



ROLL-PLAYING

Compiled by:

Betty Johnston

Mary Taves

Joyce Purcell

For the Wichita Chapter of



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EVERYPERSON'S COOK BOOK

Whether you turn to the stove for survival or for fun, this book has something in it for you.

Some of the recipes are original creations contributed by Wichita NOW members. Others have been published in newspapers. We have used several from the Christian Science Monitor's Thursday Food Section in particular. A few have been passed down within a family from generation to generation. Some take time and skill. Some are quick and easy. All of them are good.

Enjoy

Wichita NOW



"Above the titles of wife and mother, which although dear, are transitory and accidental, there is the title human being which precedes and out-ranks every other."

Mary Livermore
Reformer

UCO Women's Research & BGLTQ+ Center
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WHOLE-WOMAN WHEAT BREAD

3 c. white flour	2 pkgs. dry yeast
2 c. whole-wheat flour	1 t. salt
4 T. honey	
3/4 c. shortening	
2 c. milk	

Place both flours in large mixing bowl. Make a well in the flour for mixing. Heat milk, do not let boil, remove from heat and melt shortening, add honey stir and let cool to 98°. Dissolve 2 pkgs. dry yeast. Add liquid to flour, stirring out from the well until all flour is worked into dough. Make a ball of the dough, cover and let stand until doubled in size. Knead and shape into loaves. Cover loaves and let raise until doubled in size. Preheat oven to 375°. Brush tops of loaves with melted butter or shortening and bake until browned and tapping the top of the loaf makes a hollow sound--about an hour.

CONSCIOUSNESS RAISIN GERMAN BREAD

To Whole-Woman Wheat Bread, add:

1 lb. raisins	2 T. brown sugar
1 pkg. yeast	cinnamon
white flour	

Place raisins in pan and cover with hot water. Let stand until raisins are plump. Mix water from raisins with enough flour to make very soft dough. Add sugar and cinnamon, mix in raisins. After kneading wheat bread dough, before shaping into loaves, roll dough into 9" round, spread with 1/2 the raisin mixture, roll and place in loaf pan. Repeat for second loaf. Score the tops of the loaves; let raise until doubled in size. Brush open scores with melted butter, sprinkle with cinnamon sugar and bake as wheat bread.

MELISSA'S ONION/CHEESE BREAD

2 c. Bisquick	1-1/2 c. shredded cheddar
3/4 c. milk	cheese
2 eggs	1 large chopped onion
1/2 c. melted butter	

Saute the onion in 1/4 c. butter until clear and brown. Mix Bisquick, milk, eggs, onion and 3/4 c. shredded cheese until moistened. Spread in 13x9 pan for thin pieces of bread, or 9x9 for thick pieces. Top with remaining cheese; sprinkle with poppy seeds and drizzle butter over all. Bake at 350° 20-25 minutes or until knife inserted in center comes out clean.

Melissa Nachbor

BEER BREAD

3 c. self-rising flour
3 T. sugar
1 12 oz. beer

Mix ingredients and spoon into a greased loaf pan. Place in cold oven. Bake at 300° for 75 minutes.

Mary Taves

CHERRY PECAN BREAD

3/4 c. sugar	2 c. flour
1/2 c. margarine	1 t. soda
1 t. vanilla	1 c. buttermilk
10 oz. jar marachino cherries, chopped, drained	
2 eggs	1 c. chopped pecans

Cream sugar, margarine and eggs. Sift dry ingredients together and add to sugar mixture, alternately with buttermilk, beating until blended. Stir in nuts, cherries and vanilla. Bake in 9-x-3 loaf pan at 350° for 55-60 mins.

BACON-CHEESE BISCUITS

Brown 4 strips of bacon and crumble
2 slices American cheese
or 1/4 c. shredded cheddar

Add to biscuit mix,
bake 15 mins. at
400°.

YOGURT GRANOLA BREAD

- 1 1/2 cups lukewarm water
- 2 tablespoons honey or brown sugar
- 2 cakes yeast
- 2 tablespoons vegetable oil
- 1 cup plain yogurt
- 2 to 3 teaspoons salt
- 4 to 5 cups stirred and measured white
or unbleached flour
- 2 cups any type of granola, preferably
with fruits and nuts in it

Combine water, honey, and yeast. Set aside to proof for 5 to 8 minutes. When the yeast is ready, stir in the oil, yogurt, salt and 2 cups of the flour. Stir until thoroughly blended. Then add remaining flour, 1 cup at a time

Add granola and stir until it has formed a medium soft dough. Rub the ball of dough all over with some oil, cover and let it rise until doubled in bulk.

When dough has doubled, punch it down and turn it out onto a very lightly floured surface. Knead lightly and then divide into 2 parts. Shape each into a loaf and place in a greased 8 inch loaf pan. Cover (you can use the same wax paper) and let rise again until doubled and then bake in a preheated 375° F. oven 35 to 40 minutes or until browned and done. Turn out onto racks to cool. Takes about 2 1/2 hours from start to finish.

THIN CRUST PIZZA DOUGH

- 1 package active dry yeast
- 1 1/2 cups lukewarm water
- 3 1/2 to 4 cups stirred and measured
white or unbleached white flour
- 1 teaspoon salt
- 1 tablespoon coarsely ground black pepper
- 2 tablespoons vegetable or olive oil
- Additional oil and some cornmeal

Dissolve yeast in water and let it proof for 5 to 8 minutes. Stir in 3 cups of the flour, the salt, pepper, and oil. Beat until smooth. Add remaining flour gradually until you have a firm dough. Knead dough lightly and place in an oiled bowl. Turn the dough so the surface is oiled all over. Cover and let rise until doubled, 1 to 1 1/2 hours.

When doubled in bulk, punch down and cut in two. Place each part on an oiled and cornmeal-sprinkled 12-inch pizza pan. Let dough rest for 10 minutes and then spread it out so that it covers the pan. Make pizza sauce according to your favorite recipe and bake immediately in a preheated 500° F oven until the crust is crisp and done, about 20 to 25 minutes.

BANANA NUT BREAD

- | | |
|--------------------|---------------------|
| 1/2 c. oil | 1/2 c. chopped nuts |
| 1 c. sugar | 2 c. sifted flour |
| 2 eggs | 1 t. baking soda |
| 3 bananas - mashed | |

Mix all ingredients and pour into lightly greased and floured pan. Bake at 350° 50 mins.

ORANGE FRENCH TOAST

- 2 beaten eggs
- 1 cup orange juice
- 10 slices raisin bread
- 1 1/2 cups crushed vanilla wafers
(33 wafers) OR graham crackers
(23 crackers)
- Butter or margarine

Combine beaten eggs and orange juice. Quickly dip bread into egg mixture, then into crumbs. Fry on both sides in a tablespoon of butter or margarine till brown. (Add additional butter each time more bread is added) Serve with butter and warm maple syrup. Makes 5 servings.

QUICK CHEESE BREAD

- 2 8-oz. cans of biscuits
- 1/2 c. processed cheese spread

Preheat over to 375°. Grease 8 x 8 pan. Cut each biscuit into fourths; arrange in baking pan. Bake 20 mins. Remove from oven, spread cheese over tops of biscuits. Return pan to oven and bake just until cheese spread melts, about 3 mins.

ANGEL BISCUITS

- | | |
|-------------------|--------------------|
| 5 c. flour | 3 t. baking powder |
| 3 T. sugar | 1 t. soda |
| 1 t. salt | 3/4 c. shortening |
| 2 c. buttermilk | 1 pkg. dry yeast |
| 1/2 c. warm water | |

Mix roll out and cut with cutter. Bake at 400° 15 mins. Store what you don't use in refrigerator.

BUTTERSCOTCH ROLLS

1 pkg. butterscotch pudding
1-1/2 c. evaporated milk
1 stick margarine
1 pkg. dry yeast
1/4 c. warm water
2 t. salt
2 eggs
4-4-1/2 c. flour

Cook pudding with milk until thick. Remove from heat, add margarine and cool to lukewarm. Dissolve yeast in water. Add to cooled pudding mixture. Add salt and eggs. Beat well. Add flour. Knead lightly. Let raise until doubled in size. Roll half the dough in a circle and cut into pie shaped pieces. Repeat for remaining dough. Place filling on each piece and roll into butterhorn. Let raise in buttered pans until doubled in size. Bake at 350° for 20 mins. Frost while warm.

Filling:

1/4 c. melted butter
2/3 c. brown sugar
2 T. flour
2/3 c. fine coconut
1/2 c. chopped nuts

Frosting:

2 T. melted butter
2 T. milk
1/4 c. brown sugar
1 C powdered sugar

DATE NUT BREAD

Combine and mix well: 1/2 c. margarine, 1/2 c. sugar and 2 eggs.

Sift together: 1-3/4 c. flour, 2 t. baking powder, 1/2 t. salt, 1/4 t. soda.

Add alternately with 1/2 c. milk. Then add 1/4 c. chopped dates and 1/2 c. walnuts. Bake at 350° for 1 hour.

EGO BATTER BUNS

3 c. flour	3/4 c. milk
2 T. sugar	1-1/2 t. salt
4 T. shortening	1/4 c. warm water
1 pkg. yeast	1 egg.

Sift flour, scald milk. Remove from heat. Stir in sugar, salt and shortening. Cool to lukewarm. Measure water and put in a 2 qt. bowl. Sprinkle in yeast. Stir until dissolved. Add milk mixture, and 1/2 flour. Add egg, beat well. Add remaining flour and mix well. Cover. Let rise until double in size. Make into balls. Place 3 balls into each space in muffin tin. Let rise again. Bake at 425° 15-18 mins.

QUICK PAN ROLLS

2 8-oz. pkgs. flaky biscuits
3 T. butter

Preheat oven to 400°. In 9" round pan, melt butter. Gently shape biscuits from both packages into balls; roll in butter to coat balls. Bake 25 mins, or until brown. 20 rolls.

QUICK UPSIDE-DOWN APRICOT BUNS

- 1 package ready-to-bake biscuits
- 1/4 cup butter, melted
- 1/4 cup brown sugar
- 10 cooked dried apricots

Combine butter and brown sugar. Divide into 10 muffin cups. Drain apricots. Place one apricot (cut side up) in each muffin cup; place one biscuit over each apricot. Bake at 425° for 12 to 15 minutes. Turn upside down; let cool one minute; remove from pan. Makes 10 buns.

QUICK MAPLE-WALNUT COFFEE CAKE

- 1 package ready-to-bake biscuits
- 3 tablespoons chopped walnuts
- 1/4 cup maple syrup
- 2 tablespoons brown sugar
- 3 tablespoons butter or margarine,
melted

Combine maple syrup, brown sugar, walnuts and butter or margarine in lightly greased 8" pie pan. Arrange biscuits over mixture. Bake at 425° 12 to 15 minutes. Turn upside down on serving plate. Cool one minute; remove from pan.

ORANGE MARMALADE NUT BREAD

- 1/2 cup butter or margarine
- 2 tablespoons vegetable shortening (or lard)
- 1 cup sugar
- 2 large eggs
- 3 tablespoons orange marmalade
- 1 small potato, cooked and mashed
- 1 cup orange juice
- 4 1/2 cups stirred and measured unbleached white or white flour
- 4 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 cup chopped pecans, walnuts, or slivered almonds

Cream butter and shortening thoroughly. Gradually beat in sugar until mixture is light and fluffy. Add eggs, marmalade and mashed potato and mix well. Sift dry ingredients and add to beaten mixture alternately with orange juice. Stir 1 teaspoon of flour through the nuts and shake so any excess flour is discarded. Fold into batter and pour into 2 well-greased 8-inch loaf pans.

Cover with foil and bake in preheated 350° F oven for 20 minutes; remove foil and continue baking for another 30 to 40 minutes, or until crust is golden and bread tests done. Remove to racks and cool for 15 minutes, then turn out of pans and continue cooling. Makes 2 small loaves.

ZUCCHINI BREAD WITH CHOCOLATE CHIPS

4 cups zucchini, cubed
4 eggs
1/2 cup vegetable oil
1 cup walnuts, optional
3 cups all-purpose flour
3 cups sugar
2 teaspoons cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 12-ounce package chocolate
chips
1 teaspoon vanilla

Put zucchini cubes, eggs, and oil in a blender. Blend at high speed until mixture is finely pureed. Small green flecks will be visible. Add walnuts, if desired, and blend briefly to chop. Set aside.

In a large bowl, mix flour, sugar, cinnamon, baking powder, baking soda, and salt. Add blended zucchini mixture. Stir just enough to moisten dry ingredients. Fold in chocolate chips and vanilla.

Pour batter into a buttered tube pan or 2-by-9-by-5-inch bread loaf pans. Bake at 350 degrees F. for about 1 hour. When done, a cake tester inserted into middle of loaf will come out clean.

GERMAN TWISTS

1-1/2 pkgs. active dry yeast	1/3 c. sugar
1 t. salt	1/4 c. warm water
1/2 c. boiling water	1/2 c. shortening
1/2 c. evaporated milk	2 eggs, beaten
5-6 c. sifted flour	2 T. sugar

Dissolve yeast in warm water. Combine boiling water and shortening; blend. Add sugar and salt. Stir until lukewarm. Blend in yeast, milk and eggs. Stir in flour to make soft dough. Turn onto lightly floured surface. Knead until smooth (about 5-8 mins.). Place in lightly greased bowl; turn over to grease top. Cover. Let rise in a warm place until double in size (1-1-1/2 hrs.). Place dough on floured surface. Roll to 1/2" thickness, cut into 8x1/2" strips. Roll strip to form 12" stick. Fold stick in half, cross ends of stick to form twist. Pinch to secure ends. Cover, let rise until doubled (30 mins.). Fry in deep hot fat (375°). Drain. Sprinkle with sugar. 3 doz.

DUTCH DROP DOUGHNUTS

2 eggs	1-1/2 c. flour
1/2 c. sugar	4 t. baking powder
1/2 c. milk	1/2 t. salt
1 T oil	1/4 t. cardamon
2/3 c. oats, uncooked	1/4 t. cinnamon

Beat egg. Add sugar. Stir in milk and oil. Sift dry ingredients to egg mixture and blend. Drop batter by teaspoon into hot fat (375°) and fry until golden brown (3 mins.). Drain. Sprinkle with powdered sugar.

ORANGE BISCUITS

Mix together, cook for 2 mins: 1/4 c. margarine, 1/2 c. orange juice, 1/2 c. sugar. Mix biscuits, 2 c. flour, 3 t. baking powder, 1/2 t. salt, 3/4 c. shortening, 3/4 c. milk. Place orange juice mixture into biscuit mixture. Bake 15 mins. at 400°.

EASY DILL ONION BREAD

3 c. flour
1 pkg. dry yeast
1-1/4 c. milk
2 T. sugar
1 t. salt
2 T. butter or margarine
2 t. dry dill seeds
2 t. instant minced onion
1 egg

In small mixer combine half the flour with the yeast. In saucepan, heat milk, sugar, butter, seed, onion, salt until butter melts. Add dry mixture, add lightly beaten egg at low speed for 1/2 minute, scraping bowl. Then beat 3 mins. at high speed. By hand, stir in remaining flour, cover and let rise until double (30-45 minutes), stir down and spread with spoon in greased 9x5x3 loaf pan. Let rise until double (30 mins.). Bake at 350°.

Gail Clarey

DONNA'S BREAD

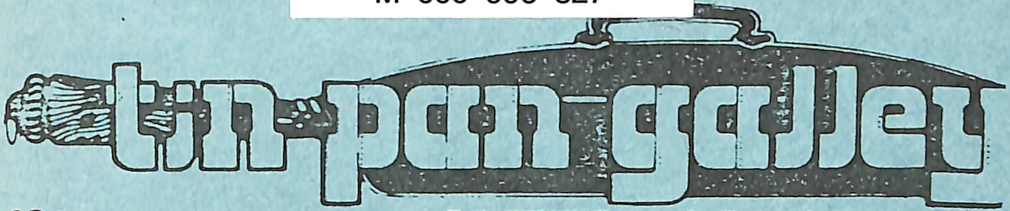
1/3 c. shortening
1/2 c. sugar
2 eggs
1-3/4 c. sifted all-purpose flour
1 t. baking powder
1/2 t. soda
1/2 t. salt
1 c. mashed ripe bananas
1/2 c. chopped walnuts.

Cream together shortening and sugar; add eggs and beat well. Sift together dry ingredients; add to creamed mixture, alternately with bananas, blending well after each addition. Stir in nuts. Pour into well-greased 9-1/2x5-3 loaf pan. Bake at 350° 40-45 mins. or until done. Remove from pan; cool on rack.



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for contributions and assistance
in compiling this book.

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