

# Soybeans provide needed protein in bread

Soybeans have been called the "cow of the Orient" because they provide nutrients amazingly similar to milk and other dairy products. Most Oriental infants are fed formulas made of soybean milk and they thrive on it. Religious sects, strictly vegetarian, depend on soybean products for most of the protein in their diets. Most Far Eastern countries have their own specialized ingredient food products ranging from a cheese-like bean curd, to condiments, sauces and

noodle wrappers made from the versatile bean. Nutritionists have tried to incorporate soybeans into the American diet with little success. Soy flour added to wheat flour would increase nutritive value of bread. But soybean flavor would increase nutritive value of bread. But soybean flavor is hard to subdue in flour so it has not been widely used. However, textured vegetable protein bits, available in supermarkets and health food stores, have a meatlike flavor. When added

to beef bouillon the result is a robust flavor that appeals to meat-loving Americans. The accompanying recipe for Soy Protein Bread makes a nutritious, tasty bread. When cool, the loaf slices easily and makes a fine sandwich for the lunch box. It toasts nicely, too, making a good foundation for poached eggs or creamed dishes.

**SOY PROTEIN BREAD**  
2 beef bouillon cubes

1 1/2 cups boiling water  
1/2 cup (1 1/2 ounces) textured vegetable protein bits  
8-9 cups unsifted flour  
1 tablespoon salt  
2 packages active dry yeast  
1/2 cup milk  
1/2 cup light molasses  
1/2 cup margarine  
1 egg (at room temperature)

Dissolve bouillon cubes in boiling water. Add 1/2 cup broth to textured vegetable protein bits.

In a large bowl thoroughly mix 2 cups flour, salt and undissolved active dry yeast.

Combine milk, remaining broth and margarine in a saucepan. Heat over low heat until liquids are very warm (120°F.-130°F.). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg, dehydrated vegetable protein bits and 1 cup flour. Beat at high speed 2 minutes, scraping bowl oc-

asionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour and 10 minutes.

Punch dough down; divide in half. Roll each half to a 15 x 9-inch rectangle. Beginning at 9-inch and tightly roll dough as for jelly roll. Pin-seam to seal. With seam side down, press down ends with heel of hand. Fold underneath. Place, seam side down, in greased 9 x 5 x 3-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour and 15 minutes.

Bake on lowest rack position at 375°F. for 40 to 45 minutes, or until done. Remove from pans and cool on wire racks. Makes 2 loaves.

# Fred Meyer

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## Compose a tropical salad

Fruit salads are often the same old song. Why not break the pattern with exotic notables from as near as your favorite produce department? You can orchestrate your own fruit salad medley with some of the season's unique, tropical flavors.

Begin with the papaya for African Fruit Salad. Served in the fruit's shell, two papayas make four servings. If you'd rather, use canteloupe or honeydew melon instead. Scoop out the flavorful fruit, chop and mix it with chunks of pineapple, bananas, coconut and cashews, or peanuts if you prefer.

And what salad combo would be complete without the dressing? Try a topping made with salad dressing and heavy cream mixed with lime juice. Jazz it up with some extra cashews and serve for dessert or an afternoon refresher.

African Fruit Salad is sure to be a hit in your salad repertoire.

### AFRICAN FRUIT SALAD

- 4 papayas, halved
- 2 cups pineapple chunks
- 2 bananas, sliced
- 1/2 cup cashews or peanuts
- 1/2 cup shredded coconut
- 1/2 cup salad dressing
- 2 teaspoons lime juice
- 1 teaspoon lime rind
- 1/2 cup heavy cream, whipped

Cut papaya in half lengthwise; remove seeds. Remove fruit leaving shell intact. Chop papaya; toss with pineapple, bananas, cashews and 1/4 cup coconut. Chill.

Combine salad dressing, lime juice and lime rind; mix well. Fold in whipped cream and remaining coconut. Chill.

Spoon fruit into papaya shells; top with dressing mixture. Garnish with chopped nuts, if desired. 4 servings.

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