

## 'Econo -Eating'

Want to impress someone? I know a sure fire way: make a yeast bread. There's something of a mystique that surrounds bread baking. People who do it all the time know how easy it is. All you need to do is have a tested recipe and pay attention to the steps given in that recipe. There are very few things that can go wrong. With the quick-mix method you don't even have to worry about killing the yeast.

It does take time, but there are ways to make yeast breads that fit into your schedule, even if it's a busy schedule. Now there's even a new product, a faster acting yeast.

If time is very limited you can get a headstart on the whole process by buying frozen dough. Frozen dough is slightly lower in cost when you bake it as a loaf. It costs about 50 cents per pound rather than 60 to 80 cents per pound to buy baked bread. It becomes more economical when you use frozen dough to make cinnamon rolls or sticky buns, which can be made easily. These items cost a little more in the store when they're already baked but the added ingredients don't cost much at home.

A fairly new product available now is frozen sweet roll dough. This is softer in texture and richer in flavor. It costs a little more but is much easier to handle if you're planning to make fancy shapes like tea rings or braids.

It takes about three hours to thaw a loaf of frozen dough at room temperature. It's best if the loaf is wrapped in plastic wrap so it doesn't get a hard surface. Then you can form the loaf into the desired shape — cinnamon rolls, or small balls for pull-aparts, or just stretched to the size of a 9 x 12 pan. You can do whatever filling or topping is necessary. cover with the plastic wrap again and refrigerate 8-10 hours or overnight. The rolls will be ready to pop into the oven in the morning, sending their special smell all through the house. Pretty impressive, wouldn't you say?

Homemade bread is the least expensive, costing about 25 cents to 35 cents per pound, depending on your choice of

ingredients, so if you do have time to spend you can save a little money. You also have several types of bread making to choose from. My favorite is the quick mix method. You mix the undissolved yeast with some of the dry ingredients. Then use a mixer to add the very warm liquids. This works well because you get faster action by the mixer and by keeping things so warm. The flour and other dry ingredients act as a buffer so the yeast isn't easily killed. It is a good feeling dough and is usually kneaded.

Some recipes use the batter method. This is a yeast mixture that is thinner than traditional bread dough. You don't knead it so it's very fast. The texture is quite different, though. It's a little rougher, about halfway between a quick bread and a yeast bread.

You can also do your own brown and serve rolls. Follow any recipe but when you bake it just bake at a lower temperature, 250 degrees, for about the same length of time called for in the recipe. It should still be very light colored but firm to touch. Then store in the refrigerator for up to a week or freeze. When you want to have the bread, just place on an ungreased baking sheet and bake about 10 minutes at 400 degrees (longer if frozen) or until golden brown. It works best for dinner rolls or small loaves of bread.

You can also make your own freezer doughs. Several newer bread recipe booklets feature freezer dough recipes. You mix the dough, knead it and shape it or roll it flat, cover it with plastic wrap and freeze it. After it's frozen and you transfer it to a freezer bag and store up to four weeks. Then you need to thaw and let it rise before baking.

Here's a recipe for a Dutch Apple Cake that can use homemade or purchased frozen bread dough. It's quick and easy. If the holiday season has you really short on time you can use canned apple pie filling in place of the apples. The recipe is lower in calories

(120 calories compared to apple strudel at 300 calories per one-twelfth of the recipe be-

cause it uses bread dough instead of pastry.

Joan's Dutch Apple Cake  
1 loaf white freezer dough  
4-5 large or 6-7 small apples  
1 tablespoon butter or margarine, melted

1 or 2 tablespoons lemon juice  
4 tablespoons sugar  
1/2 teaspoon cinnamon

Wrap freezer dough in plastic wrap and allow to sit at

room temperature about 3 hours or use other thawing methods listed on the label. Peel and core apples and cut in 1/4 inch slices. Put in saucepan with lemon juice and 1 tablespoon sugar. Cover and cook over medium heat until apples are firm about tender, about 5 minutes. Mix remaining sugar, cinnamon and butter or margarine together. Put

dough into greased 9 x 12 pan, stretching it to fit, or rolling it to size with a rolling pin. Arrange apple slices on dough. Sprinkle with sugar combination. It can be baked right away, but will have greater volume if allowed to raise for a short time—usually less than an hour at room temperature. Bake 40-45 minutes at 350 degrees.

## Bus to transport people to Ag Expo '84

The Farm Bureau and the Oregon Wheat Growers League will be sponsoring a chartered bus to take area people to the Ag Expo '84 in Spokane, Wash. later this month, announced a spokesperson for the bus service. The bus will leave for Spokane on January 17 and is to return the next day.

Ag Expo is the West's largest indoor ag-equipment show and Pacific Northwest farm forum, the spokesperson said.

Featured speaker this year is to be Secretary of Agriculture John Block. Representative Tom Foley of Washington is also to address the group.

Cost to ride the bus will be \$21. Rooms at the Sheraton Hotel are available for \$46 per single occupant and \$52 for double occupancy. Arrangements, reservations and more information can be obtained from the OSU Extension Service office in Codon, 384-2271.

## Congressman to make trip to Eastern Ore.

Congressman Bob Smith will be holding town meetings in Eastern Oregon next Monday, his Washington, D.C. office has announced. Smith will be in Hermiston on Monday, Jan. 9, from 9:30 to 10:30 a.m. at

Hermiston City Hall in council chambers. From 2:30 to 3:30

p.m. on the 9th, he will be at Blue Mountain Community College in Pendleton.

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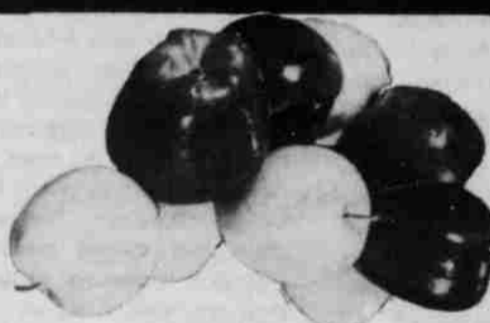
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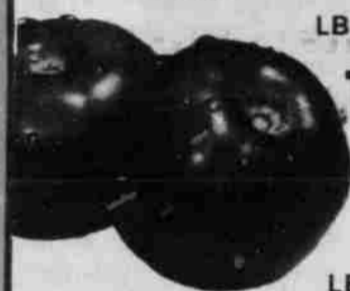
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