



A special thank you to all our wonderful volunteers who knead, mix and fill the Museum with tantalizing smells of freshly baked breads.



From Field to Table Cookbook



Reynolds-Alberta Museum

*celebrating the sights, sounds and smells
of bringing in the harvest*



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What is yeast?

Yeast is a tiny plant-like micro-organism that exists all around us - in soil, on plants and even in the air. It has existed for so long, it is referred to as the oldest plant cultivated by man.

Regular Active Dry vs. Instant Yeast

(also known as Fast-Rising, Rapid-Rise, Quick Rise, and/or Bread Machine Yeast and sold under a variety of brands such as Fleishmann's and Bakipan).

The two types of dry yeast can be used interchangeably. The advantage of the rapid-rise is the rising time is half that of the active dry and it only needs one rising.

You can speed up standard yeast bread recipes by changing the yeast in the recipe. Substitute one package Instant or fast-acting yeast for one package regular active dry yeast. Instant yeast is more finely ground and thus absorbs moisture faster, rapidly converting starch and sugars to carbon dioxide, the tiny bubbles that make the dough expand and stretch.

Butter vs. Margarine

Whether to use butter or margarine for baking bread is really a personal choice. Butter is more expensive, but yields a creamier, sweeter taste. Margarine lacks the taste, but may result in a moister loaf. Of course, you can always substitute oil (canola or olive), shortening or lard!

How to rise dough:

With butter, grease a bowl large enough to hold double the quantity of dough. Add the dough, turn to grease all over. This film of fat prevents a skin from forming on the dough, which will make the bread streaky.



Corn Bread Muffins

Ingredients:

1 cup	flour	2 tsp	baking powder
1 cup	cornmeal	1 cup	milk
¾ tsp	salt	1	egg
¼ cup	sugar	4 tbsp	oil

Directions:

- Mix all dry ingredients.
- Beat egg, milk and oil then add to dry ingredients stirring until mixed.
- Fill muffin tins ½ full and bake at 425°F for 15-20 minutes

Cheese Biscuits

Ingredients:

2 cups	flour	3 tbsp	butter
1 tsp	salt	1½ cups	grated cheese
4 tsp	baking powder	1 cup	milk

Directions:

- Mix the first three ingredients together in a bowl.
- Cut in the butter.
- Add the cheese and the milk. Knead.
- Form into biscuits and place on an ungreased baking sheet and bake for 15 minutes at 425°F.



Pretzels

Ingredients:

1 tbsp	yeast
3/4 cup	warm water
1 tsp	sugar
1 tsp	salt
2 cups	flour
1	egg
1 tsp	sesame seeds

Directions:

- Dissolve yeast in warm water
- Add sugar and salt. Mix well.
- Add flour and mix thoroughly.
- Turn dough onto lightly floured counter and knead until smooth (5 minutes).
- Cut dough into three pieces. Shape each piece into a long line and form three large pretzels.
- In separate bowl, beat egg until fluffy.
- Brush pretzel with egg wash and sprinkle with sesame seeds.
- Bake at 375°F for 15 to 20 minutes .



Focaccia (Italian Flatbread)

Ingredients:

3 cups	all-purpose flour
1½ tsp	fast-rising, instant blending yeast (Bakipan)
1 tsp	salt
1 tsp	sugar
¾ cup	oil (preferably olive)
1 cup	warm water
2 tsp	dried herbs (or 2 tbsp fresh)* OPTIONAL

* Use whatever herbs you like. Oregano, basil and rosemary are nice, or try dill and chives.

Directions:

- Mix together 1 cup flour, yeast, sugar and salt.
- Add water and oil, mix well.
- Work in remaining flour and herbs, kneading until dough is smooth and elastic.
- Oil dough lightly, place in a warm, draft-free place.
- Rise for 15 minutes.
- Pat dough into greased pizza pan, brush lightly with oil and sprinkle with additional herbs and/or coarse salt, if desired. (Or treat as pizza crust and add sauce, toppings, cheese.)
- Rise an additional 15 minutes.
- Bake in 400°F oven for 15 - 20 minutes or until brown.
- Cut in wedges and serve.



Cinnamon Buns

Ingredients:

Dough:

2 tbsp	Bakipan instant yeast
7-8 cups	all-purpose flour
2	eggs
8 tbsp	sugar
6 tbsp	oil
3 cups	water
1 tsp	salt

Filling:

¼ cup	melted butter
½ cup	brown or demerara sugar
½ cup	raisins
1½ tsp	cinnamon

Directions:

- Mix yeast and 4 cups of flour in a bowl.
- In a separate bowl, whip eggs, sugar, oil and water.
- Add flour-yeast mixture to egg mixture.
- Blend well, add remaining flour and salt.
- Let rise for 15 minutes, punch down, let rise 15 minutes
- Cut dough in half and on lightly floured surface, roll into a 16" x 8" rectangle.
- Combine butter, sugar and cinnamon.
- Spread over dough.
- Sprinkle with raisins.
- Roll long side as for jelly roll.
- Seal edge, cut in 1" slices.
- Place cut side down in greased pan, cover; let rise on kitchen counter or in a warm place for 1 hour.
- Bake in 375°F oven for 20 - 25 minutes.
- Work other half of dough in same manner.



Bagels

Ingredients:

3½ cups	all-purpose flour
1 tbsp	salt
2 tbsp	fast rising yeast
1½ cups	hot water
3 tbsp	sugar

Directions:

- Measure 3 cups flour and add dry ingredients.
- Pour in hot water, stir.
- Add ½ cup flour.
- Knead for 10 minutes.
- Let rise ½ hour.
- To shape: Take approximately 3-4 oz of dough. Shape into bun. Poke thumb through centre and shape into bagel with large hole in centre.
- Let rest 10 minutes.
- Then simmer in water (with 1 tbsp sugar added to it) for one minute.
- Flip and simmer for 1 more minute.
- Put on cookie sheet and bake at 425°F for 25-30 minutes.
- Put pot of water on bottom rack of oven when pre-heating and leave in while baking.

Variations:

Cinnamon Raisin Bagels: Add 1 tbsp cinnamon and ½ cup of raisins.

Onion/Garlic/Cheese Bagels: Add 1 tbsp of onion powder, ¼ tsp garlic, ½ cup parmesan cheese.



Cheddar Jalapeno Scones

Ingredients:

2½ cups	flour
1 tbsp	sugar
2½ tsp	baking powder
½ tsp	salt
½ tsp	baking soda
½ cup	cold butter
1 cup	buttermilk
2	eggs
1½ cups	grated sharp cheddar cheese
¼ cup	chopped canned jalapeno peppers



Directions:

- Combine dry ingredients in a large bowl.
- Cut in cold butter.
- Stir in 1 cup cheese and jalapenos.
- Whisk 1 egg into buttermilk and then combine with dry ingredients to form a soft dough.
- Turn dough out on a floured surface and knead gently 4-5 times.
- Pat into a 10 x 7 rectangle and cut into 12 squares.
- Place on an ungreased cookie sheet.
- Beat remaining egg and brush over scones.
- Sprinkle with ½ cup cheddar.
- Bake at 400 F for 12-15 minutes.

Orange Cranberry Variation:

- Replace jalapenos and cheddar cheese with 1 tbsp grated orange rind and ¾ cup Craisins.
- Sprinkle with 1 tbsp of sugar.

Cinnamon Twists

- Roll a small ball of dough into a strip.
- In one bowl melt butter.
- In the second bowl mix cinnamon and sugar.
- Dip the dough strips in the butter and then in the sugar mixture.
- Tie the coated dough into knots and place in greased muffin tin.
- Bake in a 375°F oven for 20 - 25 minutes.

Poppy Seed Buns

Filling Ingredients:

¼ cup	whipping cream
½ cup	poppy seeds
½ cup	brown sugar

- Let filling sit for 30 minutes at room temperature for poppy seeds to soften.

Directions:

- Spread filling over rolled out dough.
- Roll up, cut and bake as for cinnamon buns.



Cheese Buns

Filling Ingredients:

¼ cup	melted butter
2 cups	grated sharp cheddar cheese

Directions:

- Spread melted butter over rolled out dough and sprinkle with cheddar cheese.
- Roll up, cut and bake as for cinnamon buns.



Garlic Variation: stir 1/2 tsp garlic powder into melted butter.

Sundried Tomato variation: stir 1 tsp sundried tomato seasoning into melted butter.



Basic White Bread

(Recipe taken from Fleischmann's Creative World of Baking)

	4 Loaf	6 Loaf
Measure into bowl	1 cup warm water	1 cup warm water
Then stir in	2 tsp sugar	2 tsp sugar
Finally, stir in	2 tbsp Fleischmann's Active Dry Yeast	2 tbsp Fleischmann's Active Dry Yeast
Let stand 10 minutes then stir well.		
Meanwhile, heat until warm and butter melts	3 cups water 1 cup milk 6 tbsp butter or margarine	4½ cups water 1½ cups milk ½ cup butter or margarine
Then stir in	6 tbsp sugar 4 tsp salt	½ cup sugar 2 tbsp salt
Stir warm (not hot) milk & water mixture into yeast mixture.		
Beat in	4 cups flour	6 cups flour
Stir in additional	4 cups flour	6 cups flour
Turn out onto lightly floured board.		
Knead until smooth and elastic. If desired, divide in half for ease in kneading	About 10 minutes	About 12 minutes

- Place dough in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1½ hours.
- Punch dough down, turn out onto lightly floured board. Cover; let rest 20 minutes.
- Divide dough in loaf sized portions and shape into loaves. Place in greased 9 x 5 x 3-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.
- Bake in hot oven (400°F) about 25-30 minutes, or until done.
- Remove from pans and cool on wire racks.

Basic White Bread Variations

Multi-Grain Bread:

Substitute multi-grain flour for up to 2/3 of flour called for in the recipe. Use all-purpose flour for the remainder. Complete recipe as directed.

Whole Wheat Bread:

Substitute whole wheat flour for all of first amount of flour and up to half of second amount called for in recipe. For example, if making four loaves, use up to 6 cups of whole wheat flour in total. Complete recipe as directed.

Rye Bread:

Substitute rye flour for ¾ of first amount of flour called for in recipe. For example, if making 4 loaves, use 3 cups rye flour and 1 cup all-purpose flour to blend with liquid ingredients. Use all-purpose flour for the remaining 8 cups. Complete recipe as directed.

Cheese Bread:

To liquid, add 1 tsp Worcestershire sauce per 4 loaf recipe.

Add 1 cup (or to taste) grated cheddar cheese during the kneading process.

Buns:

Buns can be made out of any bread variation by taking small chunks of dough and forming them into balls. After placing them on a baking sheet cover them and let rise. Then bake until golden brown.

