HEARTY BREAD — Mammoth round loaves are baked in wood-fired outdoor ovens along Quebec's Gaspe coast, but it is easy to make a reasonable facsimile in your own kitchen range.

Homemade Bread From The Gaspe

Some of the fun of traveling is in tasting new foods. "Drive along Quebec's Gaspe coast," say friends recently returned from a vacation there, "and you see house after house with its wood-fired oven outdoors."

Near the oven, on a clear warm day, there may be a table full of pans of bread dough rising in the sun. Our friends stopped and bought one of the loaves for a picnic lunch, and describe the bread as hearty and delicious.

According to "The Black Whale Cook Book," the only collection of Gaspe recipes we have ever come across, in baking the bread outdoors "the firing of the oven is most important." Each Gaspe cook uses her own recipe, and here is one of them—adapted to bake in a regular range.

This rule produces two traditional mammoth round loaves — although many Gaspe breadmakers do use regular loaf pans — that have a snowy-white inside with a rather soft texture, and a crusty exterior. We like this bread warm from the oven, but that's our personal taste. And we're all in favor of toasting it—this way it's exceptionally crusty and full-flavored. Best of all, this bread is not sweet.

If you try this recipe, you'll have a lot of bread, so you may want to put one loaf in the freezer. Along with fish chowder or split pea soup it will make a fine lunch or supper.

GASPE BREAD

2 cups very warm (105 to 115 degrees) water
3 packages active dry yeast
1 cup lukewarm mashed potatoes
2 tablespoons sugar
1 tablespoon salt
2 tablespoons butter or margarine
7 cups (about) sifted flour

In a mixing bowl, stir water and yeast together until yeast is dissolved. Add lukewarm potatoes, sugar, salt, butter and 2 cups of the flour. Beat 2 minutes at medium speed on electric mixer or 300 vigorous strokes with a spoon. Stir in enough of the remaining flour to make a soft dough. Turn out on lightly-floured board and knead until elastic—about 10 minutes. (The dough will be slightly rough and dull looking.) Place in a greased bowl, turning once to grease all sides. Cover and let rise in a warm place (80 to 85 degrees), that is free from draft, until doubled in bulk—about 30 minutes.

Punch down dough. Cover and let rise again until doubled—about 20 minutes. Punch dough down and divide in half. Shape each half into a ball. Press into two greased 8-in. layer-cake pans. Cover and let rise again until doubled in bulk—about 20 minutes. Bake in a hot (400 degrees) oven about 40 minutes. Remove from pans and let cool on wire racks away from draft.

Market Basket

Oregon State University Extension Service

MEATS

Switching from casual summer eating to a routine of hearty meals with the flurry of reading, 'riting, and 'rithmetic time can throw a meal planner off balance. Luckily, early September meat supply is varied and substantial for easy menu planning. Beef will be in good supply. Chucks and other cuts from front quarters of beef will be ideal for pot-roasting, meat loaf, and beef stews. Cooler days have slowed demand for quick cooking cuts. So, look for lower prices on steaks and barbecue cuts. "LAMB U.S.A." is the theme for a nationwide September promotion. Serve tender, easy-to-prepare lamb this week.

Look for good buys in pork roasts and cured ham. Spareribs and loins are high. Veal is more of a bargain that it has been.

POULTRY

Treat your family to end-of-summer outdoor cooking with barbecued broiler-fryers or yearling turkey. Here is an especially good broiled chicken suggestion: Season disjointed chicken parts with onion salt and brush generously with melted butter. Broil, continuing to baste with a mixture of apple juice and butter. Just before serving, sprinkle lightly with ground ginger. Serve with top, fresh apple wedges. Broiled, braised, or roasted — protein-rich turkey is hard to beat for a real dining treat. Turkeys of all sizes are excellent in quality and in plentiful supply.

VEGETABLES

Notice the array of summer vegetables now available in plentiful supply—a palette full of color, awaiting the artful manipulation of your mind and hands. Green beans, sweet corn, carrots, cucumbers, green peppers, squash, and tomatoes are top quality and in good supply. After purchase, refrigerate corn to maintain quality longer. At room temperature, sweet corn will lose 50 per cent of its sweetness within 24 hours. For a delightful treat, try roasting corn over an outdoor fire. Place each ear of husked corn on a square of aluminum foil. Top with one-eighth inch slice of butter or margarine. Wrap securely and roast corn 20 to 25 minutes or until tender over the grill, turn frequently to cook uniformly. Now's the time to make homemade pickles since cucumbers, watermelons, peppers, and onions are in abundant supply. For modern pickle-making recipes, get the bulletin—Pickles and Relishes—from the County Extension Office. Vine-ripened tomatoes are truly one of summer's treats. Use them often.

FRUITS

When you're shopping this week, browse around the fresh fruit section. You're sure to find several fresh fruit bargains. Late summer varieties of peaches—Elbertas and Hales are plentiful and of good quality. If you plan to freeze or can peaches now is the time to do it. Include grapes, pears, blueberries and blackberries, and nectarines in your shopping basket.

Hurry-Hurry Time Is Flying

If the Greek gods had known about this particular ambrosia, "Cantaloupe Ambrosia Sundae," they probably would have discarded their own brand. To prepare it, cut luscious, golden California cantaloupe into balls. Spoon orange sherbet over the juicy melon balls. Top with a marshmallow cream sauce spiked with orange juice and sprinkle with coconut. This sundae of the summer boasts such an unusual and satisfying flavor combination that it's bound to pay many repeat visits to your table.

Cantaloupe Ambrosia Sundae

1 large California cantaloupe
1 (5 oz.) jar marshmallow cream
2 tablespoons frozen orange juice concentrate (thawed)
⅛ teaspoon salt
1 pint orange sherbet
¼ cup flaked coconut

Cut cantaloupe into halves; scoop out seeds. Cut fruit into balls, using a ball butter or a ½ teaspoon measure. Arrange fruit in serving dishes. Blend marshmallow cream orange juice concentrate and salt. Spoon orange sherbet over cantaloupe balls; top with marshmallow sauce and sprinkle with coconut.

Makes 4 servings.

SWEET-AND-SOUR SALAD

For a gay, simple-to-do-salad platter, alternate and overlap slices of cucumber and tomato. Sprinkle with vinegar, salt, pepper, sugar and instant minced onion to provide a piquant sweet-and-sour flavor.

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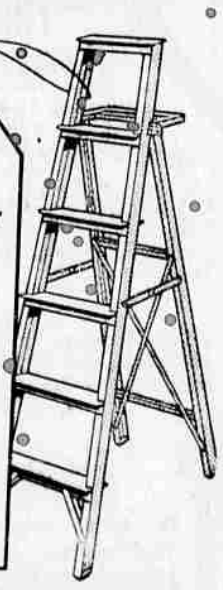

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