

Food & Drink

Put 'doodle' fun into lunch bags

Everyone takes great delight in eating home-baked goods, but with two new recipes from Fleischmann's Yeast, children are in for a treat with Doodle Breads, tasty '3-D' versions of scribbles on a page.

The recipes for Savory Doodle Bread and Sweet Doodle Bread, developed by Fleischmann's Yeast, provide doughs which allow imaginative artists to bake the bread doodles to perfection.

Prepare the flavourful doughs, either by hand or in a bread machine, then let your creative flair take over.

Divide the dough into pieces, roll them into ropes and then shape into designs. Children will enjoy the fun of designing simple "doodle" shapes such as diamonds, circles, zig-zags or letters.

Or, form a collection of Xs and Os that, after baking and cooling, can be used as Tic-Tac-Toe game pieces. Once the game is over, the Xs and Os are tasty rewards for all players.

They're a fun and delicious bread for school lunches, a snack after play or as part of a meal.

Savory Doodle Bread is accented with the flavours of sharp cheddar cheese and green onions or mild chilies. Delightful additions to any meal, they are zesty accompaniments to a favourite soup and crunchy vegetable sticks.

Sweet Doodle Bread is a delectable treat with a hint of honey and a sprinkling of cinnamon sugar — treats kids would love to find in their lunch boxes at school.

If you need any help with these recipes, you can access helpful advice by calling the toll-free Fleischmann's Yeast Baker's Help Line at 1-800-777-4959 weekdays from 10 a.m. to 8 p.m. (Eastern Standard Time) or access Fleischmann's Yeast on the internet by visiting its website at www.breadworld.com.

SWEET DOODLE BREAD
(Traditional recipe)
Makes 16 doodles

Dough:
3 to 3 1/2 cups (750 to 875 mL) all-purpose flour
1/2 cup (125 mL) rolled oats (old fashioned or quick)
1 pkg. (8 g or 2 1/2 tps./11 mL) Fleischmann's Quick-Rise Instant Yeast
1 tsp. (5 mL) salt
1 1/4 cups (300 mL) water
3 tbsps. (45 mL) honey
2 tbsps. (25 mL) butter or margarine, cut up
Topping:
2 tbsps. (25 mL) butter or margarine, melted
1/3 cup (75 mL) sugar
3/4 tsp. (3 mL) ground cinnamon

To make dough: In large bowl, combine 1 1/2 cups (375 mL) flour, oats, undissolved yeast and salt. Heat water, honey and butter until very warm (120 to 130 degrees F/50 to 55 C). Gradually stir into dry ingredients.

Stir in enough remaining flour to make soft dough. Knead on lightly-floured surface until smooth and elastic, about 4 to 6 minutes. Cover, let rest 10 minutes.

Divide dough into 16 equal pieces; roll each to 20-inch (50-cm) rope. On greased baking sheets, form ropes into desired shapes, such as letters and numbers. Cover, let rise in warm, draft-free place until doubled in size, about 20 to 40 minutes.

Brush doodles with melted butter. Combine sugar and cinnamon; sprinkle evenly over tops. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes or until golden brown.

To make a variety of doodle shapes, follow directions below:

• Pretzels: roll dough pieces to 16-inch (40-cm) ropes; curve each to form a circle, crossing ends over at top. Twist ends once; pull crossed ends over bottom of circle.

• Twists: Roll dough pieces to 12-inch (30-cm) ropes; tie each loosely in centre to form a knot.



TASTY FUN: Doodle Bread can be formed into fun shapes like Xs and Os, and are a perfect addition to back-to-school lunches. They're also delicious for an after-school snack, and can be made by children themselves.

• Holiday Shapes: Form ropes into hearts, shamrocks, pumpkins, bells and candy canes, as desired.

SAVORY DOODLE BREAD
(Traditional recipe)
Makes 16 doodles.

Dough:
2 1/2 to 3 cups (625 to 750 mL) all-purpose flour
1/2 cup (125 mL) cornmeal
1 pkg. (8 g or 2 1/4 tps./11 mL) Fleischmann's Quick-Rise Instant Yeast
3/4 tsp. (3 mL) salt
1 cup (250 mL) very warm water (120 to 130 degrees F/50 to 55 degrees C)
2 tbsps. (25 mL) olive or vegetable

oil
3/4 cup (175 mL) shredded old cheddar cheese
1/4 cup (50 mL) chopped mild green chilies, drained
Topping (optional)
1/3 cup (75 mL) shredded old cheddar cheese

To make dough: In large bowl, combine 1 1/2 cups (375 mL) flour, cornmeal, undissolved yeast and salt. Stir water and oil into dry ingredients. Stir in 3/4 cup (175 mL) cheese, green chilies, and enough remaining flour to make soft dough.

Knead on lightly-floured surface until smooth and elastic, about 4 to 6 minutes. Cover, let rest 10 minutes.

Divide dough into 16 equal pieces; roll each to 20-inch (50-cm) rope. On greased baking sheets, form ropes into desired shapes, such as letters and numbers. Cover, let rise in warm, draft-free place until doubled in size, about 20 to 40 minutes.

Sprinkle doodles with cheese, if desired. Bake at 425 degrees F (220 degrees C) for 12 to 15 minutes or until golden brown.

To make a variety of doodle shapes, see recipe above.

SAVORY DOODLE BREAD
(Bread machine recipe)

Use the 1-pound (454-gram) recipe if your bread machine holds 10 cups (2.5L) or less of water.

Dough:
1-Pound Recipe (454-gram) (12 doodles)
1/2 cup (125 mL) water (70 to 80 degrees F/21 to 27 degrees C)
2 tbsps. (25 mL) chopped mild green chilies, drained
1 tsp. (5 mL) olive or vegetable oil
1/2 tsp. (2 mL) salt
1 2/3 cups (400 mL) bread flour
1/2 cup (125 mL) shredded old cheddar cheese
1/3 cup (75 mL) cornmeal
1 1/2 tps. (7 mL) Fleischmann's Bread Machine Yeast
Topping (optional)
1/4 cup (50 mL) shredded cheddar

To make dough: Measure all ingredients into bread machine in the order suggested by manufacturer, adding chilies with liquid ingredients and cheese with flour. Process on dough/manual cycle.

When cycle is complete, remove dough to floured surface. If necessary, knead in additional flour to make dough easy to handle. Divide dough into equal pieces, (12 pieces for the 1-lb/454-g dough); roll each to 20-inch (50 cm) rope. On greased baking sheets, form ropes into desired shapes. Cover, let rise in warm place until doubled in size, about 20 to 40 minutes.

Bake at 425 degrees F (220 degrees C) until golden brown.

SUPER SMARTIES COOKIES

Welcome kids home from school with a big batch of these Smarties-studded oatmeal cookies. They're so crisp and chocolicious — watch them disappear!

1 1/2 cups (375 mL) all-purpose flour
1 tsp. (5 mL) baking soda
1 tsp. (5 mL) salt
1 cup (250 mL) shortening
3/4 cup (175 mL) granulated sugar
1/2 cup (125 mL) packed brown sugar
1 tsp. (5 mL) vanilla
2 eggs
2 cups (500 mL) rolled oats
1 1/2 cups (375 mL) Nestlé Smarties candies

In small bowl, stir together flour, baking soda and salt.

In large bowl, beat together shortening, granulated sugar, brown sugar and vanilla until

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fluffy. Beat in eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in rolled oats and 1 cup (250 mL) of the candies.

Press cookie dough into tablespoonfuls (15 mL) and drop onto baking sheets, leaving about 1 1/2 inches (4 cm) between each. Top each cookie with 2 or 3 of the remaining candies for garnish.

Bake in 350-degree F (180-degree C) oven for 10 to 12 minutes or until golden brown. Let cool on baking sheet for 5 minutes, transfer to rack to cool completely.

Makes about 4 1/2 dozen cookies.

Tip: 1 1/2 cups (375 mL) Smarties is about five packages (56 g each).

It's the season for crisp, tasty apples

I love the fall. Wool sweaters, multi-colored leaves, wood stoves and apples.

There are about 10 different types of apples available at local grocery stores and markets in Ontario.

Every year a new variety is introduced as a European apple is bred with a local variety, said Ross Caldarola, produce manager for Loeb Cachet.

"When I started in this business there were just McIntoshs and Spys," he said.

Now there are Red and Golden Delicious, Empire, Idared, Crispin, Spartan, Cortland and Northern Spy among others.

While each person has their pref-

erence for eating, when it comes to cooking with apples, Spys, Granny Smiths and Cortlands are the best because they don't go mushy.

The McIntosh has a soft texture and is good for eating, although some people will use this apple to make apple sauce. Both the Red and Golden Delicious are best used for eating.

A nutritious snack, apples are a good source of fibre and vitamin C.

And the season to enjoy this fruit is quite long. The new crop of Canadian apples are available now.

They are picked off the trees, then put into rooms that are temperature controlled, said Caldarola.

The room works like the refriger-



Food for Thought

Lisa Cartwright

ator at home, keeping the fruit in perfect condition for a couple of months.

But when people are purchasing the fruit in the store, they should look for apples that are firm, with smooth skin and no bruises.

In the summer, people are buying soft fruit like peaches, plums and nectarines, but in the fall, it's apples.