

# Food & Drink

## Savour aroma of freshly-baked bread

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There is something special about a freshly-baked loaf of bread. No matter how you slice it, homemade bread is irresistible. Whether you're making a yeast bread, a quick bread or simply pushing the buttons on a bread machine — the rewards are always the same — delicious!

Freshly-made bread is a perfect accompaniment to any meal. Whether it's breakfast, lunch or dinner, a slice of homemade bread is sure to please everyone at your kitchen table.

For some people, homemade bread is a labour of love — it begins early in the day and continues until the final baking stage.

With the introduction of bread machines, homemade bread is a possibility at anytime of the day. I can set my machine at night and wake up to the smell of freshly-baked bread just in time for breakfast.

If time is limited, quick breads are a great alternative. You can prepare a delicious quick bread late in the afternoon and serve it warm with your meal.

Try one of the following bread recipes. Who could resist the fragrant aroma of freshly-baked honey wheat bread, the fun of making bagels or the ease of a quick corn bread?



WHAT'S FOR DINNER? When your family comes home and sniffs the delicious smell of freshly-baked breads, that daily question 'What's for dinner?' will have a tasty answer. You can EVEN make a variety of bagels at home. Just ask Cody Wells, Becky Landry and their friend Kody Brake if they'd like to munch on one of these bagels.

Photo by SJOERD WITTEVEEN

With these three recipes you can fill your kitchen with the inviting smells of freshly-baked breads and buns — and then you can watch the smiles on everyone's faces as they arrive home and ask the question: "What's for dinner?"

### IRON -- many of us don't get enough

Food  
for  
Thought



Lisa Cartwright

Everyone, but especially women between the ages of 18 and 34, need at least 9 to 13 milligrams of iron daily.

Iron, which forms part of the hemoglobin in the red blood cells, can be gained from a number of foods.

There are two types of iron — heme and non-heme iron.

Heme iron is readily absorbed by the body and can only be found in red meats (kidney, liver, heart as well as beef), fish (clams, oysters and scallops) and poultry (turkey, dark meat only).

The absorption of heme iron is not changed by other foods in the diet.

But vegetarians can still get their required iron by eating non-heme iron.

The difficulty with this type of iron is that it's not as easily absorbed by the body and the rate of absorption is affected by other foods in the diet.

People who are eating only non-heme iron should eat vegetables — especially dark green leafy vegetables — fruit, grains and eggs, as well as foods that contain vitamin C.

Vitamin C is an iron enhancer, so it will help the body absorb more of the mineral.

Despite the fact the iron is found in so many foods, iron deficiency is one of the most prevalent nutritional deficiencies in the world, said News Canada.

If people are still not getting enough iron there are supplements, but a pamphlet from the Ministry of Agriculture and Food warns you shouldn't take them unless you have been advised to do so by your doctor.

### RECIPES

#### HONEY WHEAT BREAD

Bread machines will be working double-time with this recipe!

1 1/2 tsp (7 mL) active, dry yeast  
1 tsp (5 mL) sugar  
3 1/4 cups (800 mL) whole wheat or multi-grain bread flour  
1 tsp (5 mL) salt  
1 egg  
1 1/2 tbsp (20 mL) oil, butter or margarine  
1/4 cup (50 mL) Ontario honey  
2 tbsp (30 mL) dried, powdered milk  
1 cup (250 mL) warm water

Put all ingredients into bread machine, in order as directed by your bread machine manufacturer. Makes a 1 1/2-pound loaf.

#### CORN BREAD

Try this delicious quick bread with your next pot of chili — it's a real winner!

1 1/3 cup (325 mL) all-purpose flour  
2/3 cup (150 mL) cornmeal  
2/3 cup (250 mL) sugar  
1/2 cup (125 mL) corn flour  
5 tsp (25 mL) baking powder  
1/2 tsp (2 mL) salt  
1 1/3 cups (325 mL) milk  
5 tbsp (75 mL) unsalted butter, melted  
1 egg, beaten

Combine first six ingredients. Stir together. Combine liquid ingredients and beat lightly. Mix liquid ingredients into dry ingredients and mix together. Pour bread batter into a lightly-greased soufflé dish or 8" square pan. Bake in 350 (F) oven for 55 minutes.

#### BAGELS

1 tsp (5 mL) granulated sugar  
2/3 cup (150 mL) lukewarm potato water\*  
1 pkg. active dry yeast (or 1 tbsp. 15 mL)  
2 eggs  
3 tbsp (45 mL) vegetable oil  
3 cups (750 mL) (approx.) all-purpose flour  
2 tbsp (25 mL) granulated sugar  
1 1/2 tsp (7 mL) salt

Poaching Liquid: 16 cups (4 L) water; 2 tbsp (25 mL) granulated sugar

Glaze: 1 egg yolk; 1 tbsp (15 mL) water; poppy or sesame seeds

In large bowl, dissolve 1 tsp (5 mL) sugar in water. Sprinkle in yeast and let stand for 10 minutes or until frothy. Stir eggs and oil into yeast mixture. Stir together 1 cup (250 mL) of the flour, 2 tbsp (25 mL) sugar and salt. Using electric mixer, gradually beat into yeast mixture; beat until smooth, about 2 minutes.

With wooden spoon, gradually stir in enough of the remaining flour to make soft sticky dough.

Turn out onto lightly-floured surface; knead until smooth and elastic, 5 to 10 minutes. Place in greased bowl, turning to grease all over. Cover with plastic wrap (or greased waxed paper and tea towel); let rise for 1 to 1 1/2 hours or until doubled in bulk and imprint remains when poked.

Punch down dough; knead several times. Divide into 12 equal portions; shape each piece into ball. (Keep pieces covered while shaping bagels.)

Poke finger through centre and twirl around finger to form ring. Place on floured baking sheet; cover and let rise for 15 minutes.

Meanwhile, in Dutch oven or large kettle, bring water to boil; add sugar. Slip bagels into poaching liquid, 4 to 6 at a time; cook over medium heat for 1 minute. Turn bagels; cook for another minute. Use slotted spoon, remove bagels to greased foil-lined baking sheet.

Glaze: Stir together egg yolk and water; brush over bagels. Sprinkle with poppy seeds. Bake in 400 degree F. (200 degree C) oven for 20 to 25 minutes or until tops are golden brown and bottoms sound hollow when tapped. Cool on wire

rack; makes 12 bagels.

\* Save water used to boil potatoes. Cover and refrigerate for up to 3 days or freeze for up to 4 months. (Or, dissolve 1 tbsp/15 mL potato flour in 2/3 cup/150 mL lukewarm water.)

#### BAGEL VARIATIONS:

**Whole Wheat Bagels:** When mixing dough, substitute 1/4 cup (50 mL) packed brown sugar for the 2 tbsp (25 mL) granulated sugar, and 2 cups (500 mL) whole wheat flour plus 1 cup (250 mL) all-purpose flour for the 3 cups (750 mL) all-purpose flour.

**Rye Bagels:** When mixing dough, substitute 1/4 cup (50 mL) packed brown sugar for the 2 tbsp (25 mL) granulated sugar, and 1 cup (250 mL) light or dark rye flour plus 2 cups (500 mL) all-purpose flour for the 3 cups all-purpose flour. Stir 1 tbsp (15 mL) caraway seeds and 1 tbsp (15 mL) grated orange rind into the 1 cup (250 mL) rye flour before combining with yeast mixture. Sprinkle glazed bagels with caraway seeds before baking.

**Cinnamon Raisin Bagels:** When mixing dough, increase the 2 tbsp (25 mL) granulated sugar to 1/4 cup (50 mL). Stir 1 tsp (5 mL) cinnamon and 1/2 tsp (2 mL) nutmeg into 1 cup (250 mL) of the flour before combining with yeast mixture. After dough has risen once, punch down and knead in 3/4 cup (175 mL) raisins. Sprinkle glazed bagels with mixture of 2 tbsp (25 mL) granulated sugar and 1/4 tsp (1 mL) cinnamon before baking.

**Cheese Bagels:** When mixing dough, stir 1/2 tsp (2 mL) cayenne pepper into 1 cup (250 mL) of flour before combining with yeast mixture. Beat into yeast mixture, then stir in 1 cup (250 mL) shredded old cheddar cheese before baking.

**Herb Bagels:** When mixing dough, stir 2 tbsp (25 mL) each chopped fresh parsley, snipped chives, chopped green onion and chopped fresh basil or tarragon into 1 cup (250 mL) of the flour before combining with yeast mixture.