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Extension Bulletin
No. 7
Revised Edition
December 1991

BREADS



University of the Virgin Islands Cooperative Extension Service
Dr. D. S. Padda, Director

Breads

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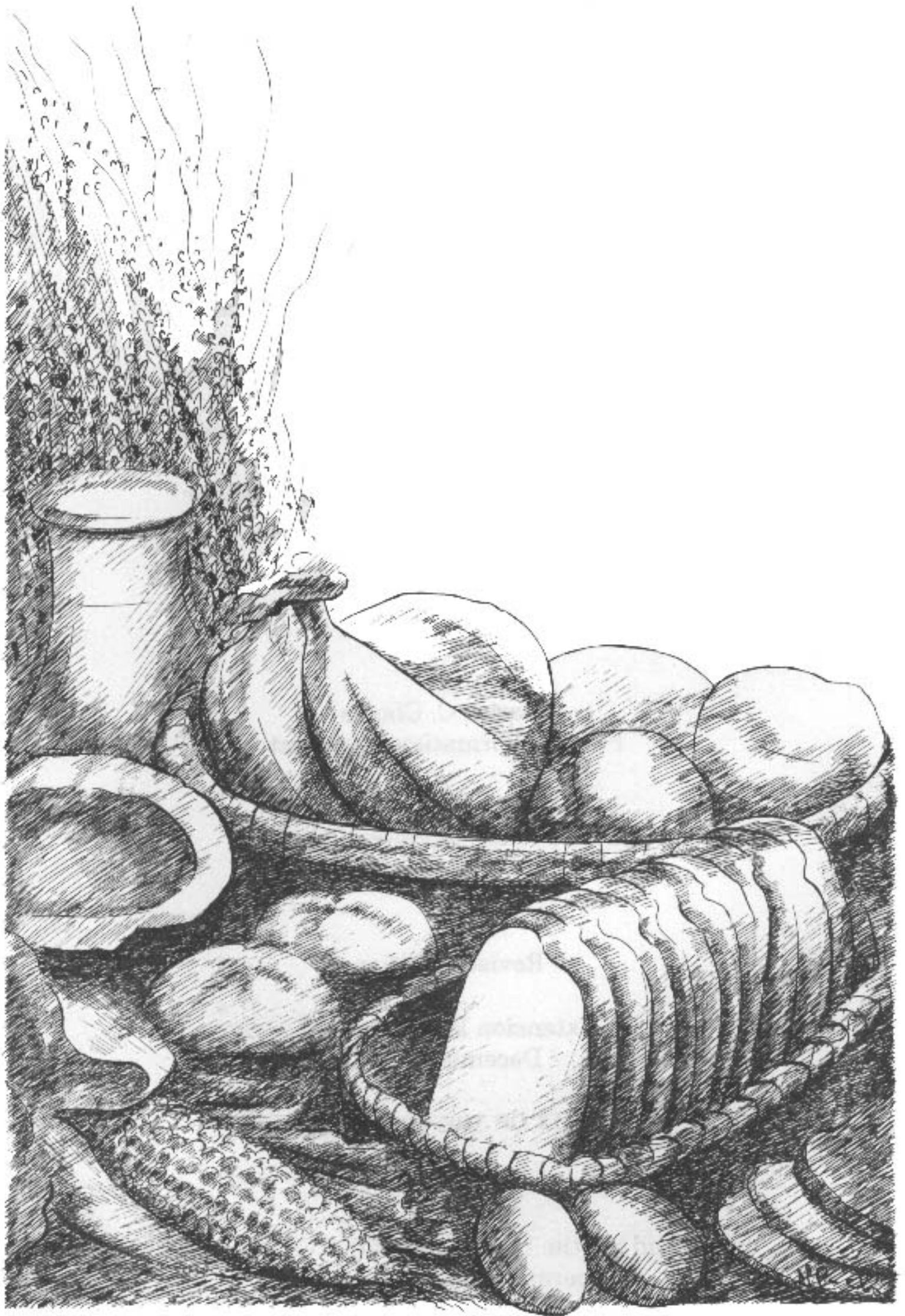
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FOREWORD

Bread is an essential food. It is included in the Basic Food Groups as one of the daily food requirements. Bread provides vitamins and minerals for growth and good body functions. These statements underscore the importance of bread to the health and happiness of everyone.

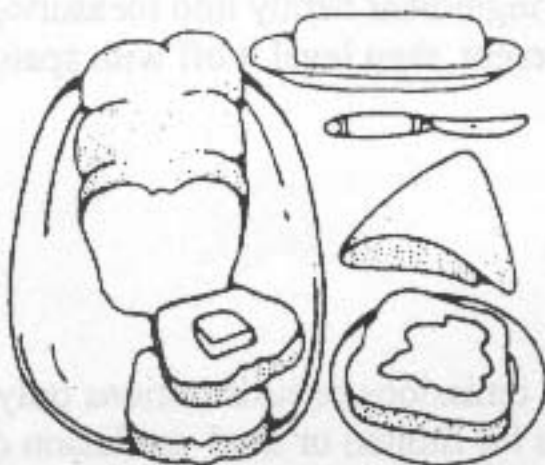
Making fresh bread for one's family is a very satisfying experience, especially at eating time when the pleasure and enjoyment of eating the freshly baked bread with good tasting butter is observed. It is a satisfaction no one can achieve by eating bakery-bought products. The aroma of bread baking in the kitchen always sets one in the mood for eating.

The recipes presented to you in this booklet on breads were produced and tested in the Home Economics Laboratory at the UVI Cooperative Extension Service.

New research in foods and nutrition has shown that fiber in the diet is essential for good health. These recipes were developed taking this important factor into consideration to increase fiber and provide good nutrition without neglecting quality and taste.

If you don't mind working your hands in dough, and enjoying eating homemade, good tasting and nutritious breads, try these tested recipes.

Olivia H. Henry
Former Home Economist
and Program Leader



SOMETHING ABOUT MAKING GOOD BREADS

It is easy to make good breads but care must be taken when handling the ingredients. To achieve satisfactory results in your bread making, follow these suggestions.

1. Always have clean utensils and working area. Before you start making your bread, wash and rinse utensils in hot water. If you are using yeast remember it is a living organism; it can attract and act with undesirable organisms present in uncleaned utensils. Any unfavorable reaction will destroy the odor and taste of your bread.
2. Use good quality and fresh ingredients. Check yeast and baking powder for expiration dates. Flour should be fresh smelling and fats should not be rancid.
3. Measure accurately and carefully. To measure flour, sugar, baking powder or spices, heap the ingredient in a cup or spoon, level-off with straight edge of knife blade or spatula. If recipe calls for sifted flour, sift the flour before measuring. Do not press sifted flour in measuring cup, but spoon lightly into a dry cup, then level-off with spatula or knife blade. Unsifted flour has 1 to 2 tablespoons more flour than sifted flour.

Brown sugar – Measure brown sugar by packing it firmly into a dry measuring cup. When emptied, the sugar should hold the shape of the cup if it was firmly packed.

To measure milk or other liquids, pour the liquid ingredient into a liquid measuring cup (glass cup); set the cup down on a flat surface and check for level of measure. Do not hold cup in hand when checking for the level.

When measuring shortening, pack the ingredient firmly into measuring cup or spoon. Be sure there is no air space present, then level it off with spatula or knife blade.

1/2 pound of shortening = 1 cup

2 sticks of butter or margarine = 1 cup

1 stick = 1/2 cup

4. Always follow recipe carefully. Make omissions or substitutions only when it is absolutely necessary. If your diet calls for limited or total exclusion of salt, this ingredient can be reduced or omitted without destroying the quality of the finished product.

COOLING AND STORING YOUR BREADS

1. Remove loaf from pan, or rolls from baking sheet. Set on wire rack to cool slowly away from draft.
2. When thoroughly cooled, place in plastic bags or plastic wraps. Freeze, refrigerate or store at room temperature depending on the length of time for storage. If bread is a moist type, it will be best to store it in the refrigerator or freezer to avoid molding. This is especially necessary in hot climates.

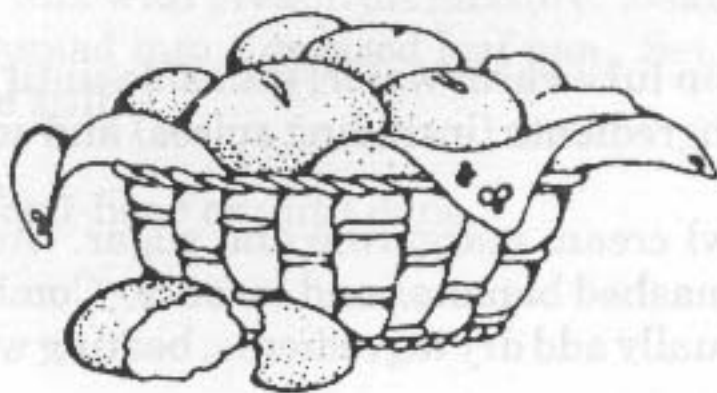
Freezing – Every type of bread freezes very successfully for several months when properly wrapped. If breads are to be stored for longer than 2 to 3 days, it is best to freeze rather than refrigerate. Refrigerating breads for long periods of time tends to dry them out. To use frozen bread, allow loaf or rolls to thaw out slightly, wrap loosely in foil paper and heat in slow oven; serve as usual.

O.H.H.

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Breads with Yeast



BANANA RAISIN BREAD

- 1 pkg. dry yeast
- 1/4 cup warm water
- 1/4 teaspoon nutmeg and cinnamon
- 1 teaspoon vanilla essence
- 1/2 teaspoon salt
- 3 tablespoons granulated sugar
- 3 tablespoons brown sugar
- 4 1/2 cups flour (unsifted)
- 1 egg
- 1/3 cup margarine
- 1/2 cup raisins
- 2 cups mashed bananas (very ripe); combine with 1 teaspoon lime juice to retard darkening.

Place yeast in 1/4 cup lukewarm water; set aside until yeast rise to the top. Combine dry ingredients (including spices) and set aside.

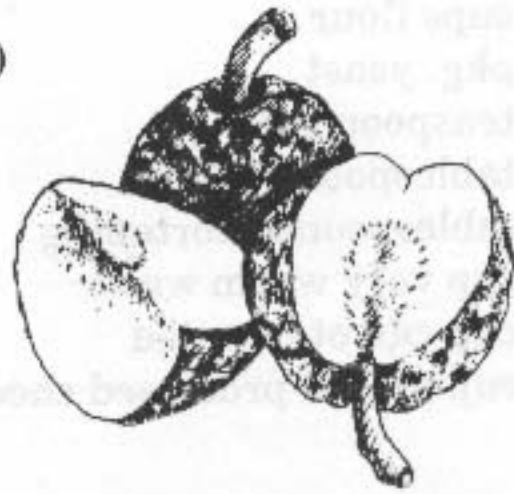
In large mixing bowl cream margarine and sugar. Add egg; continue mixing. Add yeast mashed bananas and essence. Combine raisins with flour mixture. Gradually add dry ingredients, beating well to form a very stiff batter.

Place in 2 greased pans 7 3/8 x 3 5/8 x 2 1/4; set to rise for 1 hour or until doubled.

Bake in slow oven 350°F. for 35 to 40 minutes or until done. (Test by inserting a knife into the bread; if knife comes out clean, bread is done, if not let it cook until done.)

BREADFRUIT BREAD

- 1 pkg. yeast
- 1 cup very ripe breadfruit (mashed)
- 3 cups flour
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 egg
- 1/4 cup cooking oil
- 1 cup non-fat milk
- 1 teaspoon nutmeg
- 1/2 cup chopped dates



Combine oil, milk and egg in mixing bowl. Mix well. (Beat with a portable beater if available). Add breadfruit, dates and mix thoroughly. Combine dry ingredients. Mix with breadfruit mixture. Beat well until the batter becomes stiff. Spread into a greased loaf pan. Set to rise until doubled (batter should be stiff).

Bake at 350°F. for 1 hour or until done.

CHEESY CARROT BREAD

- 4 1/2 cups flour
- 1 pkg. yeast
- 1 teaspoon salt
- 3 tablespoons sugar
- 3 tablespoons shortening
- 1 cup very warm water
- 1/3 cup carrots; grated
- 1 cup grated processed cheese (packed)

In a large bowl combine 1 cup flour, yeast, salt, sugar and shortening. Add warm water; mix well. Add carrots and cheese; stir for 1 minute. Set aside for 2 minutes or until small bubbles appear on surface.

Gradually add 3 cups of flour. Turn onto lightly floured board. Knead until dough is no longer sticky, (add another 1/2 cup flour during the kneading process if necessary).

Grease top of dough, cover and let rise until double in bulk. Shape into dinner rolls or place in 2 loaf pans 7 5/8 x 5 3/8 x 2 1/4.

Bake at 400°F. until done.

COCONUT BREAD

- 1 1/4 cups grated coconut
- 1 pkg. yeast
- 1/4 cup warm water
- 1/2 cup sugar
- 1/3 cup shortening or butter
- 1 teaspoon vanilla essence
- 1/2 teaspoon cinnamon
- 1/2 cup raisins
- 1/2 cup warm milk
- 4 cups flour

Grate coconut and set aside. Dissolve yeast in 1/4 cup warm water. Cream sugar and butter, add vanilla and yeast. Add coconut and raisins to sifted dry ingredients; add dry mixture in two parts with milk to form a firm dough.

Turn dough out onto floured board or table and knead for at least 3 minutes. Put dough into mixing utensil and grease top. Cover with a clean towel and let rise until double in bulk.

Shape dough into a loaf and place in a greased loaf pan. Let rise until doubled. Bake in a moderate oven 350°F. for 30 minutes or when knife inserted into center comes out clean. Remove from pan, place on rack to cool. Let the loaf stand overnight before sampling.

CORNMEAL BREAD

Cook until thick, stirring constantly: 1 cup water
1/2 cup cornmeal

3/4 cup warm water
3 tablespoons powdered milk
4 cups flour
1 pkg. yeast
5 tablespoons sugar
1 teaspoon salt
3 tablespoons shortening
1/4 cup flour, (combine with)
1/4 cup cornmeal



In saucepan cook cornmeal with 1 cup water, stirring constantly until thick. Remove from heat and cool. Add powdered milk to 3/4 cup of water.

In large mixing bowl, combine 1 cup flour, yeast, sugar, salt and shortening. Add warm milk; stir for 3 minutes until small bubbles appear on the surface. Stir cooked cornmeal until smooth, add to batter, mix well.

Blend in 3 cups of flour gradually until a stiff dough is formed. When the 3 cups of flour is used up, dough should be a little sticky.

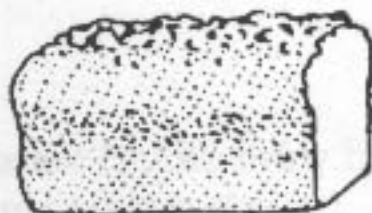
Add the 1/2 cup of cornmeal flour mixture gradually. Knead this mixture into dough until all used up. Knead lightly on floured board. Cover dough with bowl; let rise until double in bulk.

Shape into 2 rolls or loaves. Set in small loaf pans or on greased baking sheet to rise until double in bulk. Bake at 400°F. for 5 minutes. Lower temperature to 350°F. Continue baking until done.

Bread is done if it sounds hollow when tapped with fingers on top and bottom. Yield 2 loaves. Serve warm.

EASY TO MAKE OATMEAL BREAD

- 6 1/2 cups flour
- 1 cup rolled oats
- 2 pkg. yeast
- 2 cups warm water
- 1/4 cup honey
- 1/4 cup molasses
- 1/3 cup shortening
- 1 tablespoon salt
- 1 egg



In mixing bowl combine 2 cups flour, oats, yeast and salt. In saucepan heat 2 cups water, molasses, honey and shortening until shortening is almost melted. Add to flour mixture, add beaten egg. Beat for 3 minutes.

Gradually stir in remaining flour to make a medium stiff dough. Set aside to rise about 2 1/2 hours. Turn out on floured board or counter top. Knead gently, shape into loaves. Place in greased 8 x 4 x 2 1/2 loaf pans. Cover; set in warm place to rise until doubled. Bake at 350°F. for about 45 minutes.

EASY TO MAKE GUAVA BREAD

- 3/4 cup guavas (mashed)
- 4 1/2 cups flour
- 1 pkg. yeast
- 1 teaspoon salt
- 1/3 cup sugar
- 3 tablespoons shortening
- 3/4 cup warm water
- 1 egg beaten



Peel guavas, remove seeds from pulp. Cut guava shells into very small cubes, measure, then mash.

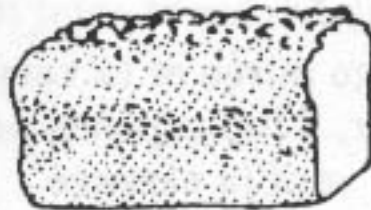
In large bowl combine 1 cup flour, yeast, salt, sugar and shortening. Add warm water, stir for 1 minute. Add guavas and beaten egg. Let rest until bubbly.

Gradually add remaining flour to form a stiff dough. Turn dough on lightly floured board, knead until smooth. Grease surface of dough; turn bowl over dough on counter, let rise until double in bulk.

Shape into rolls or divide in 2 equal parts and shape into loaves. Place in 2 pans 7-5/8 x 5-3/8 x 2-1/4. Let rise until loaves reach top of pans. Bake at 450°F. until done.

LEMON BREAD

- 1/4 cup brown sugar
- 1/4 cup honey
- 1/2 teaspoon sugar
- 1/4 cup margarine
- 1 cup warm lemon grass brew (make brew by steeping 1 cup cut lemon grass in 1 1/2 cups water; strain)
- 1 pkg. dry yeast
- 1/2 teaspoon cinnamon
- 1 teaspoon ginger
- 1 teaspoon salt
- 1 egg, slightly beaten
- 1/4 cup chopped raisins
- 2 1/2 cups whole wheat flour
- 2 cups white flour
- 2 tablespoons grated lemon rind
- 2 tablespoons soft butter
- 2 tablespoons honey



Sprinkle yeast over 1/2 cup warm lemon brew; add 1/2 teaspoon sugar, stir and set aside. Add margarine, brown sugar, honey, salt, grated rind and chopped raisins to balance of very warm lemon brew (1/2 cup). Add yeast mixture, egg, spices and whole wheat flour and beat until smooth.

Gradually add white flour to form a stiff dough, leaving side of bowl clean. Turn onto floured counter; knead (add flour if necessary to prevent sticking). Continue to knead for 3 to 5 minutes until the dough is smooth and stretchy.

Place dough in greased bowl; grease top of dough. Cover and set to rise until doubled. Punch down dough; knead it slightly and let it rise for a second time. After second rising, shape loaves. Place in greased loaf pans; cover and let rise until doubled. Bake at 450°F. for 10 minutes, reduce heat to 350°F. and continue to bake for 20 minutes or until done. Cool in pan for about 5 minutes. Mix 2 tablespoons honey, 2 tablespoons butter and brush top of leaves. Remove from pan and set to cool for 5 minutes on rack.

MANGO BREAD

- 2 tablespoons white sugar
- 2 tablespoons brown sugar, firmly packed
- 1/4 cup margarine
- 1/4 cup shortening
- 1 pkg. yeast
- 4 cups enriched flour
- 1/4 teaspoon baking powder
- 1 egg, beaten
- 3/4 cup mango puree or (a very ripe crushed mango)
- 1/2 cup water, 2 tablespoons powdered milk
- 1 teaspoon vanilla essence
- 2 teaspoons orange rind (grated)
- 1 teaspoon salt

In small bowl add yeast to warm water, let rest for 2-3 minutes. Combine flour and baking powder.

In large bowl cream margarine, shortening, sugar, essence and egg; beat well. Add mango puree, yeast mixture, milk, salt, orange rind and 1 cup of flour; beat well for about 3 minutes. Set aside until bubbly.

Gradually add remaining flour to form a stiff dough. Turn onto floured board and knead for 3 minutes. Cover and let rise until doubled in bulk. Shape into loaf and place in loaf pan. Let rise until doubled.

Bake at 450°F. for 1 hour or until done.

NUTTY BANANA BREAD

- 6 cups flour
- 2 pkg. dry yeast
- 2 teaspoons salt
- 1/3 cup margarine or butter
- 1 cup sugar
- 2 eggs
- 3 cups mashed bananas (very ripe)
combine with 1 teaspoon lemon juice to retard darkening
- 2 teaspoons vanilla essence
- 1/2 cup chopped raisins
- 1/2 cup chopped dates
- 1/2 cup chopped walnuts
- 1 cup warm milk

In mixing bowl combine yeast, 1 teaspoon sugar, 1 cup flour, salt and warm milk. Beat well. Set to rise until bubbly.

Cream butter and balance of sugar. Beat eggs; add with mashed bananas to yeast mixture. Add essence, chopped dates, nuts and raisins.

Gradually add balance of flour to form a stiff batter. Mix well; set aside to rise until doubled. Spread in greased loaf or square baking pan. Set to rise until doubled, about 1-1/2 hours.

Bake in slow oven 350°F. or until done. Use toothpick to test for doneness. Let cool overnight before cutting.

NUTTY SORREL BREAD

1	cup chopped sorrel	FILLING	
4 1/4	cups enriched flour	4	tablespoons honey
1	cup whole rye flour	1/2	cup chopped walnuts
1/2	cup sugar	1/2	cup currants
2	pkg. yeast	1/2	cup chopped sorrel
2	tablespoons grated orange rind		
1	egg, slightly beaten		
1/2	cup warm milk		
3/4	cup warm water		
2	tablespoons margarine		
2	tablespoons shortening		
1	teaspoon salt		

Cook chopped sorrel in 1/2 cup water until tender about 3 minutes. Combine enriched flour and rye flour on waxed paper. Place 2 cups of flour in mixing bowl; add yeast, salt, sugar, 2 tablespoons margarine, 2 tablespoons shortening, add warm water and milk. Beat for 3 minutes; cover; set aside to rise.

Add sorrel, grated orange rind and egg. Gradually add remaining flour to form a soft dough. Knead until smooth; cover and set aside to rise. Punch down 2 times; after third rising divide into two parts. Roll each portion out to a 6 x 7 rectangle. Fill with mixture made by cooking chopped sorrel with 1/2 cup water until water evaporates. Combine with chopped nuts, currants and honey.

To fill: Divide nut-currant sorrel mixture into 2 parts. Spread in center of triangle; roll ends of dough towards center to cover nut mixture. Pinch together; place in greased loaf pan with pinched side down.

Bake in medium oven until done. Cool and brush top with mixture of 1 tablespoon honey, 1 tablespoon butter.

PAPAYA BREAD

- 4 1/2 cups flour
- 1 pkg. yeast
- 3 tablespoons margarine
- 1 tablespoon cooking oil
- 3 tablespoons powdered milk
- 4 tablespoons sugar
- 1 teaspoon salt
- 1 cup warm water
- 1 egg, beaten
- 1/2 cup grated papaya (yellow hard ripened) firmly packed
- 1/2 teaspoon cinnamon (optional)
- 1/2 cup chopped nuts

In large bowl mix 1 cup flour with powdered milk, yeast, margarine, oil, sugar, and salt. Add warm water and egg; beat well for 3 minutes. Add grated papaya; cover and let rise for 15 minutes or until bubbles form on top.

Mix remaining flour with cinnamon and nuts; add to mixture, knead for 3 minutes. Cover and let rise for 1 hour or until doubled. Knead dough for 2 minutes (if dough is too sticky to handle, cover and allow to rest for 5 to 10 minutes).

Form into loaf; set into loaf pan 9-1/4 x 5-1/2 x 2-3/4. Bake for 1 hour at 450°F.

PEAS & RAISIN BREAD

- 5 1/4 cups flour
- 1 pkg. yeast
- 3 tablespoons sugar
- 2 tablespoons margarine
- 2 tablespoons shortening
- 1 teaspoon salt
- 1 cup hot broth (liquid from strained peas)
- 3/4 cup cooked, mashed yellow split peas
- 1 egg, beaten
- 1/2 cup raisins firmly packed; chopped

Cook, strain and mash split peas (extract as much liquid as possible before mashing).

In large bowl combine 1 cup flour, yeast, sugar, margarine, shortening and salt. Add hot broth; stir. Add strained split peas and beaten egg; rest for 3 minutes. Add raisins.

Gradually add 4-1/4 cups of flour until stiff dough is formed. Grease hands lightly; knead dough on floured surface for 3 minutes. Cover and set aside to rise until doubled; shape. Place in greased loaf pans; set to rise until twice the volume.

Bake at 400°F. until done.

PINEAPPLE OATMEAL BREAD

- 2/3 cup oatmeal
- 1 pkg. dry yeast
- 1/2 cup lukewarm water
- 2 tablespoons shortening
- 1/2 cup honey
- 1 egg
- 1/2 cup coconut (freshly grated) optional
- 1 cup crushed pineapple (drained)
- 3 1/2 cups flour
- 1/2 teaspoon salt
- 1/2 cup wheat germ

Soak oatmeal and yeast together in lukewarm water. In a large mixing bowl, beat honey, egg and shortening for 1 minute. Add coconut, pineapple and yeast mixture; beat well.

Combine flour, salt and wheat germ, add to oatmeal mixture to form a stiff batter; let sit in bowl for about 15 to 20 minutes. Pour into greased loaf pans 9 x 5 x 3. Set to rise for half an hour or until double in size.

Bake at 350°F. for 25 to 30 minutes or until done. Makes 2 loaves.

SWEET POTATO BREAD

Boil potatoes in skin; peel, mash, then cool.

- 1 cup mashed sweet potatoes
- 1 pkg. dry yeast
- 3 tablespoons shortening
- 4 tablespoons sugar
- 3 teaspoons salt
- 7 1/2 cups flour
- 2 1/2 cups warm water

In small bowl soften yeast in 1/2 cup water and 1 teaspoon sugar; let sit for 5 minutes.

In large bowl add 2 cups warm water to shortening, sugar, salt, 2 cups flour and mashed sweet potatoes. Add yeast mixture; beat for 2 minutes; cover and set to rise.

Gradually add 5-1/2 cups of flour in 3 parts, beating well after each addition (about 3 minutes). Add balance of flour to form a stiff dough; knead until smooth.

Place in greased bowl, grease top of dough; cover and let rise until double in bulk. Punch down; set to rise for a second time. Shape into 2 loaves and place into a greased pan. Let rise until double in size.

Bake at 375 °F. until done (test by tapping lightly on the loaf; if the loaf sounds hollow, it is done).

SWEET POTATO PRUNE BREAD

Boil sweet potatoes in skin, peel, mash, then cool.

- 2 cups warm water
- 5 tablespoons powdered milk or 2 cups of whole milk
- 7 cups flour
- 1/3 cup sugar
- 3 teaspoons salt
- 1 pkg. yeast
- 4 tablespoons shortening
- 1/4 cup mashed sweet potatoes
- 3/4 cup chopped prunes
- 1/4 cup chopped raisins
- 1 egg

In large bowl combine 2 cups flour, powdered milk, sweet potatoes, sugar, salt, egg, yeast and shortening. Add warm water and beat well. Set to rise until bubbly.

Add raisins and prunes. Gradually add 2-1/2 cups of flour to form a soft batter; let rest for 10 minutes. Add balance of flour to form a stiff dough. Knead well on floured board until smooth.

Place in greased bowl, grease top of dough, cover and let rise until double in bulk. Punch down; set to rise a second time. Shape into 2 loaves and place into a greased pan. Let rise until double in size.

Bake at 375°F. until done (test by tapping lightly on loaf; when loaf sounds hollow it is done).

SPLIT PEA BREAD

- 3/4 cup strained yellow split peas (cooked and mashed)
- 1/4 cup cream cheese
- 3/4 cup very warm water or pea stock
- 3 1/2 cups flour
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 pkg. yeast
- 3 tablespoons shortening

In large bowl combine: 1/2 cup flour, salt, yeast and shortening.

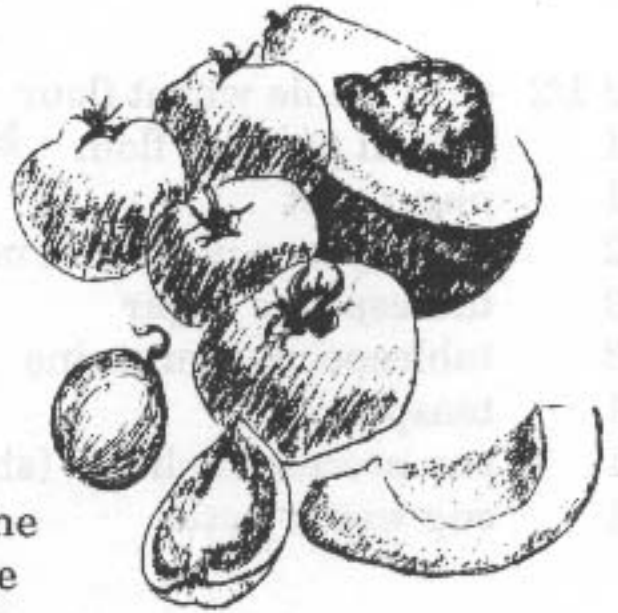
Add 3/4 cup water or stock. Mix well. Combine cream cheese and strained peas: add to flour mixture. Stir until well mixed; set aside for 3 minutes.

Gradually add 3 cups of flour, mixing well after each addition. Turn on lightly floured board; knead for 3 minutes; gradually add a little more flour if dough is too sticky to handle. Grease top of dough and let rise until double in bulk. Punch down; set to rise a second time until doubled.

Shape and place into 2 greased pans 7-3/8 x 5-3/8 x 2-1/4. Set to rise until double in size. Bake at 400°F. until done.

VEGI-BREAD

- 3 cups all purpose flour
- 1/2 cup whole rye flour
- 1/4 cup chopped onion
- 1/2 cup chopped green sweet pepper
- 2 tablespoons chopped celery leaves
- 1 pkg. yeast
- 1 cup very warm water
- 2 tablespoons sugar
- 3 tablespoons shortening or margarine
- 1 tablespoon shortening or margarine
- 1 teaspoon salt



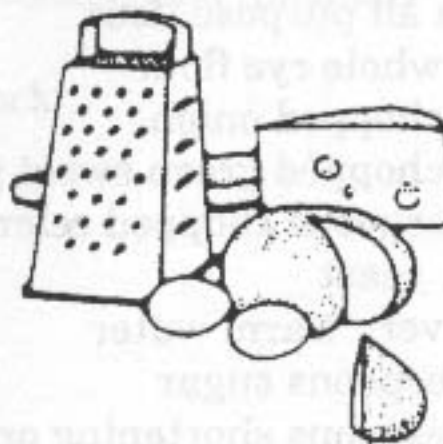
On wax paper combine rye flour and enriched flour.

In large mixing bowl put 1-1/2 cups mixed flour, yeast, salt, sugar and 3 tablespoons shortening.

In saucepan cook lightly until tender but not brown, onion, green pepper and celery in 1 tablespoon of shortening. Add to mixture in bowl. Add 1 cup water, beat for 1 minute. Set aside until doubled. Gradually add remaining flour. Knead on floured surface until smooth; put in bowl. Grease top; set in a warm place to rise until doubled. Punch down; let rise again. Grease 8 inch round layer cake pan; shape dough to fill pan; set to rise until doubled. Bake in moderate oven 400°F. until brown and done.

WHOLE WHEAT CHEESE BREAD

- 2 1/2 cups whole wheat flour
- 1 cup all purpose flour
- 1 pkg. yeast
- 2 tablespoons powdered milk
- 3 tablespoons sugar
- 3 tablespoons margarine
- 1 teaspoon salt
- 1 cup processed cheese (shredded)
- 1 cup warm water



In large bowl combine 1 cup of whole wheat flour, yeast, powdered milk, sugar, salt, margarine and shredded cheese. Add warm water; stir; set aside for 1 minute.

Gradually add balance of flour to form stiff dough. Turn onto lightly floured board, knead gently until dough is smooth and no longer sticky.

Grease top of dough, cover with bowl, let rise until double in bulk. Shape into rolls or loaf. Bake at 350°F. until done.



WHOLE WHEAT CHEESE MUFFINS

- 1 cup whole wheat flour
 - 2 cups all purpose flour
 - 1/2 cup cheese
 - 1 pkg. yeast
 - 1 teaspoon salt
 - 2 tablespoons sugar
 - 2 tablespoons shortening
 - 1 cup warm water
- } combined

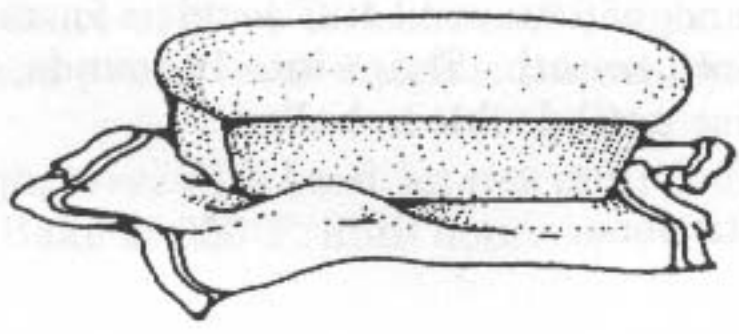
In large bowl combine cheese, yeast, 1 cup flour, salt, sugar and shortening. Add 1 cup warm water; stir well. Let sit for a few minutes until light and bubbly.

Gradually add balance of flour until stiff dough is formed. Knead lightly on floured board until smooth. Shape into 12 rounds. Place in greased muffin tins. Let rise until double in bulk.

Bake at 350°F. until done.

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Breads with Baking Powder



SPICY PUMPKIN BREAD

- 1/2 cup brown sugar, packed firmly
- 1/4 cup salad oil
- 2 eggs, beaten
- 1 cup unpeeled, cooked and mashed pumpkin
- 1/2 cup pumpkin broth or milk
- 3 cups all purpose flour
- 1/4 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon orange rind
- 1/2 teaspoon ginger
- 1 teaspoon cinnamon
- 1 tablespoon pumpkin pie spice
- 2 tablespoons honey
- 2 tablespoons light molasses
- 1 tablespoon chopped walnuts
- 1 teaspoon dry yeast



Cream sugar and oil; add baking soda, eggs, molasses, honey, orange rind, pumpkin, 1 teaspoon dry yeast and nuts. Sift together flour, baking powder, salt, cinnamon, ginger, pumpkin pie spice. Add dry ingredients to mixture in bowl alternately with milk to form a soft batter

Pour into 2 well greased 9-3/8 x 3-5/8 x 2-1/4 loaf pans. Bake at 350°F. for 1 hour or until done. Let stand for 10 minutes; remove from pan; cool. Makes 2 loaves. When loaves are near done, spread over top a mixture of:

- 1 tablespoon chopped walnuts
- 2 tablespoons currants
- 1 tablespoon water
- 1 tablespoon honey

Reduce oven to 300°F. and continue to bake until done (about 15 minutes).

TASTY PUMPKIN BREAD

- 2 3/4 cups sifted flour
- 2 tablespoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- 2 tablespoons pumpkin pie spice
- 1 teaspoon ginger
- 1/4 teaspoons almond essence
- 1/4 cup plus 2 tablespoons brown sugar
- 3/4 cup mashed, cooked, unpeeled pumpkin
- 1 cup sour milk
- 2 eggs, beaten
- 1/3 cup softened margarine
- 2/3 cup shredded coconut
- 1/3 cup currants
- 2 teaspoons orange rind

Sift together flour, baking powder, baking soda, salt, ginger and spice.

In a mixing bowl, cream sugar and margarine; add eggs, almond essence, rind, sour milk, and pumpkin. Add 1 cup of flour mixture and stir well. Add coconut and currants. Set aside for about 5 minutes. Add balance of flour to form a soft batter.

Pour into greased loaf pan 9 x 5 x 3. Bake at 350°F for 55 minutes. Makes 1 loaf. Mixture bakes well in greased muffin tins.

When bread is done remove from pans; cool slightly; spread over top:

- 1 teaspoon margarine
- 2 tablespoons honey
- 2 tablespoons chopped walnuts

(Heat mixture until margarine melts)



Notes

1. 1/2 cup milk
2. 1/2 cup sugar
3. 1/2 cup butter
4. 1/2 cup flour
5. 1/2 cup cocoa powder
6. 1/2 cup vanilla extract
7. 1/2 cup almond essence
8. 1/2 cup white chocolate chips
9. 1/2 cup dark chocolate chips
10. 1/2 cup walnuts
11. 1/2 cup almonds
12. 1/2 cup pecans
13. 1/2 cup hazelnuts
14. 1/2 cup pistachios
15. 1/2 cup cashews
16. 1/2 cup macadamia nuts
17. 1/2 cup pineapples
18. 1/2 cup mango
19. 1/2 cup kiwi fruit
20. 1/2 cup papaya
21. 1/2 cup guava
22. 1/2 cup passion fruit
23. 1/2 cup orange juice

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