

Homemade Bread Nourishes Body and Soul



Pilgrim Loaf a delicious surprise

Good, homemade bread is part and parcel to the way we give thanks for our many blessings. Hot, nourishing homemade bread is as much an emblem of the celebration of our bounty as the dinner table, overflowing with fruits and vegetables.

The Pilgrim Loaf is a delicious surprise. From its dark color and varied texture, some will assume it's a whole wheat recipe, but it solely uses all-purpose flour. Its dark color comes from molasses and brown rice. The Pilgrim Loaf's robust, strong crust, with its cornmeal crunch, belies a surprisingly fluffy interior. The fluff comes from cooked brown rice grains which blend transparently with fabric of bread. It's quite a trick! One-half cup of pecans, walnuts or hazelnuts lend a nutty flavor and add to the complex texture of this rising sun-shaped

RECIPe

Robust, Strong Crust with its Cornmeal Crunch Belies A Surprisingly Fluffy, Nutty Interior!

Ingredients (Makes One Loaf)

- 3 to 3-1/2 cups all-purpose flour
- 1/2 cup cornmeal
- 1 envelope Fleischmann's RapidRise Yeast
- 1 teaspoon salt
- 1 cup water
- 1/4 cup butter or margarine
- 2 tablespoons honey
- 2 tablespoons molasses
- 1-1/2 cups cooked wild rice or brown rice, cooled*
- 1/2 cup chopped pecans, walnuts or hazelnuts, toasted
- 2 tablespoons cornmeal

Nutrition Information Per Serving

- Serving Size: one slice
- Serving Weight: 3.4 ounces
- Calories: 260
- Total Fat: 8 g
- Saturated Fat: 2.5 g
- Cholesterol: 10 mg
- Sodium: 240 mg
- Carbohydrates: 42 g
- Dietary Fiber: 2 g
- Sugars: 6 g
- Protein: 6 g

Directions

In a large bowl, combine 1 cup flour, 1/2 cup cornmeal, undissolved yeast, and salt. Heat water, butter, honey, and molasses until very warm (120°F to 130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in rice, nuts and enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Roll dough to 9-inch circle. Fold in half, slightly off center, so top layer is set back 1 inch from bottom edge. With sharp knife, make 4 equally spaced cuts from curved edge toward folded edge, about 2/3 of the way across loaf (cutting through both layers). Place on greased baking sheet that has been sprinkled with 1 tablespoon cornmeal. Cover; let rise in warm, draft-free place until doubled in size, about 45 minutes.

Sprinkle top of loaf with remaining cornmeal. Bake at 375°F for 30 minutes or until done. Remove from sheet; cool on wire rack.

* 1-1/2 cups cooked rice equals about 1/3 cup uncooked wild rice or 1/2 cup uncooked brown rice.

Ask

Deanna!



Real People, Real Advice

Ask Deanna! is an advice column known for its fearless approach to reality-based subjects.

Dear Deanna!

The other day, I discovered that my fiance's apartment is in another man's name because of her bad credit. To make matters worse, she's been driving a leased car the entire 3 years we've been together and she lied about that too. I now have cold feet and don't want to marry her because of this deception. --Bryce; Greenville, SC

Dear Bryce:

Run Spot Run. Get the hint? You got it bad—a lying woman with bad credit. Look at the big picture. Once a liar always a liar, but with time, bad credit can be fixed. Go with her to credit counseling and get some advance marriage counseling too. You can do bad by yourself and don't need to end up with the short end of the stick and have to permanently support a trifling woman.

Dear Deanna!

Help me with this problem before my husband has a fit. I enrolled my 10-year old son in ballet lessons but my husband wants him to play football too. He wants me to take my son out of dance class because he's afraid he'll be teased and made to feel like he's gay or something. How do I choose between ballet and football for my son? --Mother of A Dancer; Pittsburgh, PA

Dear Mother:

Hello out there! What does your son have to say about all of this or is he afraid of hurting someone's feelings by making the decision

himself? If your son enjoys football and ballet, let him do both and help your husband see that your son is happy. While you're at it, enroll him in karate too. This way, when kids tease him about ballet, he can do a few chops and a couple of drop kicks and keep on trucking.

Dear Deanna!

I'm in my last year of high school and one of my girlfriends is ready to quit during senior year. She's stressing and going through drama over a boy that used her for sex. She doesn't want to come to school because she can't stand the sight of seeing him with another girl. How can I convince her that he's not worth sacrificing her education? --Gladys; Natchez, MS

Dear Gladys:

Slap her upside her head real hard to knock the sense back into her. Your friend is going through the vulnerable stage of puppy love although she's been dogged by a wolf. Help her make an appointment with your school guidance counselor as well as encourage her to talk to her parents. Continue to be a good friend and encourage her to hang in there because without that diploma, she'll join the ranks of unemployment, welfare and if she's lucky—flipping burgers.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or P.O. Box 88847, Los Angeles, CA 90009

Recreation Centers Fill Gap after Arson

Both the Matt Dishman and Peninsula Community centers in north and northeast Portland are helping fill the gap after an arson fire at the Hillside Community Center. The Portland Parks and Recreation Department operate each of the facilities.

An Oct. 19 fire destroyed the Hillside kitchen and office and caused heavy smoke damage to the pre-school areas and gymnasium. Estimated cost of the damage to date is \$350,000 with repairs not expected to be complete until January.

Pre-school classes, gymnastics and adult basketball are among the popular programs that will be moved to other Portland Parks and Recreation locations, including the Metropolitan Learning Center, Chapman Elementary School, Matt Dishman, Peninsula and the Southwest Community Center.

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