the scones tough.
6. Divide the dough in half. Roll or pat one-half of the dough into a circle about ¾ inch thick. If desired, brush with milk and lightly sprinkle with sugar. Dip a knife into the flour and use the knife to cut the dough into 6 sections. Place the scones on an ungreased baking sheet about 2 inches apart. Repeat with the second half of the dough.
7. Bake about 10-12 minutes or until golden brown.

Makes 12 scones.

Basic Skills Level 3: Dakota Bread from Baking 3, Page 22

Ingredients

1 package active dry yeast	2-2 ½ cups bread flour
½ cup warm water (105-115 degrees F.)	½ cups wheat flour
2 Tbls. sunflower oil	¼ cup wheat germ
1 egg	¼ cup rye flour
½ cup cottage cheese	¼ cup oatmeal
¼ cup honey	2 Tbls. cornmeal
1 tsp. salt	

Directions

1. Sprinkle yeast in warm water; stir to dissolve.
2. In a large bowl, mix sunflower oil, egg, cottage cheese, honey and salt. Add dissolved yeast and 2 cups of bread flour, beating until flour is moistened. Gradually stir in whole-wheat flour, wheat germ, rye flour, and oats, plus enough bread flour to make soft dough.
3. On a floured surface, knead dough about 10 minutes or until dough is smooth and elastic. Place dough in greased bowl; cover loosely with oiled plastic wrap.
4. Let rise in a warm place until doubled in size; about 30 minutes.
5. Punch down dough. Shape into one round loaf. Place in greased glass pie pan sprinkled with cornmeal. Cover with oiled plastic wrap and let rise until doubled in size; about 1 hour.
6. Brush with egg white and sprinkle with wheat germ, sunflower kernels or oat meal.
7. Bake at 375 degrees F. for 30-40 minutes. If too dark, cover loosely with foil the last 10-15 minutes of baking. Remove from pie pan and cool on a wire rack.

Optional: Add 1 cup of cooked barley with the whole-wheat flour. (Cook ½ cup “quick” pearly barley for 10 minutes to make 1 cup of cooked barley.)

Makes 1 loaf.

Advanced Skills Level 4: Single Pie Crust from Baking 4. Page 21

Ingredients

1 cup flour
½ tsp. salt
1/3 cup shortening
2 Tbls. ice cold water

Directions

1. Lightly spoon flour into dry measuring cups, forming a slight mound above the cup rim. Do not tap on the cup or pack more flour into the cup. Level off with a spatula or straight-edged knife. Place in medium mixing bowl.
2. Measure salt; add to flour and stir to blend the two ingredients.
3. Measure shortening accurately and add to flour and salt.
 - a. Measure shortening by packing it into a dry measuring cup, leveling the top with a spatula, and then using a rubber scraper to remove all the shortening from the cup.
 - b. Pre-measured shortening sticks are available.
4. Using two knives or a pastry blender, cut the shortening into the flour mixture until the texture is the size of small peas.
5. Add ice cold water, sprinkling water on flour, one tablespoon at a time. Mix lightly with a fork until the flour is moistened. Each time you add a tablespoon, be sure to add it to a dry portion. The dough should form a ball, but not be sticky. Sticky dough results in tough pastry.
6. Lightly flour a dough board or pastry cloth, which you can purchase or make from a lightweight canvas fabric. (Some people prefer waxed paper underneath and on top of the dough.) Place the dough ball on the board or cloth.

Flatten and press the dough into a circle to provide a starting point for rolling out the pastry. Using a lightly floured rolling pin, roll the pastry from the center to the outer edge. As you reach the edge, lift the rolling pin to achieve an even thickness throughout the crust. Set the rolling pin back in the center, rolling in a different direction to the edge. By rolling out in different directions from the center, the pastry will be round in shape.
7. Measure the crust by holding an inverted pie pan over the pastry to see if it is large enough. Remember to allow 1 inch extra diameter for the crust edge and sides of the pie pan.
8. Fold the pie crust into fourths, transferring quickly to the pie pan. Unfold, being careful to center the pastry in the pie pan. Do not stretch the crust since it will shrink when baked.
9. If you have an uneven amount of crust hanging over the edge, trim it away with kitchen shears or a knife. A 1-inch overhang is adequate. Turn the edge under and form an attractive border with the tines of a fork or with a pinch and a twist of the dough between the thumb and forefinger. This process is known as “fluting”.
10. Prick the unbaked shell liberally with a fork to prevent “bubbling” during the baking process. Bake the crust on a rack in the center of an oven preheated to 425 degrees F. until lightly browned on the edges, approximately 10 minutes. Cool.