

## Wheathearts feature special make-ahead Easter sweet breads

A sweet bread at the Easter breakfast table is as traditional as Easter eggs or an Easter ham.

Many nations bake special Easter breads. In Germany and Austria, Easter bread is made with milk, eggs and raisins and baked in twisted or braided loaves.

But breadmaking can be time-consuming — and the

working woman or busy mother doesn't always have time on her hands as holidays approach.

The Oregon Wheathearts suggest Freezer Sweet Bread, a make-ahead dough with many variations, which can be prepared, shaped and frozen for up to four weeks before baking.

On baking day, Freezer

Sweet Bread is thawed, allowed to rise and then baked.

Apricot Braid and Freezer Braided Nut Roll are variations of Freezer Sweet Bread just right for Easter. Other variations include Sticky Buns, Orange Blossom Buns, and Crumb Cake.

The recipes for Freezer Sweet Bread and its variations are from the Wheathearts

cookbook, "Oven Lovin' Breads," available through the Oregon Wheat Growers League, P.O. Box 400, Pendleton, Oregon, 97801.

The cost of the cookbook is \$2.50, plus 50 cents for postage. The Wheathearts, affiliated with the Oregon Wheat Growers League, promote the use of wheat. The growers League is a non-profit group representing Oregon's 9,000 wheat farmers.

### FREEZER SWEET BREAD

5½ to 6½ c. unsifted flour  
¾ c. sugar  
1 t. salt  
3 pkgs. active dry yeast  
¼ c. (1 stick) margarine, soft  
1 c. very warm tap water (120 - 130 F.)  
3 eggs (at room temperature)

Prepare desired filling and/or crumb topping.

In a large bowl thoroughly mix 1½ c. flour, sugar, salt, and undissolved active dry yeast. Add margarine.

Gradually add tap water to dry ingredients and beat 2 min. at medium speed of electric mixer, scraping bowl occasionally. Add eggs and ¼ c. flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes.

### ORANGE BLOSSOM BUNS

A. Orange Sugar: Mix together 1 cup sugar and ¼ cup grated orange peel.

B. Prepare Freezer Sweet Bread; then divide dough into 3 equal pieces. Divide one piece into 8 equal pieces; form each piece into a smooth ball. Dip into melted margarine, then coat with 1-3 prepared orange sugar. Place in a greased 8-inch round cake pan. Cover pan tightly with plastic wrap, then with aluminum foil; place in freezer. Repeat with remaining pieces of dough and coating. Keep frozen up to 4 weeks.

Remove from freezer. Let stand covered loosely with plastic wrap at room temperature until fully thawed, about 3 hours. Let rise in warm place, free from draft, until more than doubled in bulk, about 2 hours and 15 minutes.

Bake at 350 degrees, 25 to 30 minutes, or until done. Remove from pans and cool on wire racks. Makes 2 dozen buns.

## CF event co-chairman named

Martha Munkers of Lexington has been appointed co-chairman of a Cystic Fibrosis Foundation fund-raising event to occur in the Heppner-Lexington area. She will be assisting Bebe Munkers of Heppner in this event, according to Charles Dibert, president of the Oregon Chapter of the Cystic Fibrosis Foundation.

In announcing the co-chairmanship of this event, Mr. Dibert said, "We hope many

residents of Lexington and Heppner will volunteer their time and talent to this worthwhile project. Cystic fibrosis is the number one genetic killer of children in our country today, and these children need our help."

One in every 1,800 American children inherits this incurable disease when they receive a gene for CF from each of their parents. It is estimated that one out of every 20 Americans is a symptomless

and unknowing carrier of the gene which can cause CF in their child. Through research funded by the Cystic Fibrosis Foundation, a test to identify carriers is being sought and scientists are pursuing a cure or control for cystic fibrosis.

The local event will help support these research programs, as well as medical care presently provided at 128 cystic fibrosis centers located throughout the United States. These CF Centers specialize in

the diagnosis and care of children with CF. In Oregon there is one CF center located at the University of Oregon Health Science Center in Portland.

Details and date of the Cystic Fibrosis event will appear in this newspaper in the near future. Citizens of Lexington wishing to volunteer to help with the event can call Martha Munkers, or the Oregon chapter of the Cystic Fibrosis foundation at 231-4015.

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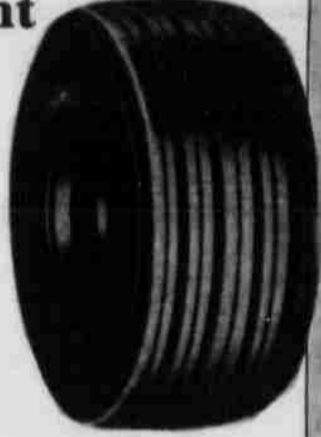
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