



As the saying goes . . .

**“Love makes the world go round”**



**but it also . . . warms us up!**

This newsletter won't make it to the website for Valentine's Day, but I trust you are feeling the warmth of someone's love everyday of the year, not just on Valentine's Day.

After enjoying such a mild winter, we awoke to  $-35^{\circ}$  C this morning. In fact schools were cancelled here today because of the wind chill.

Children and teachers will be happy that there is no school, but what about mom? You will now have children under foot who want attention. Here is one fun way to get some work done and create lasting memories for children.

Love does warm the heart, but today, because of the cold, we need to warm our hands and feet as well. One good way to do that is to turn on the oven.

### **Baking Bread With Children**

Having nine granddaughters, I often have them over for a day or an afternoon. On such a day, during the winter a favorite activity that keeps us all occupied is baking with yeast. After I have prepared the dough, each child gets a piece of dough to shape into a little loaf, a few buns or a small tray of cinnamon buns. While they shape theirs, I quickly put mine into pans as well. Of course a tea party will usually follow.

## **Warm The House**

Then there are days when I am alone in the house and it is too cold to venture outside. If the kitchen is also chilly, simply turn the oven on and do some baking. If I begin with a cake or cookies, it isn't long before the kitchen is warm enough for yeast dough to rise with exceptional results.

If there is still a need for some warmth, turn the oven on for 1 minute, then turn it off and place the trays of buns or loaves of bread into the oven to rise. *This is also a good idea when children are helping to shape a few buns. Because a child's bread or buns will take longer to be shaped, the dough will become cool, and will need some extra warmth for rising as well.*

Set the timer for 30 minutes, so you don't forget about the dough rising in the oven. When it has risen enough, be sure to remove them from the oven; turn it on to the desired temperature and bake.

The following recipe is great for buns of all kinds - round dinner rolls, crescent rolls, larger flatter hamburger buns, hot dog buns, cinnamon buns or sub buns. It's all in the way you shape them. I often make some of each.

## **Pizza**

But then you can also flatten out a piece of the dough quite thin on a greased pizza pan. Let it rise for 30 minutes, poke holes in with a fork and bake it for 8 - 10 minutes or until it is lightly browned. Then add your favorite pizza toppings and bake for another 15 minutes or so at 450°F or until browned sufficiently. You will end the day with a nice pizza for supper plus buns cooling on the counter.

Sometimes I also use some of this same dough to braid and place into a loaf pan to rise and bake. When serving soup for lunch or even a supper meal, this bread looks really special. Guests will think you prepared a new recipe. It's all in the way you shaped it!

## **BUNS OF ALL KINDS**

Yield: 5 dozen regular size buns

4 cups lukewarm water	2/3 cups crushed grain*
4 eggs	1 teaspoon salt
1/2 cup brown sugar	5 1/2 cups whole grain flour**
1/2 cup canola oil	3 tablespoons fast rising yeast
2 tablespoons vinegar	6 - 7 cups unbleached flour***

\*I use crushed wheat, oatmeal or any other crushed grains

\*\*I use freshly milled whole wheat flour

\*\*\*Unbleached flour is more nutritious because it is not bleached.

Put the water, eggs, sugar, oil, vinegar, crushed grain, salt, whole grain flour into a large bowl. Beat well. As you continue to beat, sprinkle the yeast over. Beat in some of the unbleached flour and when it is to

heavy to beat, knead in as much of the remaining flour as needed. Knead well. Cover and place in a warm spot until it is double in size. Punch down and shape into the buns or bread you would like to have.

Dinner rolls, crescents, and hot dog buns will each require dough about the size of an egg. Sub and hamburger buns take a bit more.

For cinnamon buns, roll part of the dough on a large oiled surface. Brush with a bit of melted butter. Sprinkle with brown sugar and cinnamon avoiding the edges you will pinch. Roll up and pinch the edge together well. \*Cut  $\frac{3}{4}$  inch slices with a piece of floss or thread, set them on the cut edge and place on a well-buttered pan spacing them to allow room to rise. Bake at 350° F until nicely browned.

1  $\frac{1}{2}$  cups dough for a 12" pizza    2 cups dough for a braided loaf.

*Today I made this batch of dough and in only a few hours, I now have a 12" pizza, 3 braided loaves, 15 regular buns and 15 cinnamon buns. When baking for just the two of us, I find this the quickest way to do a variety of yeast baking from one recipe.*

### **BOSCH OWNERS**

*Because I have a BOSCH kneading machine, instead of beating the batter and then kneading the dough by hand, I use the dough hooks on the lowest setting to prepare the dough in the BOSCH bowl. In the final stages, I continue adding the last of the flour only until the dough cleans the sides of the bowl. After kneading with the BOSCH mixer for another 9 minutes, the gluten is developed, and I am ready to shape and place buns directly into pans for rising. This is a real time and energy saver – no hand kneading and no need to let the dough rise before putting it into pans.*

### **Eat More Whole Grains cookbook**

In just a couple of days, actually on February 25, Friesens of Altona will be delivering the third printing of Eat More Whole Grains cookbook! There are many other special yeast recipes as well as recipes using pulses and other grains in this cookbook.

These past months have been spent revising this cookbook so the pages of this revised edition are a bit larger and easier to read. With its new photo and more up-to-date cover, the appearance of this new edition matches the new Winnie's Winning Ways image, as does the Muffin a Day cookbook.

There is more information on yeast baking; most of the recipes are the same.

### **Freezing unbaked bread loaves**

A recent Eat More Whole Grains cookbook customer e-mailed to ask if I had ever frozen unbaked loaves of bread. She was preparing for a

large family reunion and she wanted to have plenty of fresh bread. She was also short of freezer space and knew that frozen dough would take up much less space.

Well I hadn't tried this, so in the next few weeks I worked on it. Because it turned out so well, these instructions have been added to the new edition of this cookbook.

### **Eating Dried Beans**

The November 2005 newsletter focused on dried beans and how very healthy they are. EAT MORE WHOLE GRAINS cookbook contains many more recipes for dried beans along with suggestions for foods to combine with bean recipes to create a complete protein.

The recipes in EAT MORE WHOLE GRAINS list directions for mixing by hand or with a BOSCH or other kneading machine.

**Many BOSCH owners are asking for this cookbook, as it makes using the machine so easy and saves so much time.**

***From kernels of wheat to 6 loaves of freshly baked bread***

***in less than two hours! Can you beat that?***

### **\$2.00 OFF COUPON**

Be sure to use the coupon to order your new EAT MORE WHOLE GRAIN cookbook before the coupon expires at the end of June, 2006. One coupon per order, to be used towards the EAT MORE WHOLE GRAIN cookbook only.

For Master Card orders, simply mention the coupon to get \$2.00 off per order, when ordering the EAT MORE WHOLE GRAIN cookbook.

<b>\$</b>	<b>\$2.00 OFF Coupon</b>	<b>\$</b>
<b>Use this coupon when purchasing an Eat More Whole Grains cookbook from Winnie's Winning Ways</b>		
<b>Order on website, fax, phone or mail One coupon per order.</b>		
<b>\$</b>	<b>This coupon expires June 30, 2006</b>	<b>\$</b>

#### *About the Author*

*Winnie is always looking for ways to provide inexpensive, nutritious and yet healthy meals for her family. Once they pass the test and are enjoyed by her family and friends, she is ready and eager to pass them on to others. Winnie wants to see others enjoy the same success that she does. Her ideas, hints and recipes are all found in the cookbooks she has published over the past number of years.*

**To view her cookbooks, go to: [www.winnieswinningways.ca](http://www.winnieswinningways.ca)**

