

ASTOR CUPBOARDS**Basic White Bread** by Mark Van Dusen

3 cups milk
 1 1/2 tablespoons butter
 3 tablespoons sugar
 3 3/4 teaspoons salt
 1 1/3 envelopes yeast or cakes compressed yeast
 3/4 cups warm water (105-115 F. if envelope yeast) or lukewarm water (95 F. if cake yeast).
 8 cups all-purpose flour

Scald the milk in a saucepan (heat to just below boiling, about 180°F). Stir in butter, sugar, salt, and set aside to cool to appropriate temperature, depending on type of yeast used (105-115°F. for envelope, 95°F. for cake). Dissolve yeast in water at proper temperature (again according to type of yeast used) in a large mixing bowl. Combine the two mixtures in the bowl. Add half the flour and beat until smooth.

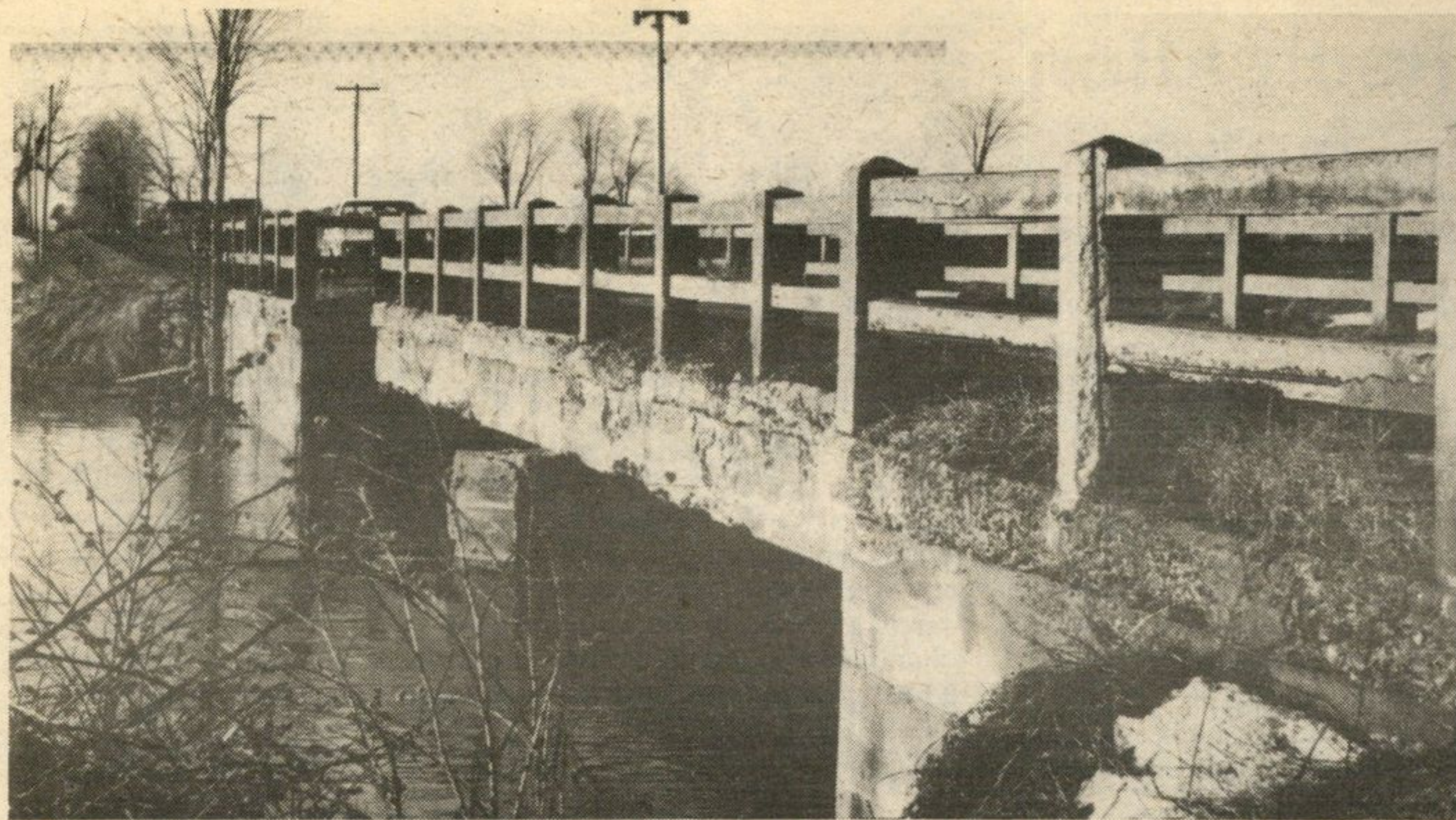
Add the remaining flour and mix until it is all absorbed (it will become difficult to mix with a spoon. Use your hands to roll and squeeze the flour into the dough without being too heavy-handed. Use extra flour to keep the dough from sticking to your hands). Dump dough on a floured surface and knead, adding more flour as needed, until the dough has just lost its stickiness and is rubbery on the surface (the tried and true method of kneading is to fold the top half of the dough over on itself and to press the fold back into itself with the heels of your hands. Turn the dough a quarter-turn and repeat. Should take about eight minutes. Flip dough at the four-minute mark and continue the process. Shape the dough into a ball, place in a greased bowl, flip it once to grease other side, cover with a dish towel and let rise in a warm (not hot) place until it doubles in size (1-1 1/2 hours). Punch the dough down (hit it dead centre with your fist), take it and press it again into a ball and let rise until double as before (the second rising should take less time (maybe 45 minutes to an hour) but don't worry if it doesn't).

Punch the dough down again, squeeze it around the middle with your fingers and pull it in half. Shape each half like a football about eight inches long and let sit, covered with towel, for 15 minutes. To shape into loaves, flatten and stretch each half with a rolling pin and your hands until it is twice as long as wide, then roll fairly tightly along its length toward you. Pinch the trailing flap to the roll to seal and place the roll seam-side down. Using your hands karate-style, flatten each one of the roll into two-inch flaps. Pull the flaps under the roll and pinch around the edges to seal. Place the loaves seam-side down in separate, greased baking pans (place the rolls to one side of the pan, they will fill it out on their own) and let rise, covered, in a warm place, one hour. Brush the tops with melted shortening and bake in a preheated oven at 400° F. for 50 minutes. After removing from oven, immediately brush lightly with more shortening (to keep the crust soft).

(Tips: Don't be intimidated by temperatures. If you don't have a baking thermometer, test the liquids on your wrist. But be careful, too cold and the yeast won't activate, too hot and it will expend itself early.

A furnace vent, sunny window ledge, woodstove warming oven or an electric range turned on for just a few seconds to get the chill off and with a pitcher of hot water inside are good places to let the dough rise. Never expose the dough to a draft which will cool the action of the yeast.

Don't be too finicky when shaping the dough into rolls. The dough will pretty well take care of itself and assume the shape of the bread pans on its own).



The landmark concrete bridge at Cochrane's Corner will be replaced during construction of the Boundary Road from Marionville to Highway 417. A second similar bridge will also be replaced with a modern span; the province will pay the full cost of both new bridges. (Paul Rodier photo)

"ADVERTISEMENTS"

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Lacroix takes oldtimer final

Two goals and one assist by D. Cuderre and a four point effort by B. Gareau powered the Lacroix Sports to a 5-3 come-back victory over the Inkerman Rockets in the championship final at the Annual Russell Warriors Oldtimers Hockey Tournament held April 11-12 at the Dr. Frank Kinnaird Community Centre in Russell.

Cuderre scored the winner at 8:28 of the third period and M. McAlear added the insurance marker less than two minutes later.

In the consultation round, Russell's Gaye Ford scored two goals but it wasn't enough as the Jesters beat Hay's A's 3-2. T. Norman, G. Delorme and I. Ross scored the goals for the winners.

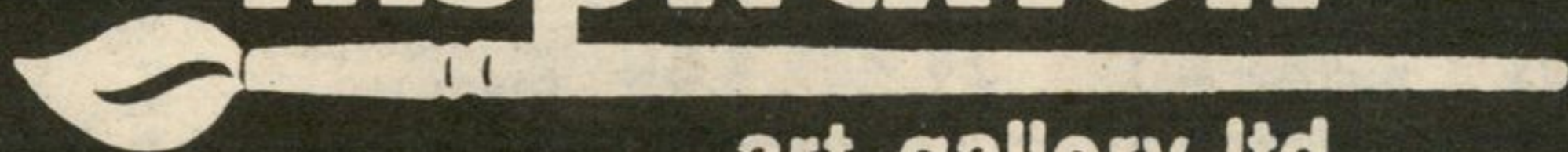
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