

THE KITCHEN WITCH

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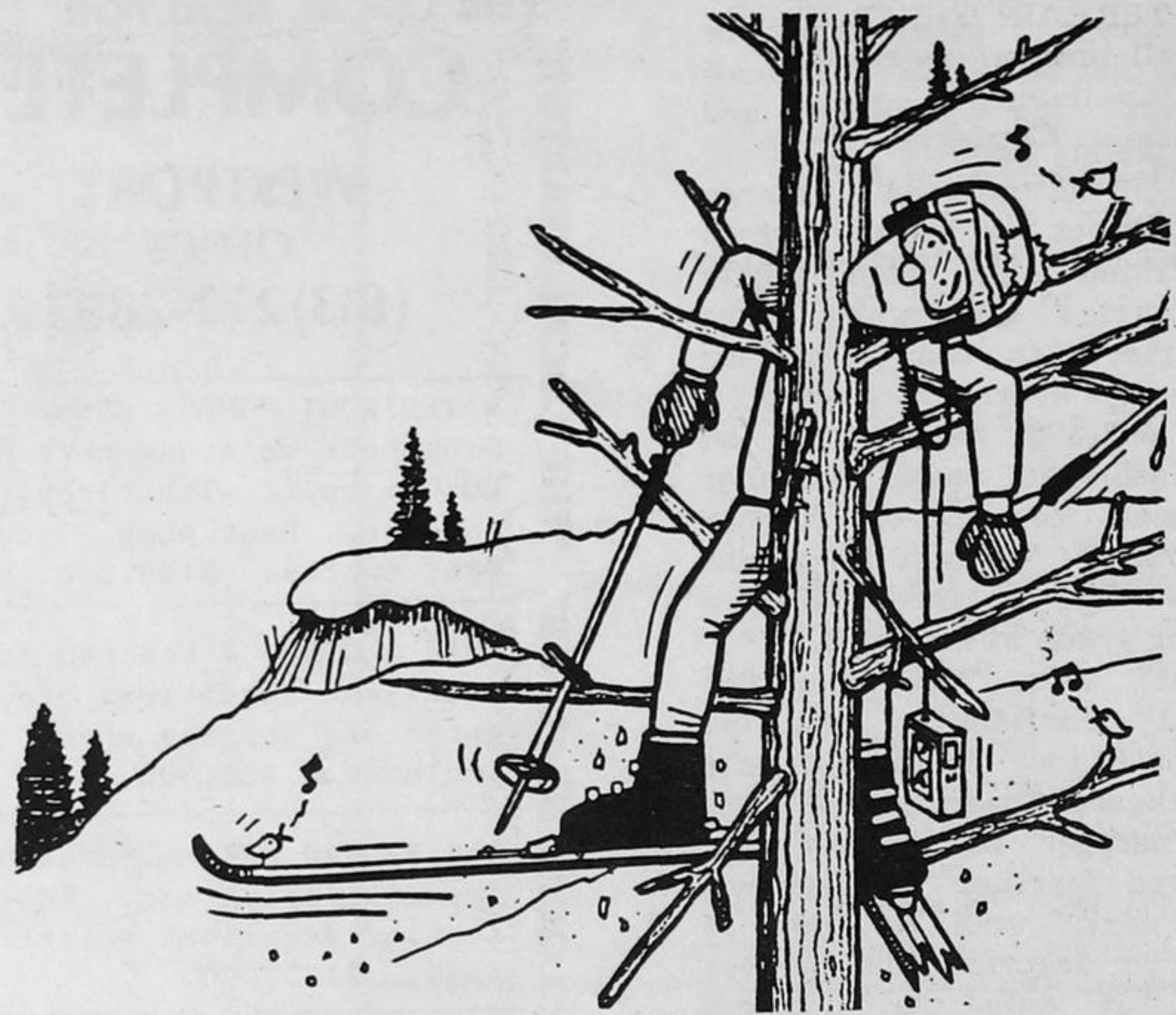
I have always enjoyed the availability of waffles while in the United States and they have finally become a fashionable Canadian food. I think they are better than pancakes, lighter, crispier, and the little square pockets hold the syrup so well that you do not use as much.

WAFFLES

2 cups flour
3 tsp baking powder
½ tsp salt
2 eggs, separated
1¼ cups milk
6 tbsp melted shortening
Sift together in a bowl the flour, baking powder and salt. Beat the egg yolks with the milk, add to the dry ingredients and beat. Add the melted shortening, mix well and fold in the stiffly beaten egg whites. Spread the batter in the middle of a very hot waffle iron until it spreads and covers 2/3 of the surface. Cook until no more steam comes out. Waffle batter keeps well for up to 3 days covered. It must be well beaten again before use. I have used the above recipe in a hurry without beating the eggs separately; the result is not as crisp but just as good. Try different flours and take out the cholesterol by omitting the egg yolks.

ENGLISH MUFFINS

(1½ dozen)
These muffins freeze well and are cooked in an electric skillet as the heat is constant for more even cooking.
1 package dry yeast
½ cup warm water
2 tbsp sugar
1½ cups milk, scalded
¼ cup shortening, melted
1 tsp salt
6 cups all-purpose flour, divided
Dissolve yeast in water; add sugar and stir until dissolved. Set aside. Combine milk, shortening, and salt in a large bowl; mix well. Cool to 105°. Stir in yeast mixture. Add 3 cups flour; beat mixture until smooth and elastic. Add remaining flour; knead 8 to 10 minutes or until smooth. Place in a well-greased bowl, turn dough over to grease top. Cover and let rise in a warm place (85°) free from drafts, 1 hour or until doubled in bulk. Punch dough down. Turn dough out onto a lightly floured surface. Roll dough to ¾ inch thickness and cut with a 3" cutter; put each round on a 4" square of waxed paper placed on a baking sheet. Cover and let rise in a warm place, 1 hour or until doubled in bulk. Transfer muffins carefully to a well-greased electric skillet preheated to 350°. Cook 12 to 15 minutes, turning about every three minutes.



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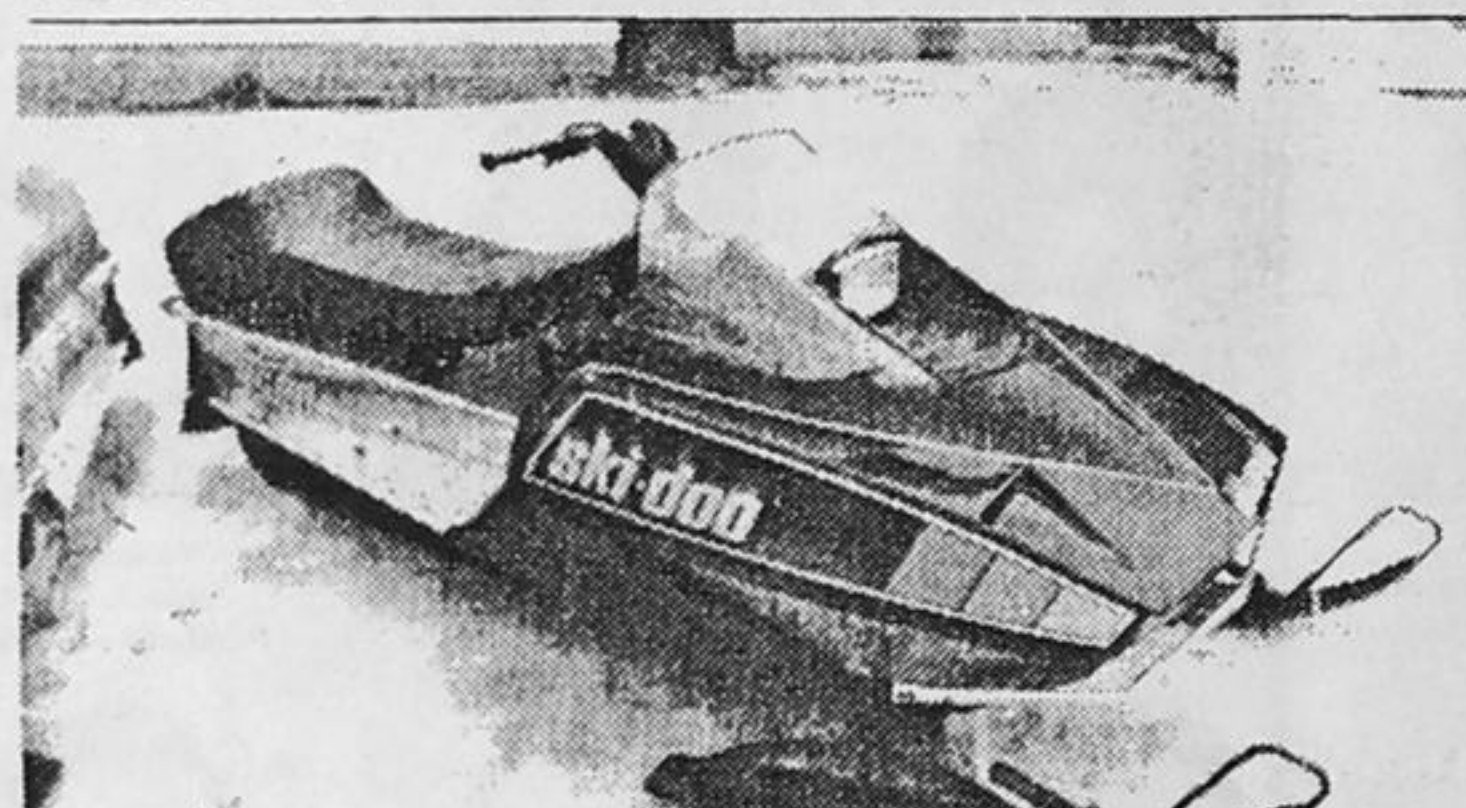


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