

## Breads & Rolls

### Sweet Corn Fritters

Margie Sunn

2 cup fresh corn or  
cn drained sweet corn  
½ cup flour  
⅓ cup corn meal  
1 tsp salt  
½ tsp baking powder  
½ cup milk  
1 lg egg  
4 Tbl olive oil  
1 Tbl butter



**Directions:** Remove husks and silk from corn. With a sharp knife slice the kernels off each cob into a bowl—you should have about 2 cups of kernels. In a separate bowl, sift together flour, corn meal, salt and baking powder. Make a “well” in the center of the flour mixture. Crack the egg and pour the milk into the well. Briefly whisk with a fork and then whisk into the flour until just combined. With a spatula, fold in corn kernels. Heat a non-stick skillet over medium/low with 2 tablespoons of olive oil. Add tablespoon of butter. When the oil is hot, spoon batter into skillet to make 2-inch fritters. Cook 3 minutes until the sides of each fritter is beginning to cook, then flip and cook another 3 minutes. Remove to a plate lined with paper towels to drain. Add more oil if necessary before making more batches.

*Over 200 million pounds of blueberries are grown every year in North America.*

### Living Joy

from our family to yours

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving oil out of the salad — don't do it), prayer, mediation, and one well-selected resolution. Put in about a teaspoonful of good spirits, a dash of fun, a sprinkling of play and a heaping cupful of good humor. Pour love into the whole mix with vim. Cook thoroughly in fervent heat, garnish with a few smiles and a sprig of joy, then serve with quietness, unselfishness, and cheerfulness.



*Egg yolks are one of the few foods that naturally contain Vitamin D.*

**Langos** - Hungarian Fried Bread

- 1 tsp Sugar
- 1 cup Milk, lukewarm
- 1 pkt Active dry yeast
- 2 cup All-purpose flour
- 1 Tbl Oil
- ½ tsp Salt
- 2 med Potatoes, baked,  
peeled and mashed

Extra warm milk as needed

- 1 cup Vegetable oil for frying

**Ideas for Toppings:** Sour cream, hummus, grated cheese or Feta cheese with fresh dill and sour cream—be creative with your favorite spreads. If you like sweet toppings, try mashed strawberries with whipped cream, vanilla custard, apple sauce.

**Directions:** Mix the sugar with the milk and heat to a temperature of 105° to 115°. Add the yeast, stir to combine; let sit for 10 minutes. Place the flour in a large mixing bowl, add the yeast mixture, one tablespoon of oil, salt, and the mashed potatoes. Add as much warm milk as needed to make a soft bread dough. Work the dough well, for at least 15 minutes, until smooth. Let it rise in a warm place for one hour or until doubled in bulk. Make little balls from the dough and then flatten them in your hand by pulling it to the size of a large saucer. Fry in hot (360°) oil until browned, about 3 minutes per side.



*People who eat organic foods are 8 times more likely to die of E.coli than those who don't.*

**Simple Sesame Noodles**

Jill Price

- 12 oz Thin Noodles, cooked and drained
- ¼ cup Soy sauce
- 2 Tbl Sugar
- 4 ea Garlic cloves, minced
- 2 Tbl Rice vinegar
- 3 Tbl Pure sesame oil
- ½ tsp Hot chili oil
- 4 Tbl Canola oil
- 4 ea Green onions, sliced thin



**Directions:** Whisk all ingredients (except noodles and green onions) together in a bowl. Pour sauce over warm noodles and toss to coat. Sprinkle with green onions and toss. Serve in a bowl with chopsticks.

*The can opener wasn't invented until 48 years after the invention of the can.*

**Cranberry Pistachio Biscotti**

Caudette "Caudie" Payton  
daughter of Julie Stover

- ¼ cup Light olive oil
- ¾ cup White sugar
- 2 tsp Vanilla extract
- ½ tsp Almond extract
- 2 lg Eggs
- 1¾ cup All-purpose flour
- ¼ tsp Salt
- 1 tsp Baking powder
- ½ cup Dried cranberries
- 1½ cup Pistachio nuts



**Directions:** Preheat the oven to 300°. In a large bowl, mix together oil and sugar until well blended. Mix in the vanilla and almond extracts, then beat in the eggs. Combine flour, salt, and baking powder; gradually stir into egg mixture. Mix in cranberries and nuts by hand. Divide dough in half. Form two logs (12" x 2") on a cookie sheet that has been lined with parchment paper. Dough may be sticky; wet hands with cool water to handle dough more easily. Bake for 35 minutes. Remove from oven and cool for 10 minutes. Reduce oven heat to 275°. Cut logs on diagonal into ¾" thick slices with a straight-edge knife. Lay on sides on parchment covered cookie sheet. Bake approximately 8 minutes; turn over to the other side and bake 5-8 minutes more; cool and store. Other nuts may be substituted. If nuts are salted, omit the ¼ teaspoon salt from the recipe.

*Around 70 million people suffer from food poisoning every year with around 7 million of these cases being fatal. Careful food storage, temperature control and preparation are necessary to avoid potentially dangerous bacteria, toxins and viruses.*

**Julie's Famous Banana Bread**

Julie Stover

Julie writes: I make this all the time and take it to work. It is real moist. They all want my secret recipe. I won't tell. :o)

- 1 bx Banana bread mix
- 1 ea Banana ripe
- ½ cup Chopped nuts (optional)

**Directions:** Follow the instructions on box for the banana bread, add mashed banana and nuts, mix; follow instruction on box for baking.



*Americans consume 17.3 billion quarts of popcorn each year! The average American eats about 68 quarts!*

**Cheese Crescent Triangles**

- 4 oz Tomato-basil feta cheese  
finely crumbled (1 cup)
- 2 med Green onions, finely chopped
- 1 cn Crescent dinner rolls
- 1 Tbl Parmesan cheese, grated

**Directions:** Heat oven to 375°. In small bowl, mix feta cheese, green onions and 3 tablespoons of the beaten egg. Unroll crescent roll dough; separate into 4 rectangles. Press perforations to seal. Press each rectangle into a 7½" x 5" inch rectangle. Cut rectangle into 3 rows by 2 rows to make 6 (2½" inch) squares. Top each dough square with slightly rounded measuring teaspoon of the feta cheese mixture. Fold dough over filling, forming triangle; press edges to seal. On ungreased cookie sheets, place triangles 2 inches apart. Repeat with remaining 3 dough rectangles and feta cheese mixture. Brush tops with remaining beaten egg. Sprinkle lightly with Parmesan cheese. Bake 9 to 11 minutes or until golden brown. Serve warm. Makes 24 appetizers. Make triangles up to 2 hours ahead; cover with plastic wrap and refrigerate. Just before serving, uncover, and bake the triangles as directed on package.



*When the inventor of Doritos died, his friends and family tossed Doritos onto his casket.*

**Cheesy Bloomin' Onion Bread** a Chelynne (CJ) Spinning specialty

- 1<sup>st</sup> daughter of Rene' Sunn Williams, granddaughter of Larry & Margie Sunn
- 1 ea Unsliced loaf sourdough bread
- 12 oz Monterey Jack cheese,  
thinly sliced

- ½ cup Butter, melted
- ½ cup Green onion, finely diced

**Directions:** Cut sourdough bread lengthwise and widthwise every ½ inch, but not through the bottom crust. Stuff thinly sliced cheese into the cuts. Mix the melted butter and onion and drizzle over the top of the bread. Wrap bread in foil and bake at 350° for 15 minutes. Unwrap and bake an additional 10 minutes.



*Cheddar cheese is orange because it's dyed that way.*

Caudette "Caudie" Payton

**Monkey Bread/Sticky Bread**

- 24 oz Frozen dinner roll dough
- 1 cup Brown sugar, packed
- 1 pkg Instant butterscotch pudding mix (3.4 oz)
- ¼ cup White sugar
- 2 tsp Ground cinnamon
- ½ cup Walnuts chopped (also good with pecans)
- ½ cup Butter melted

**Directions:** Grease and flour a 9" or 10" Bundt pan. Mix brown sugar and pudding mix together. Mix white sugar and cinnamon together. Place frozen dinner rolls in pan a layer at a time.



Above: Noah and Kimmy expertly make their Monkey Bread faces.

Sprinkle brown sugar and pudding mix over first layer of rolls. Sprinkle sugar and cinnamon mixture over the brown sugar and pudding mixture. Spread half the nuts and melted butter over first layer. Repeat with the next layer. Place on counter overnight. Do not cover. Next morning bake in a preheated 350° oven for 30 minutes. Let stand a few minutes and turn pan over onto serving platter.



*Eating bananas can help fight depression.*

**Hot Rolls**

from Mildred Niland, mother of KT Niland Sunn

- 1 cup Butter, melted
- 1 cup Sugar
- 1½ cup Warm milk
- 2 lg Eggs, well beaten with whisk
- 2 pkg Rapid rise yeast
- ½ cup Luke-warm water
- 3 cup Flour un-sifted

**Directions:** In large bowl, add melted butter to sugar while butter is still hot. Add warm milk to butter/sugar combination. Add eggs. Thoroughly dissolve yeast in warm water and add to mixture.



Add enough flour (approx. 3 c.) to make batter the consistency of thin cake batter. Cover and let rise 2 hours at room temperature. Add: 1 tsp. salt and about 3 more cups flour. Mix well, cover, and place in refrigerator until ready to roll out. Four hours before serving time, roll out on floured board, cut and place on greased cookie sheet, brush with melted butter. Let rise at room temperature for about four hours. Bake at 350° for about 15 minutes, or until done. Makes about 5 dozen. You don't have to roll it out all at once, it will keep for a while in the refrigerator.



*The twists in pretzels are meant to look like arms crossed in prayer.*

**Cheddar Bay Biscuits**

These *Red Lobster* copycat biscuits are unbelievably easy to make in about 30 minutes, and they taste even better than the original! Makes 12 biscuits.

- 2 cup All-purpose flour
- 2 tsp Baking powder
- ¼ tsp Garlic salt
- 6 Tbl Butter, cold, cut small cubes
- 1 cup Cheddar cheese, shredded
- ¾ cup Buttermilk
- ½ cup unsalted butter, melted

**Topping**

- 3 Tbl Butter, melted
- ½ Tbl Dried parsley
- ½ tsp Garlic salt



**Directions:** Preheat oven to 400°. Line a baking sheet with parchment paper or a silicone baking mat; set aside. In a large bowl, whisk together flour, sugar, baking powder, and salt. Use a pastry blender or two knives used in a scissors fashion to cut in the butter until small pea-sized crumbs form. Add the cheese and toss until coated with flour. Add the buttermilk and stir until just combined—don't over mix. Drop by about ¼ cups full onto the baking sheet about 2" apart. Bake 14 – 16 minutes until golden around the edges. Meanwhile, in a small bowl combine melted butter with parsley and garlic salt. Remove the biscuits from the oven and brush generously over the tops while hot. Serve warm.

*Pumpkins are not a vegetable but rather a fruit.*

**Banana Bread**

Recipe handed down to Joanne from her mother, Shirley Wren.

- 1 cup Walnuts
- ⅓ cup Butter
- 1 cup Sugar
- 2 lg Eggs, well beaten
- 3 Tbl Sour milk
- 1 tsp Baking soda
- 1 tsp Baking powder
- ½ tsp Salt
- 2 cup Flour
- 3 ea Bananas or 1 cup put thru ricer



**Directions:** Cream butter slowly add sugar to creamed butter. Add eggs and bananas, cream together. Hand mix in remaining ingredients. Use 1 or 2 greased loaf pans bake at 350° for 1 hour.

*Orange doesn't rhyme with any other word.*

## Olive Garden Bread Sticks

### Dough:

- 1½ cup Warm water
- 2 Tbl Sugar
- 1 Tbl Yeast
- 1 Tbl Salt (yes, the recipe calls for 1 tablespoon)
- 2 Tbl Butter, softened
- 4-5 cup All-purpose flour

### Topping:

- 3 Tb Butter melted
- 1 tsp Garlic powder
- Sea salt



**Directions:** For the dough, pour water into a stand mixer with sugar and yeast, let that sit and froth for about ten minutes. Add salt, butter, and two cups of flour. Mix dough on low. Add rest of flour a half cup at a time, until the dough scrapes the sides of the bowl clean. Mix dough about 5 minutes on medium speed until soft and easy to work. Let dough rest in bowl until it doubles in size, about 1 hour and then roll it out. Roll dough into a long log, spray a knife with cooking spray and cut dough into 12 – 14 pieces. Roll these into 6 inch long snakes. Spray two large cookie sheets with cooking spray, and lay breadsticks out leaving 2" between each one. Place in oven with temperature turned to 170°. Let them rise for about 15 minutes, or until double in size. (can sit at room temperature until it doubles in size). Once breadsticks have risen, brush with 1½ Tbl melted butter and sprinkle with sea salt. Pre heat oven to 400° and bake for 12-14 minutes or until a light golden brown. While, baking combine the rest of the melted butter with 1 tsp garlic powder. When breadsticks brown, remove from oven; brush with butter/garlic mix.



Russ and Sandy's 1968 wedding. Left to right, Al Jr. Pat (now Broske), Chuck, Al Sr., Duane (Sebastien), Caudie, Russ, Sandy, Ma, Julie, Robert Fuity.

**Lemon Blueberry Bread**

½ cup Brown sugar  
 2 lg Eggs  
 ½ cup Sour cream  
 ¾ cup Milk  
 1 tsp Vanilla  
 ½ cup Vegetable oil  
 2½ cup All-purpose flour  
 1 cup Old fashioned oats  
 ¼ tsp Salt  
 3 tsp Baking powder  
 1 tsp Cinnamon  
 Zest of 1 lemon  
 1 cup Walnuts  
 1 cup Blueberries



**Directions:** Preheat oven to 350°.

Grease loaf pan. In a large mixing bowl gently combine brown sugar, milk oil, sour cream, vanilla, and eggs. Add remaining dry ingredients except walnuts and blueberries, and slowly mix together. Dust blueberries lightly with flour to prevent from sinking when baking. Gently fold in blueberries and walnuts. Pour batter evenly into loaf pan. Top with additional oats if desired. Bake for approximately 45 minutes or until an inserted test toothpick comes out clean. Cool in pan for 10 minutes. Gently remove from pan and let cool on a rack for 2 hours. Sprinkle top with confectioner's sugar if desired. Keep covered. Bread will be fresh for approximately 4 days.

*Save your leftover rice. You can freeze it in a covered freezer container for up to 6 months.*

**Cowboy Iron Skillet Cornbread**

Pecos Bill's Ol' West Cookbook

2 lg Eggs  
 1½ cup Milk  
 3 Tbl Unsalted melted butter  
 2 Tbl Canola oil  
 ⅓ cup Sugar  
 ½ tsp Baking soda  
 1 tsp Baking powder  
 1½ tsp Salt  
 1½ cup All-purpose flour  
 1½ oz Yellow cornmeal



**Directions:** Preheat oven to 375°.

Grease a 12-inch cast-iron skillet or square 9" x 9" baking pan; set aside. Crack eggs into large mixing bowl and whisk to break up the yolks. Pour in milk, melted butter, canola oil, and sugar and whisk again until ingredients are well combined and sugar is thoroughly dissolved. Add dry ingredients and whisk again until just mixed. Pour batter into greased pan and bake for 25-30 minutes, until toothpick inserted into center of cornbread comes clean.

*To clean cast iron cookwear, don't use detergents. Just scrub them with salt and a clean, dry paper towel.*



## Strawberry Bread with Cream Cheese Spread

### Bread:

- 3 Cup Flour
- 2 Cup Sugar
- 1 tsp Baking Soda
- 1 tsp Cinnamon
- 1 tsp Salt
- 2 ea [10 oz] pkg frozen Strawberries  
thawed and drained  
Reserve ½ cup juice
- 1 Cup Cooking Oil
- 4 lg Eggs, well beaten



**Bread Directions:** Combine all dry ingredients and mix well. Make a well in the center of mixture and add all liquid ingredients. Mix by hand. Pour mixture into 2 (8" x 4" x 2") greased and floured loaf pans. Bake in a preheated 350° oven for 1 hour or until toothpick inserted in center comes out clean.

### Cream Cheese Spread:

- 1 pkg Cream Cheese [8 oz] package  
at room temperature
- ½ cup Reserved strawberry juice

**Cream Cheese Spread Directions:** Combine cream cheese and enough strawberry juice to make a spreadable consistency. Cut bread very thin and spread with cream cheese spread. Sandwich each two slices together as sandwiches. Chill until ready to serve. Makes 2 loaves. **Note:** Loaves freeze well; slice thinly before thawed.



*In the U.S. in 1998, hens produced 6,657,000,000 dozen eggs - that's 6.657 billion dozen! After these eggs were laid, about two-thirds were sold in the shell and one third of them were broken - not by accident, but on purpose. Because, after the eggs are broken out of their shells, they can be made into liquid, frozen, dried, and specialty egg products.*



Al's families. Left, Al Jr.; Jeff; Pat (now Broske); Jill; Sally

Below, l to r, Susie, Joanne, Al Jr., Albert III



**Zucchini Bread**

Sandy Smith

dear friend and neighbor of Caudette “Caudie” Payton Caudie writes, “A dear neighbor in Twin Lakes who loves to garden (and pull weeds—her yard, my yard, other neighbors’ yards...), she would make this bread with zucchini picked fresh from her garden. The day we moved into our house on Musial Rd. she came over and invited us for dinner that night. I had already made arrangements for dinner for those helping us move, so we set another date to get together. Since then, we’ve shared many, many game nights and dinners.

**2 loaves:**

- 3½ cup Flour
- 1 tsp Salt
- 1 tsp Baking soda
- 2 tsp Cinnamon
- ¼ tsp Baking powder
- 3 lg Eggs
- 3 cup Sugar
- 1 cup Oil
- 2 cup Grated zucchini
- 1 tsp Vanilla
- ¾ cup Chopped nuts (optional)



**Directions:** Preheat oven to 325°; grease and flour two loaf pans. Sift together flour, salt, baking soda, cinnamon, and baking powder. In a separate bowl, beat eggs until foamy. Add sugar, oil, zucchini, and vanilla; mix well. Add sifted ingredients and mix until well blended. Fold in nuts (optional). Bake at 325° for 1 hour; test for doneness with a toothpick. Let stand for 10 minutes then remove from pans.

*Cucumber seeds give you heartburn and cucumbers give you gas*

**Simple Banana Bread**

Jill Price

- 4 ea Bananas ripe
- 1 cup Sugar
- 2 lg Eggs, beaten
- 1 tsp Vanilla
- ½ cup Vegetable oil
- 2 cup Flour
- 1 tsp Baking soda
- ½ tsp Salt



**Directions:** Preheat oven to 350°. Grease loaf pan with shortening. In a large bowl, mash bananas. Beat eggs and add. Add sugar and oil and mixing well. Whisk together dry ingredients and add to banana mixture. Mix well and pour into prepared pan. Bake 50-60 minutes or until toothpick inserted in center comes out clean.

*Most of the nutrients in a potato reside just below the skin layer.*