

Country Baking
Quick Breads and Muffins

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Introduction

Quick Breads can be made in minutes, since they do not require the prolonged kneading and lengthy rising and proofing. Instead of yeast, these breads are made with rising agent such as baking powder or baking soda that begins to release gas bubbles the moment it is moistened. When making quick breads, it is important to blend the wet ingredients separately and combine then just before baking. Swift, gently mixing is essential because if the batter is beaten too vigorously, the gluten in the flour will strengthen the mixture and the texture of the loaf or muffins will be tough. Also some of our favorite coffee cakes, perfect with morning coffee, snacks or desserts.



QUICK BREADS

ALMOND CRUSTED APPLE BREAD

1 pkg. Cranberry quick bread mix

1 cup fresh or frozen cranberries, partly thawed, halved

½ cup apples, peeled, chopped

1 cup apple juice or water
1 Tablespoon oil
1 egg
1 teaspoon almond extract
1/3 cup sliced almonds
1 Tablespoon apple jelly, warmed

Directions

Preheat oven to 350 degrees F. Grease 8x4 or 9x5 inch loaf pan. In a bowl combine all ingredients except sliced almonds and jelly. Stir 50 to 75 strokes by hand just until just moistened. Pour mixture into greased and floured pan. Sprinkle with sliced almonds.

Bake for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool loaf in pan on wire rack for 15 minutes; remove from pan. Cool completely. Cover, store in refrigerator, just before serving, brush with warm apple jelly.

Makes 1 (12 slice) Loaf

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APPLE NUT DE-LIGHT

1 cup sugar

¼ cup butter, softened

1 egg

1 medium (1 cup) peeled tart cooking apple, chopped

2 Tablespoons apple juice or water

1 teaspoon vanilla extract

1 (8oz.) carton sour cream

2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

¾ cup coarsely chopped walnuts

Directions

Preheat oven to 350 degrees F. In a large mixing bowl combine sugar, butter and egg. Beat at medium speed, scraping bowl often,

until creamy. (1 to 2 minutes). Add apple, apple juice and vanilla. Continue beating, scraping often, until well mixed. (1 minute). Add sour cream, continue beating, scraping bowl often, until well mixed (1 minute). Add flour, baking powder, baking soda and salt. Continue beating, scraping bowl often, until well blended (1 to 2 minutes). By hand, gently stir in walnuts.

Spread into greased and floured 9 x 5-inch loaf pan. Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Serve warm or cold.

Makes 1 loaf (16 servings)

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APRICOT PECAN BREAD

$\frac{3}{4}$ cup boiling water

1 cup dried apricots, chopped

3 cups all-purpose flour

1 Tablespoon baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{3}$ cup butter or margarine, softened

1 cup sugar

2 eggs

½ cup light corn syrup

1 cup chopped pecans

Direction

Pour boiling water over apricots; let stand 15 minutes.

In a bowl combine flour, baking powder and salt. In a mixing bowl, blend butter, sugar, eggs and corn syrup; mix until smooth and well blended. Stir in chopped apricots with water in which they were soaked and stir in nuts. Stir in dry ingredients gradually. Spoon batter into Greased and lightly flour 9 x 5-inch loaf pan.

Bake at 350° about 1¼ hours or until toothpick inserted in center of loaf comes out clean. Cool in pan 10 minutes. Remove from pan; cool on rack.

Makes 1 loaf

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AUSTRALIAN DAMPER BREAD

2 $\frac{3}{4}$ cups (375g) unbleached flour

$\frac{3}{4}$ cup plus 2 Tbsp (125g) whole-wheat flour

4 teaspoons baking powder

1 teaspoon salt

1 $\frac{2}{3}$ cups (375ml) milk, plus extra to glaze

2 Tablespoons unsalted butter

Directions

1. **Preheat** oven to 425 degrees F. (220C). Sift the flours, baking powder and salt in a large bowl, make well in the center.

2. **Stir** in the milk and the melted butter together in a separate bowl. Pour the milk-butter mixture into the flour well and quickly mix in the flour from the sides of the well to form soft, sticky dough.

3. **Turn** the dough out onto a lightly floured surface. Knead the dough lightly until smooth and soft, about 1 minute.

4. **Shape** into a round loaf and place on a buttered baking sheet. Brush with milk and sprinkle with whole-wheat flour.

5. **Cut** slashes 1in (2cm) deep, across the top of the loaf, then another in the opposite direction to make an X.

6. **Bake** in preheated oven for 15 minutes, then reduce the oven heat to 350 degrees F. (180 C) Bake for 25 minutes longer, until golden and hollow sounding when tapped underneath. Cool on wire rack

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BANANA BREAD

2 large eggs

1 cup mashed ripe bananas

½ cup butter, melted

1 teaspoon vanilla extract

1½ cups all-purpose flour

2 teaspoon baking powder

1 cup sugar

1/3 cup flaked, coconut

½ cup raisins

Directions

Preheat oven to 325 degrees F.

In a large bowl, combine eggs, bananas, butter, and vanilla, stir well. Combine flour, baking powder, and sugar; add to banana mixture, stirring until blended. Stir in flaked coconut and raisins. Spoon the mixture into greased and floured 8 ½ x 4 ½ -inch loaf pan.

Bake for 1 hour or until toothpick inserted in center comes out clean. Cover with foil the last 15 minutes of baking time to prevent excessive browning. Cool bread in pan on wire rack 10 minutes; remove from pan and cool completely on wire rack.

Makes 1 loaf

Tip: For Banana-Nut Bread, stir in ½ cup chopped pecans or walnuts, and reduce coconut and raisins to ¼ cup of each.

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BANANA-COCONUT BREAD

2 cups all-purpose flour

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon cinnamon

½ teaspoon salt

1 cup granulated sugar

¼ cup butter, softened

2 large eggs

1½ cups mashed ripe banana (about 3 bananas)

¼ cup plain low-fat yogurt

3 tablespoons dark rum or lime juice

½ teaspoon vanilla extract

½ cup flaked, sweetened coconut

Cooking spray

1 Tablespoon flaked, sweetened coconut

½ cup powdered sugar

1 ½ tablespoons fresh lime or lemon juice

Directions

Preheat oven to 350°.

Lightly Combine flour, baking powder, baking soda, cinnamon and salt, stirring with a whisk.

Place sugar and butter in a large mixer bowl; beat at medium speed until well blended. Add eggs, 1 at a time, beating well after each addition. Add banana, yogurt, rum, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist. Stir in ½ cup coconut.

Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with 1 tablespoon coconut. Pour batter in the pan. Bake for 1 hour or until a toothpick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Combine powdered sugar and juice, stir with a whisk; drizzle over warm bread. Cool completely on wire rack.

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BANANA NUT BREAD

2 cups sugar

½ teaspoon salt

2 ¼ cups flour

¾ cup vegetable oil

3 large eggs

2 teaspoon vanilla

1 teaspoon baking powder

1 1/3 teaspoons baking soda

1/4 cup buttermilk (or sour milk)

1 teaspoon cinnamon

1 cup chopped walnuts

4 - 5 bananas (use only completely black bananas)

Directions

1. Preheat oven to 350°. Grease or spray 2 – 8 ½ x 4 ½ loaf pans.

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