



OUR DAILY BREAD

MEET A MIDWEST MONK WHOSE HOME-BAKED BREAD
SATISFIES BOTH BODY AND SOUL

Honey-Mocha
Bread (recipes
begin on page 86)

Written by PAM HENDERSON Photographs by PETE KRUMHARDT & JIM KRANTZ

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OUR DAILY BREAD

Dlack high-top Converse tennis shoes dart beneath his flying robes as Father Dominic Garramone races down the cavernous halls of St. Bede Abbey. Skidding to a stop before the kitchen ovens, he withdraws the manna—loaves with an aroma so divine, he casts his eyes to the heavens. As if in affirmation, the bell for evening prayer tolls.

If bread is the staff of life, Father Dominic is the shepherd. You may recognize him as the spirited monk and inspiration behind the popular PBS television food series *Baking Bread*. Or perhaps you've met him through one of his three cookbooks. But you really should come to his home, an ancient red brick abbey on the north-central Illinois prairie, to discover how the time-honored practice of baking bread affects daily life.

"Call me Father Dom," he says, a cloud of whole-wheat flour mushrooming overhead, as his hands mix, mold and multiply the bread for the abbey's 29 Benedictine brothers.



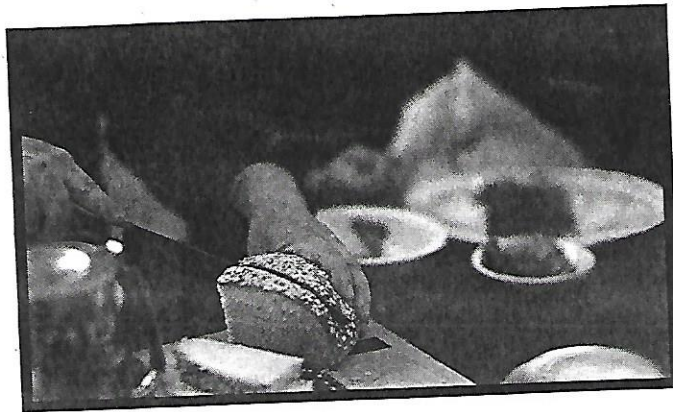
Each week, at least two dozen loaves go forth from his ovens to be spread upon the long harvest tables in the dining hall. Come Thursday night, he'll have homemade pizza sauce bubbling away, too, as his famous crusts rise. Is it any wonder that students from the coed prep school run by the monastery actually volunteer for kitchen duty?

"Eat, eat . . . how will you get a wife or husband, you're so skinny," he teases the St. Bede Academy theater group.

For 42-year-old Father Dom, the path to serenity nearly always wends past the oven. Bread draws people together like an edible pied piper. It's a phenomenon he hopes scientists never demystify. "Just put a loaf in the oven and watch it lure people into the kitchen," he says. "Bread creates community. I've seen it work miracles."

As if to prove his point, an older gentleman in khaki work clothes peeks around the

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corner of the kitchen, sniffs, and says, "honey oatmeal, I hope." Father Dom grins and nods. "That was Father Arthur," he says with reverence. "He keeps our bees and supplies the honey I use. Honey oatmeal is the hands-down favorite here—although I also make a mean challah and sourdough onion rye."

He bounces rather than walks, punctuates sentences with a hearty laugh, and confesses to liking pinball. He envisioned his broadcast debut as a stand-up comic, not a cook. Outside a back door, he stoops to check a dish of milk beside a tiny house. "Bet you never expected to find a cat house here," he says, with a twinkle in his eye.

His mother's name is Mary, and his father is a carpenter. He chuckles. "With those credentials, religious life seemed preordained." He still bakes with his mother and marvels that she's won 22 ribbons at Peoria's Heart of Illinois fair for her raisin bread alone. His father makes all his rolling pins, cutting boards and wooden dough scrapers.

As a junior in high school, he felt called to God's service. "But I didn't want to admit it yet, so I asked him if he'd please just get me a date to prom first." He grins. "When the hair started to go, I figured it was the final sign."

It was the sense of stability and family he wanted. Priests might be appointed to any number of locations in their careers. But as a Benedictine monk, Father Dom, who grew up in nearby Peoria, took a vow at age 22 to remain in the community for life. Although the men of the cloth no longer farm the 1,000 acres surrounding the abbey, they still care for the orchards, apiary and a large, lush garden. It was this love for the land that sold him on St. Bede in Peru (100 miles west of Chicago). Manual labor is part of the culture, and rank doesn't excuse one from duties—the abbot sweeps floors, just like everyone else.

"Living here is like being a member of a big family. We all have jobs. The only difference is most households don't have a bell going off four times per day to pray," he says.

Come spring, Father Dom's herb garden comes to life. During winter months, he benefits from what was dried last fall. "Our Brother Nathaniel loves dill," he observes. For that reason, bacon-dill bread often finds a place at the table. Foraging in the refrigerator for impromptu ingredients has inspired some of his creations such as apricot skillet bread.

He's been kneading and shaping yeast bread for fun and for fellowship since he baked his first baguette as a grade-school assignment. "The class devoured my project," he re-

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calls fondly. "I'll never forget the pleasure I got knowing how much they'd enjoyed it."

Becoming a big-time baker wasn't in his plans for abbey life; the herb garden came first. But he found he needed to use the herbs somewhere, so he baked breads from recipes in an herb cookbook he found. His loaves were an instant hit with the other monks, and it wasn't long before he assumed the role of bread-maker for the monastery. Now he savors the fellowship that follows with every loaf. "Bread is so tactile and personal," he says. "It's no coincidence that bread is used in the sacraments of so many religions."

As he learns more about baking bread, Father Dom finds his tastes changing. The texture of bread is more important, and he's less satisfied with wimpy, no-substance loaves. Also, although bread machine recipes are in his books, you won't find one in his kitchen. "If a bread machine is the only way you can get homemade bread in your house, then



God bless you. But it cheats you of the best part. I suggest getting your hands into it."

If given the go-ahead by the abbot to shoot a fourth television season, from a studio in St. Louis, he'll continue to share his enthusiasm for baking bread. It's yet another avenue for him to spread his enthusiasm for this time-honored kitchen craft.

And he assures his students, through television and books, there's no way to fail when baking bread. "Even if you flub up, you can make croutons or bread pudding. It's bread—it's going to forgive you," he says. But just in case, there's nothing wrong with covering your bases by following a tradition he learned from his Irish grandmother: "Oh Lord yes," he reveals. "I still bless each loaf before it goes in the oven!" ■

For recipes and book information see page 86.

Food stylist: Charles Worthington. Prop stylist: Karen Johnson.

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You can contact your local public television station for information and air times about the cooking show *Breaking Bread With Father Dominic*.

For more recipes, look for Father Dom's cookbooks (each \$19.95): *Breaking Bread With Father Dominic*, *Breaking Bread With Father Dominic 2*, and *More Breaking Bread*, and the inspirational book (that includes some recipes) *Bake and Be Blessed* at bookstores or on the show's website: www.breaking-bread.com.

FRENCH TOAST CUSTARD CASSEROLE

On the cover: "A few days after Christmas every year, the Garramone clan gets together to celebrate," Father Dom Garramone says. "This year I hosted my whole family for brunch, and these individual servings of French toast casseroles were a huge hit. Best of all, you can prepare them the night before and refrigerate them until you're ready to bake the next day."

- 2 1-inch thick diagonal slices French bread or other firm-textured bread (add another slice, if necessary to fill the dish)
- 1 egg
- 2 tablespoons milk
- 1/4 cup chopped pecans
- 2/3 cup maple-flavored syrup
- 1 tablespoon butter, cut into pieces

1. Lightly grease two 10-ounce oval baking dishes. If necessary, trim bread slices to fit. In a shallow bowl, combine the egg and the milk. Dip the bread into the egg mixture, coating both sides. Let the bread soak in the egg mixture for about 15 seconds on each side.

2. Divide the pecans and maple syrup between the two dishes. Dot with butter. Place bread slices on top. Bake in a 350° oven for 30 to 35 minutes or till the top is lightly browned and center is firm. Let stand about 10 minutes; then, invert dishes onto serving plates. Remove dishes and serve. *Serves 2.*

For 6 servings: Lightly grease a 13x9x2-inch baking pan; set aside. In a shallow dish, combine 3 eggs and 1/3 cup milk. Dip six 1-inch-thick slices of French bread, as above. Sprinkle 1/2 cup pecans into the bottom of prepared pan. Drizzle with 1 1/2 cups maple-fla-

vored syrup and dot with 2 tablespoons butter. Place bread slices on top. Bake as above for 35 to 40 minutes or till tops of bread slices are golden brown. Let stand about 10 minutes. To serve, remove bread slices from baking pan with a spatula and invert onto serving plates, pecan side up. Spoon remaining syrup and pecans from the pan over inverted bread slices. *Makes 6 servings.*

Nutrition facts per serving: 544 cal, 19 g fat, 124 mg chol, 319 mg sodium, 90 g carbo, 2 g fiber, 7 g pro.

HONEY-MOCHA BREAD

"Don't expect this to taste like a sweet-batter bread or a brownie," Father Dom explains. "The mocha flavor is rather subtle, and the honey doesn't sweeten as much as sugar would. But this loaf of bread is excellent with any beef dish, from steaks on the grill to beef stew."

- 2 packages active dry yeast
- 1 cup warm water (105° to 115°)
- 1/2 cup honey
- 1 cup warm milk (105° to 115°)
- 1 cup rye flour
- 1/4 cup unsweetened cocoa powder
- 1 tablespoon instant coffee crystals
- 2 tablespoons cooking oil
- 2 teaspoons salt
- 4 1/2 to 5 cups bread flour
- Yellow cornmeal

1. In a large mixing bowl, combine the yeast, water and honey. Stir till the yeast is completely dissolved. Stir in the milk, rye flour, cocoa powder, coffee crystals, oil and salt till thoroughly mixed. Stir in 4 cups of the bread flour, 1 cup at a time, till completely mixed in.

2. Turn dough out onto lightly floured surface. Knead in enough of remaining flour to make a moderately stiff dough that's smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease the surface of the dough. Cover and let rise in a warm place till doubled in size (about 60 to 70 minutes).

3. Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover and let rest 10 minutes. Form each half into an oval loaf (about 9x3 inches each). Grease a large baking sheet and sprinkle with cornmeal. Place loaves on baking sheet.

Cover and let rise in a warm place till nearly doubled (30 to 40 minutes).

4. Bake in a 350° oven 25 to 30 minutes or till crust is dark brown and loaves sound hollow when tapped on top with fingers. If necessary, cover loosely with foil the last 10 minutes to prevent over-browning. Remove; let cool on wire racks. *Makes 2 loaves (24 slices).*
Bread machine method: Add half of the above ingredients to a 1 1/2-pound bread machine, according to manufacturers' directions, except add only 2 1/4 cups of the bread flour and use 2 teaspoons active dry yeast or bread machine yeast. Choose whole-wheat setting, if available. (Or for a free-form loaf, choose dough cycle and proceed as in steps 3 and 4, making only 1 loaf.)

Nutrition facts per slice of bread: 150 cal, 2 g fat, 1 mg chol, 200 mg sodium, 29 g carbo, 1 g fiber, 4 g pro.

HOT CROSS BUNS

"Although these spicy sweet rolls are traditionally served on Good Friday, my grandmother liked these so much she made them throughout the year," Father Dom says. "I've been making these only for a few years at the abbey—we used to get store-bought. It's already a tradition. Abbot Roger likes me to make extra so he can have one at breakfast and lunch."

- 4 to 4 1/2 cups bread flour
- 1/2 cup whole-wheat flour
- 1 package active dry yeast
- 1/4 cup granulated sugar
- 1/4 teaspoons salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup milk
- 1/2 cup butter
- 2 eggs, beaten
- 3/4 cup raisins
- 3/4 cup powdered sugar
- 2 tablespoons milk
- 1 tablespoon butter, softened
- 1/4 teaspoon vanilla extract

1. In a large mixing bowl, combine 2 cups of the bread flour, whole-wheat flour, yeast, granulated sugar, salt, cinnamon and nutmeg.

2. Combine 1 cup milk and 1/2 cup butter in saucepan. Heat on low, stirring occasionally, till warm (120° to 130°) and butter almost melts. *Continued*



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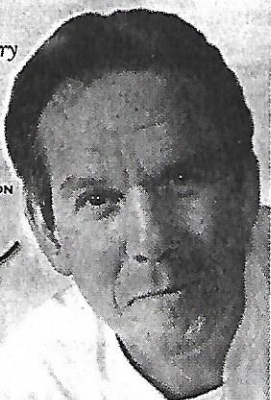
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3. Add milk mixture to flour mixture along with eggs; beat by hand for 200 strokes. Stir in raisins. Add 2 cups of the remaining bread flour; stir till mixed in. Turn dough out onto a floured surface. Knead lightly, adding enough remaining bread flour to make a soft dough that's smooth and elastic, but not sticky (about 5 minutes). Shape dough into a ball. Transfer to an oiled bowl, turning once to coat. Cover and let rise in a warm place till doubled (1 to 1½ hours).

4. Punch dough down. On floured surface, knead dough lightly to remove any air bubbles. Divide into 12 pieces. Cover; let rest 10 minutes. Form pieces into balls. Place 1 inch apart on lightly greased baking sheet. Snip into tops of buns with scissors to form a deep cross. Cover with towel; let rise in a warm place till doubled (45 to 60 minutes).

5. Bake buns in a 375° oven for 15 to 20 minutes or till golden. Remove to a wire rack; let buns cool for 15 minutes.

6. Prepare glaze: In a small bowl, combine powdered sugar, 2 tablespoons milk, 1 tablespoon butter and vanilla; mix till smooth. Use a pastry brush to apply the glaze to the warm buns. Serve warm, or let cool completely. (To reheat, wrap buns in foil and heat in a 375° oven for 10 minutes.) *Makes 12.*

Nutrition facts per hot cross bun: 356 cal, 11 g fat, 62 mg chol, 360 mg sodium, 56 g carbo, 2 g fiber, 9 g pro.

ICE CREAM MUFFINS

"We all learned to bake at an early age," says Father Dom, describing his family. "This is my mother's recipe. It's a great way to introduce children to the fun of baking. You can make these muffins start to finish in about 25 minutes." The recipe works best with real ice cream rather than low-fat or frozen yogurt.

1 cup ice cream, melted
1 cup self-rising flour*

1. Grease six 2½-inch muffin cups or line with paper bake cups; set aside.
2. In a mixing bowl, mix ice cream and flour till just blended. Spoon into prepared muffin cups. Bake in a 375° oven 15 to 20 minutes or till toothpick inserted in center comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Serve warm. *Makes 6 muffins.*

*Self-rising flour substitute: Use 1 cup all-purpose flour plus 1 teaspoon baking powder, ½ teaspoon salt and ¼ teaspoon baking soda.

Additions: If using a creamy ice cream you can add ⅓ cup chopped nuts, chopped fruit or chocolate pieces.

Nutrition facts per muffin: 118 cal, 3 g fat, 10 mg chol, 282 mg sodium, 21 g carbo, 1 g fiber, 3 g pro.

HEAVENLY HONEY-OATMEAL BREAD

At St. Bede, this is the No. 1 favorite bread—hands down, no contenders, Father Dom insists. "If we have a special meal coming up for a feast day, and I ask my confreres what they want me to bake, everyone asks for this bread." The honey comes fresh from the abbey's own apiary, tended by Father Arthur.

1 cup quick-cooking rolled oats
2 cups boiling water
1 package active dry yeast
¼ cup warm water (105° to 115°)
⅓ cup honey
1 tablespoon butter or cooking oil
2 teaspoons salt
1 egg, beaten (optional)
5½ cups all-purpose flour
Milk
Quick-cooking rolled oats

1. Place the 1 cup oats into a large bowl. Pour the boiling water over oats; let stand for 15 minutes or till mixture is lukewarm (105° to 115°).

2. Sprinkle the yeast over the ¼ cup warm water in a small bowl; stir to mix. Let stand 5 minutes to dissolve.

3. Add honey, butter, salt and yeast mixture to the oat mixture. For an extra-rich dough, add egg. Mix well with a wooden spoon. Stir in enough of the flour so the dough can be handled. (The oats and honey make this stickier than regular bread dough).

4. Turn dough out onto a lightly floured surface. Knead for 2 minutes. Cover and let rest 10 minutes. Knead 12 to 15 strokes till dough is elastic, but still rather sticky, adding flour as needed; don't add too much flour at a time.

5. Place dough in a greased bowl and turn to grease surface of dough. Cover and let rise in a warm place till doubled (about 1 hour). Punch dough down and turn out onto a lightly floured surface



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(use a very lightly floured surface, as the dough should be a little sticky). Divide the dough in half. Shape each piece into a loaf. Place loaves in two greased 8x4x2-inch loaf pans or on a large greased baking sheet. Cover and let rise in a warm place till doubled in size (for 30 minutes). Brush with milk and sprinkle with additional oats.

6. Bake in a 350° oven 45 minutes or till the loaves sound hollow when tapped. Remove from pans and cool on wire racks. *Makes 2 loaves (32 slices).*

Nutrition facts per slice: 106 cal, 1 g fat, 1 mg chol, 151 mg sodium, 22 g carbo, 1 g fiber, 3 g pro.

CHOP BLOCK BREAD

"I developed this recipe more than 10 years ago, while I was in the seminary," Father Dom explains. "My Uncle Gene had some from a Dallas bakery and liked it so much he shipped me a loaf to analyze. It's a terrific accompaniment to tomato soup." An assortment of chopped vegetables fills the cheese-flecked whole-wheat loaf.

- 2 cups warm water (105 to 115°)
- 2 packages active dry yeast
- 3 tablespoons brown sugar
- 1 tablespoon gluten flour (optional)
- 3 cups whole-wheat flour
- ¼ cup cooking oil
- 1 teaspoon salt
- 1 cup finely shredded cheddar cheese (4 ounces)

- ¼ to 2½ cups bread flour
- ½ cup finely chopped onion
- ½ cup chopped carrot
- ½ cup chopped broccoli
- ½ cup chopped celery
- 2 tablespoons chopped fresh lovage or 2 tablespoons chopped celery leaves and ½ teaspoon celery seed
- Yellow cornmeal

1. In a very large bowl, combine warm water and yeast. Stir till the yeast is dissolved. Stir in brown sugar, gluten flour (if using), whole-wheat flour, oil and salt. Beat by hand 200 strokes. Let stand 10 minutes. Stir in the cheese and as much of the bread flour as you can.

2. Turn out onto a lightly floured surface. Knead in enough remaining bread flour to make a moderately stiff dough that's smooth and elastic (6 to 8 minutes total). Shape into a ball. Place dough in a lightly greased bowl, turning once to

grease surface. Cover; let rise in a warm place till doubled in size (about 1 hour).

3. Punch dough down. Turn dough out onto a well-floured surface. Pat dough into a large oval. Combine uncooked onion, carrot, broccoli, celery and lovage (vegetables will cook as the loaf bakes); place atop dough. Knead gently to distribute the vegetables. At first, the dough will fall apart and be a bit awkward to handle, but be patient and don't push too hard. Eventually, the vegetables will become incorporated into the dough. Sprinkle the surface with a little additional flour, if needed.

4. Grease a large baking sheet and sprinkle it with cornmeal. Flatten dough into a large oval 1½ to 2 inches thick and approximately 10 inches long and 7 inches wide. (Or make two smaller ovals, 9 inches long and 4 inches wide). Cover and let rise in a warm place till nearly doubled (30 to 45 minutes).

5. Bake in a 350° oven 40 to 45 minutes for a large loaf or 25 to 30 minutes for smaller loaves or till the loaf sounds hollow when tapped. If necessary, cover loosely with foil the last 10 minutes to prevent overbrowning. Remove from baking sheet and let cool on wire rack. *Makes 1 large or 2 small loaves (about 36 slices total).*

Nutrition facts per slice: 97 cal, 3 g fat, 3 mg chol, 88 mg sodium, 15 g carbo, 2 g fiber, 3 g pro.

PAPA DOM'S PIZZA

"When I make pizza for the monks, I often invite some students from our high school to help," Father Dom says. "Surprisingly, even kids who have been raised on delivery pizza love this topping."

- ¾ cup whole-wheat flour
- 1 tablespoon brown sugar
- 1 package active dry yeast
- 2 cups warm water (105° to 115°)
- ¼ cup olive oil
- 1 tablespoon salt
- 4½ to 5 cups all-purpose flour
- 4 large plum tomatoes
- 1 small onion, chopped (¼ cup)
- 5 cloves garlic, minced
- 8 pitted Kalamata or Greek olives, chopped
- ¼ cup grated Asiago cheese
- 2 tablespoons olive oil
- 1 to 2 teaspoons Italian Herb Mixture (see right)

1. In a large mixing bowl, combine whole-wheat flour, brown sugar and yeast. Stir in warm water; let stand 15 minutes. Stir in ¼ cup olive oil and salt.

2. By hand, stir in 2 cups of the all-purpose flour; beat 200 strokes. Stir in an additional 1½ cups flour; beat for 200 strokes. Stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that's smooth and elastic (6 to 8 minutes total).

3. Shape into a ball. Place in a lightly oiled bowl, turning once to oil surface of dough. Cover and let rise in a warm place till doubled in size (about 1 hour).

4. Turn out onto a lightly floured surface; knead 1 minute. Return to bowl. Cover; chill 4 hours. Remove from refrigerator 30 minutes before rolling.

5. Meanwhile, core and seed tomatoes; coarsely chop (you should have about 1½ cups). In a bowl, combine chopped tomato, onion, garlic, olives, cheese, 2 tablespoons olive oil and 1 to 2 teaspoons Italian Herb Mixture. Cover and chill till ready to use to top pizza crust.

6. Divide dough into thirds. (If you like, wrap and freeze 2 portions of the dough to use later for pizzas, or use focaccia tip listed below.*) On lightly floured surface, roll 1 portion of dough into a 12-inch circle. Place on a lightly greased 12-inch pizza pan. Prick dough all over. Bake in a 400° oven for 12 to 15 minutes or till browned. Top with tomato mixture (double tomato mixture if baking 2 pizzas). Return to oven and bake 10 minutes more. *Serves 4.*

Nutrition facts per serving: 358 cal, 16 g fat, 8 mg chol, 763 mg sodium, 46 g carbo, 4 g fiber, 8 g pro.

Italian Herb Mixture: In an airtight container, combine 2 tablespoons dried basil, crushed; 2 tablespoons dried parsley flakes; 2 tablespoons dried rosemary, crushed; 1 tablespoon dried thyme, crushed; 1 tablespoon dried marjoram, crushed; and 1½ teaspoons dried sage, crushed. Cover and store up to 1 month. Use to season pizzas, pasta dishes and casseroles.

*Focaccia: Pat ⅓ of the dough into a greased 9x1½-inch round baking pan. Cover and let rise in a warm place till nearly doubled (about 20 minutes). Make ½-inch indentations in dough with your finger. Brush dough with 1 ta-

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Refrigerate

4 servings.

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blespoon olive oil. Bake in a 400° oven for 20 to 25 minutes or till golden. Brush with more olive oil and sprinkle with 1 teaspoon Italian Herb Mixture. Serve the bread warm.

NINE-GRAIN BREAD

"My brother, Vincent, is quite health conscious," Father Dom says. "So I make this hearty multigrain bread whenever he visits the abbey. My sister, Lisa, also appreciates it because her son, Treygor, won't eat white bread, but he gobbles slices of this bread like it's cookies."

- 1 cup bread flour
- ½ cup whole-wheat flour
- 2 packages active dry yeast
- 1 teaspoon brown sugar
- 2½ cups warm water (105° to 115°)
- 2 tablespoons brown sugar
- 2 tablespoons cooking oil
- 2 teaspoons salt
- 1 cup nine-grain cereal*
- ¼ cup millet
- ¼ cup flax seed
- ¼ to 4¾ cups bread flour

1. In a very large bowl, combine 1 cup bread flour, whole-wheat flour, yeast, 1 teaspoon brown sugar and 1 cup of the warm water. Beat with electric mixer till smooth. Let stand 20 minutes till foamy and doubled in size.

2. Add the remaining 1½ cups warm water, 2 tablespoons brown sugar, oil and salt to yeast mixture; beat till smooth. Beat in nine-grain cereal, millet and flax seed. Beat in 2 cups of the bread flour. Stir in as much of the remaining bread flour as you can.

3. Turn out onto a lightly floured surface. Knead in enough of the remaining bread flour to make a moderately soft dough that's smooth and elastic (10 to 12 minutes total). Dough may be sticky.

4. Shape dough into a ball. Place in a lightly greased bowl, turning once to grease the surface of the dough. Cover and let rise in a warm place till nearly doubled in size (about 1 hour).

5. Punch dough down. Turn out onto a lightly floured surface. Knead 4 or 5 times. Divide in half. Shape each portion into a loaf by patting or rolling. Place in two greased 9x5x3-inch loaf pans. Cover and let rise in a warm place till doubled in size (30 to 45 minutes).

6. Bake in a 375° oven for 35 to 40 minutes or till the bread sounds hollow when you tap the top with your fingers. Immediately remove to wire racks; cool. *Makes 2 loaves (36 slices).*

Bread machine method: Select the 2-pound loaf cycle. Add 1½ cups water, 1 tablespoon cooking oil, 2½ cups bread flour, ½ cup nine-grain cereal, ¼ cup whole-wheat flour, 2 tablespoons millet, 2 tablespoons flax seed, 1 tablespoon brown sugar, 1 teaspoon salt and 2 teaspoons active dry yeast to the machine according to manufacturer's directions. If available, select the whole-grain cycle, or select the basic white bread cycle. *Makes 1 loaf.*

***Test Kitchen Tip:** The nine-grain cereal used for this bread is typically used to make hot cereal. You can find it in the cereal aisle by other hot cereals such as oatmeal, or in health food stores. A blend of 5-grain or 7-grain cereal also will work.

Nutrition facts per slice: 107 cal, 2 g fat, 0 mg chol, 131 mg sodium, 19 g carbo, 1 g fiber, 3 g pro.

RAISIN-WALNUT BREAD

"A friend who once owned a deli had me develop this recipe for his sandwich shop," Father Dom says. "He served it with chicken salad, but I prefer it with tuna and a small salad as the perfect Lenten meal."

- 1 cup warm milk (105° to 115°)
- 1 cup warm water (105° to 115°)
- 2 packages active dry yeast
- 2 tablespoons mild-flavored molasses
- 2 cups whole-grain rye flour
- 2 tablespoons cooking oil
- 1½ teaspoons salt
- 3 to 3½ cups bread flour
- 2 cups raisins
- 1 cup coarsely chopped walnuts

1. In a large mixing bowl, combine milk, water, yeast, molasses and 1 cup of the rye flour; stir to mix well. Let stand 5 to 10 minutes or till foamy. Add the oil and the salt; mix well. Stir in the remaining 1 cup of rye flour. Let stand for 10 minutes. Using a wooden spoon, stir in as much bread flour as you can.

2. Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that's smooth and elastic (6

to 8 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface of the dough. Cover; let rise in a warm place till doubled in size (45 to 60 minutes).

3. Punch dough down. Turn out onto a lightly floured surface. Roll out to ½-inch thickness. Sprinkle raisins and walnuts on top of the dough. Fold edges toward center. Knead dough a few minutes to evenly distribute the raisins and walnuts (keep kneading, and the raisins and walnuts will eventually get mixed into the dough). Divide dough in half. Cover; let rest 10 minutes. Meanwhile, lightly grease two 8x4x2-inch loaf pans.

4. Shape each portion of dough into a loaf. Place in prepared loaf pans. Cover and let rise in a warm place till nearly doubled in size (30 to 40 minutes).

5. Bake in a 350° oven 35 to 40 minutes or till bread sounds hollow when you tap top with your fingers. Immediately remove bread from pans. Cool on wire racks. *Makes 2 loaves (32 slices).*

Bread machine method: To a 1½-pound bread machine, according to manufacturer's directions, add ½ cup water, ½ cup milk, 1 tablespoon cooking oil, 1 tablespoon mild-flavored molasses, 1½ cups bread flour, 1 cup whole-grain rye flour, 1 tablespoon gluten flour, ¾ teaspoon salt, 1½ teaspoons active dry yeast or bread machine yeast, 1 cup raisins and ½ cup chopped walnuts. If available, select the whole-grain cycle, or select the basic white bread cycle. (Select the raisin setting on bread machine, if present.) *Makes 1 loaf (16 slices).* ■

Nutrition facts per slice: 137 cal, 4 g fat, 1 mg chol, 115 mg sodium, 23 g carbo, 2 g fiber, 3 g pro.

Recipe contributors:

Darlene McMullen, Joyce Trollope.

Our Promise

Every recipe in this magazine has been tested, evaluated and approved by our staff in the *Midwest Living*® Test Kitchen to assure success when you prepare it in your home. A nutrition summary follows each recipe and includes information you're most interested in today: calories, fat, carbohydrate and sodium.



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