

BYU Women's Conference 2003

Leslie Probert

Easiest Whole Wheat Bread #1

Lemon juice in this recipe acts as a dough enhancer which gives bread a fine, light texture.

Gluten, a natural protein deprived from wheat, provides elasticity and strength, added texture, helps retain moisture, prevents crumbling, and extends the shelf life of the bread. If you do not want to store gluten flour, you may substitute whole wheat flour in its place.

2(8x4-inch) Loaves

3 ½ c. Whole wheat flour
1/3 c. gluten flour
1 ¼ T. instant yeast
2 ½ c. steaming hot tap water (120-130 F)
1 T. salt
1/3 c. oil
1/3 c. honey or ½ c. sugar
1 ¼ T. bottled lemon juice
2 ½ c. whole wheat flour

4 (8x4-inch) Loaves

7c. Whole wheat flour
2/3 c. gluten flour
2 ½ T. instant yeast
5 c. steaming hot tap water (120-130 F)
2 T. salt
2/3 c. oil
2/3 c. honey or 1 c. sugar
2 ½ T. bottled lemon juice
5 c. whole wheat flour

Mix together first three ingredients with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 minutes. Add salt, oil, honey or sugar and lemon juice and beat for one minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from sides of the bowl. This makes very soft dough.

Pre-heat oven for 1 minute to lukewarm and turn off. Turn dough onto oiled counter top; divide, shape into loaves place in oiled bread pans. Let rise in warm oven for 10-15 minutes until dough reaches top of pan. Do not remove bread from oven; turn oven to 350 F and bake for 30 minutes. Remove from pans and cool on racks.

If you do not have a mixer with a dough hook and are kneading this by hand, gradually add last cup of flour to keep dough from sticking to counter. You will add more flour when kneading by hand than when using a mixer simply to be able to handle this moist dough. With wheat bread, always add the least amount of flour possible to keep bread moist. Knead 10 minutes before shaping dough into loaves.

IMPORTANT NOTE: To make a 2-loaf recipe of this bread every other day for 1 year (1 loaf/day), you will need 275 lbs. Of wheat ground into flour, 4 gallons of oil, 46 lbs. Of honey or sugar, 8 (1-lb) pkgs. yeast, 61 c gluten flour, 3 2/3 qts of lemon juice and 7.3 lbs of salt.

Cream Red Beans and Pasta Salad

4 c small pasta, cooked and drained	½ c freeze-dried peas
3 ½ c dry red beans, soaked and cooked OR	½ c bottled Italian dressing
2 (15 oz) cans red beans, drained	½ c mayonnaise
½ c dried carrots	2 T dried parsley

Simmer dried carrots in 1 ½ cups of water for 10-15 minutes. Add peas and simmer an additional 3-4 minutes. Drain vegetables, combine with pasta and beans and cool. Whisk together dressing, mayonnaise and parsley; pour over salad and toss. Serves 4-5

Vegetarian Chili

5 ¼ c mixed dry beans soaked and cooked OR	¼ c dried minced onion
3 (15 oz) cans any beans, drained	2 T chicken bouillon
6 c water	½ t dried minced garlic
2 (15 oz) cans stewed tomatoes, cut up	½ t chili powder
salt and pepper to taste	

Combine all ingredients in a pot. Bring to a boil; cover and simmer 30 minutes. Serves 6

Lentil Stew

6 c water	4 t chicken bouillons
1 c dry lentils, sorted and rinsed	1 T brown sugar
1 (15 oz) can diced tomatoes, undrained	1 T olive oil
1 c dried diced carrots	$\frac{3}{4}$ t dried minced garlic
$\frac{1}{2}$ c barley	$\frac{1}{2}$ t cumin
$\frac{1}{4}$ c dried minced onions	$\frac{1}{4}$ t oregano

Combine all ingredients in saucepan and bring to boil. Reduce heat and simmer, covered, 45-55 minutes until barley is tender. Serves 6-8

Pineapple Chicken

1 c water (include liquid from canned chicken)	$\frac{1}{2}$ t bottled lemon juice
1 c ketchup	$\frac{1}{4}$ c water
$\frac{1}{3}$ c sugar	3 T cornstarch
$\frac{1}{4}$ t onion powder	1 (20 oz) can pineapple chunks, drained, reserving $\frac{3}{4}$ c juice
$\frac{1}{4}$ t garlic powder	1 (10 oz) can chicken chunks
1 T soy sauce	

In medium saucepan combine ingredients in first column, lemon juice and reserved pineapple juice. Bring to boil; remove from heat. Stir cornstarch into $\frac{1}{4}$ c water until there are no lumps. Stir into hot pineapple sauce. Return to heat; bring to boil, stirring constantly. Stir in pineapple and chicken; simmer 5 minutes, stirring occasionally. Serve over hot cooked rice. Serves 5-6

Curry Beef on Rice

1 (12 oz) can roast beef	2 T dried celery
1 (15 oz) can diced tomatoes, undrained	2 t dried bouillon
2 c water	1-1 $\frac{1}{2}$ t curry powder
$\frac{1}{2}$ c dried apples, chopped in $\frac{1}{4}$ inch pieces	$\frac{1}{2}$ t dried minced garlic
$\frac{1}{4}$ c dried minced onion	$\frac{1}{2}$ t sugar
$\frac{1}{4}$ t turmeric	

Pour beef into saucepan and break up. Add rest of ingredients; bring to boil and simmer, uncovered, 15 minutes. Serve over hot rice. Serves 4-5

Chewy Oatmeal Cookies

1 c shortening	2 c whole wheat flour
1 c white sugar	1 t baking powder
1 c brown sugar	1 t baking soda
2 T dried whole egg	$\frac{1}{2}$ t salt
$\frac{1}{4}$ c water	1 $\frac{1}{2}$ c quick cooking oatmeal
2 t vanilla	

Put ingredients in first column in bowl; mix together just until combined. (Shortening will be in small lumps). Mix flour, baking powder, soda, and salt together and blend into shortening mixture. Blend in oatmeal. Form into 1 $\frac{1}{4}$ inch balls and place on ungreased cookie sheet. Bake at 375 F for 10-12 minutes. Makes 3 dozen.