

A Touch of Nostalgia

Family Weekly Cookbook
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Norwegian Wheat Bread is based on a recipe handed down from generation to generation.

Norwegian Wheat Bread

- 2½ cups milk
- ½ cup butter
- 2 pkgs. active dry yeast (or use 2 cakes compressed yeast and cool milk to 80°F to 85°F)
- 7 to 8 cups flour
- ½ cup sugar
- 2 teaspoons ground cardamom
- ¼ teaspoon salt
- Butter, melted or softened

1. Heat milk and butter together until scalding. Pour into a large mixing bowl and cool to 110°F to 115°F. Stir in yeast; set aside about 10 min., or until yeast is dissolved, stirring occasionally.
2. Blend together 7 cups of the flour, the sugar, cardamom, and salt; add to milk mixture gradually, beating thoroughly after each addition.
3. Turn dough onto a lightly floured surface, cover, and allow to rest 5 to 10 min. Knead as much of the remaining 1 cup flour as possible into dough.
4. Form dough into a large ball and put into a buttered deep bowl; turn dough to bring buttered surface to the top. Cover with waxed paper and a towel and let stand in a warm place (about 80°F) until doubled, about 1 hr.
5. Punch down dough with fist. Turn out onto a lightly floured surface, cover, and allow to rest 5 to 10 min. Divide dough in half. Press out air bubbles and shape into loaves.
6. Place in buttered (bottom only) 9½x5¼x2¾-in. loaf pans; cover and let rise until doubled, about 40 min.
7. Bake at 350°F about 30 min., or until golden brown. Immediately remove from pans and set aside to cool on racks. While warm, brush tops with melted or softened butter.

Two 1¾-lb. loaves bread

Chicken Fricassee

- 1 stewing chicken, 4 to 5 lbs., ready-to-cook weight
- 1 large onion, quartered
- 6 stalks celery with leaves, cut in pieces
- ½ small bunch parsley
- 1 bay leaf
- 1 chicken bouillon cube
- 1 to 1½ teaspoons salt
- 1½ teaspoons Accent
- 3 peppercorns
- ¼ cup flour
- 1 cup cream
- 2 teaspoons lemon juice

1. Disjoint chicken and cut into serving-sized pieces. Rinse chicken pieces and giblets. Pat liver dry with absorbent paper and refrigerate. Put chicken, gizzard, heart, and neck into a sauce pot or kettle. (If desired, brown chicken pieces in a skillet with hot fat; pieces may be coated with seasoned flour before frying.) Add hot water to barely cover. Add onion and next seven ingredients. Bring water to boiling; remove foam. Cover sauce pot tightly, reduce heat, and simmer 2 to 3 hrs., or until thickest pieces of chicken are tender. During last 15 min. of cooking, add the liver. Remove chicken and giblets from broth. Strain broth and cool; skim off the fat.
2. Heat 4 tablespoons of the chicken fat in the sauce pot; blend in flour. Heat until mixture bubbles. Remove from heat; gradually add 2 cups of the chicken broth and the cream, stirring constantly. Continue to stir, bring rapidly to boiling, and cook 1 to 2 min. longer. Blend in the lemon juice. Add chicken pieces and heat thoroughly.

3. Serve chicken and gravy over split Soda Biscuit Squares. Garnish with parsley sprigs, if desired.

4 to 6 servings

Tender-Rich Soda Biscuits

Piping hot biscuits, slathered with creamy butter and golden, rich honey—an all-time favorite.

- 3¼ cups flour
- ¼ cup sugar
- 1½ teaspoons baking soda
- 1 teaspoon salt
- ½ cup lard
- 6 tablespoons lemon juice
- 1 cup milk

1. Blend flour, sugar, baking soda, and salt. Cut in lard with a pastry blender until mixture resembles coarse corn meal.
2. Make a well in dry ingredients. Stir lemon juice into milk and add all at one time to dry ingredients. Stir with a fork until a soft dough is formed.
3. Turn onto a lightly floured surface and knead lightly with finger tips six to eight times.
4. Roll ½ in. thick and cut with a floured 2-in. round cutter. Transfer rounds to an ungreased baking sheet.
5. Bake at 450°F 12 to 15 min., or until golden.

About 2 doz. biscuits

Soda Biscuit Squares

Prepare a half recipe of Tender-Rich Soda Biscuits, using 1¾ cups flour. After kneading, roll or pat dough into a 9x6-in. rectangle; cut into six squares. Transfer to an ungreased baking sheet and bake at 450°F about 15 min., or until golden.

6 biscuit squares

Note: For straight-sided biscuits trim the edges of the rectangle with a sharp knife before cutting into squares.