

## Breads

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Banana Bread	
<b>Ingredients:</b>	<b>Directions: Preheat oven to 350°</b>
<ul style="list-style-type: none"><li>• 1 ½ cup all purpose flour</li><li>• 1 ½ tsp baking powder</li><li>• ¼ tsp baking soda</li><li>• ¼ ground cinnamon</li><li>• 1 egg</li><li>• 1 cup (3 medium) mashed bananas</li><li>• ¾ cup sugar</li><li>• ¼ cup cooking oil</li><li>• 1 tsp finely shredded lemon peel (optional)</li><li>• ½ cup chopped walnuts or pecans</li></ul>	<p>Grease bottom and sides of a 8x4x2 inch loaf pan; set aside. In mixing bowl, combine the flour, baking powder, baking soda, cinnamon and half the salt. Make a well in the center of dry mixture and set aside.</p> <p>In another mixing bowl, combine the egg, bananas, sugar, cooking oil and if desired, lemon peel. Add egg mixture all at once to dry mixture, stir just until moistened (batter should be lumpy). Fold in nuts.</p> <p>Spoon batter into pan; bake at 350 degrees for 50-55 minutes or until a wood toothpick inserted near center comes out clean. Cool for 10 minutes on a cooling rack, then remove loaf from pan. Wrap and store overnight before slicing.</p>

Huckleberry Bread	
<b>Ingredients:</b>	<b>Directions: Preheat oven to 350°</b>
<ul style="list-style-type: none"><li>• 2 cups self rising flour</li><li>• 1 cup sugar</li><li>• 1 cup milk</li><li>• 2 cups huckleberries (blueberries can be substituted)</li><li>• 1 egg</li><li>• 1 stick butter</li><li>• 1 tsp vanilla extract</li></ul>	<p>Cream eggs, butter, and sugar together.</p> <p>Add flour, milk, and vanilla.</p> <p>Sprinkle flour on berries to prevent them from going to the bottom.</p> <p>Add berries to mixture. Put in baking pan and bake in oven at 350° for approximately 40 minutes</p>

Algonquian Nokake	
<b>Ingredients:</b>	<b>Directions: Preheat oven to 375°</b>
<ul style="list-style-type: none"><li>• 2 cups cornmeal</li><li>• 2 cups water</li><li>• 2 TBL butter</li><li>• 2 tsp salt</li><li>• 1 TBL fresh dill, chopped</li></ul>	<p>Bring water to boil in a saucepan. Add cornmeal, butter, salt, and chopped dill. Place mixture in buttered 8 inch by 8 inch cake pan; bake for 25 minutes or until done. Cut into squares and serve.</p>

Pumpkin Bread	
<b>Ingredients:</b>	<b>Directions: Preheat oven to 350°</b>

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<ul style="list-style-type: none"> <li>• 1 cup pumpkin (canned is fine)</li> </ul>	Mix the pumpkin, sugar, oil and water.
<ul style="list-style-type: none"> <li>• 1 ½ cup white flour</li> </ul>	Mix the dry ingredients and add to the pumpkin mixture, stirring until moistened.
<ul style="list-style-type: none"> <li>• ¼ cup whole wheat flour</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup corn oil</li> </ul>	Pour mixture into a greased loaf pan; bake at 350°F for approximately 1 hour.
<ul style="list-style-type: none"> <li>• 1 ½ cups brown sugar</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 eggs</li> </ul>	Cool and serve.
<ul style="list-style-type: none"> <li>• 1/3 cup water</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 tsp baking soda</li> </ul>	
<ul style="list-style-type: none"> <li>• ¼ tsp baking powder</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup golden raisins</li> </ul>	
<ul style="list-style-type: none"> <li>• ¼ cup chopped walnuts</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 tsp salt</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ tsp ea. of nutmeg, cinnamon, cloves and all spice</li> </ul>	

<h2>Apple Corn Bread</h2>	
<b>Ingredients:</b>	<b>Directions: Preheat oven to 425 °</b>
<ul style="list-style-type: none"> <li>• 1 cup cornmeal</li> </ul>	Grease 9" square glass pan; put in oven to preheat.
<ul style="list-style-type: none"> <li>• ½ cup flour</li> </ul>	Mix ingredients and put batter into heated pan.
<ul style="list-style-type: none"> <li>• 3 TBL baking powder</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 TBL sugar</li> </ul>	Bake about 20 minutes or until done.
<ul style="list-style-type: none"> <li>• 1/3 cup applesauce</li> </ul>	Best served warm.
<ul style="list-style-type: none"> <li>• ¾ cup milk (regular or skim works)</li> </ul>	
<ul style="list-style-type: none"> <li>• 2 egg whites</li> </ul>	
<ul style="list-style-type: none"> <li>• Salt to taste.</li> </ul>	

<h2>Corn Bread - Salsa Style</h2>	
<b>Ingredients:</b>	<b>Directions: Preheat oven to 425 °</b>
<ul style="list-style-type: none"> <li>• 2 lbs melted butter</li> </ul>	Generously coat a 9-inch cast-iron skillet with butter; place in oven while the oven preheats.
<ul style="list-style-type: none"> <li>• ½ cup yellow corn meal</li> </ul>	Blending well, combine all of the remaining ingredients except for the cheese. When butter has melted and the skillet is thoroughly heated, removed the skillet from the oven and gently pour the batter into it, spreading it out evenly.
<ul style="list-style-type: none"> <li>• ¾ cup all purpose flour</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 ½ tsp baking powder</li> </ul>	Sprinkle the cheese over the batter. Return the skillet to oven and bake for 30 minutes or until a knife inserted in the center comes out clean.
<ul style="list-style-type: none"> <li>• ½ tsp salt</li> </ul>	
<ul style="list-style-type: none"> <li>• Pepper to taste</li> </ul>	Remove from the oven and cool for about 5 minutes. Best if served warm
<ul style="list-style-type: none"> <li>• 1 TBL honey</li> </ul>	
<ul style="list-style-type: none"> <li>• 4 eggs, beaten until light and foamy</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup milk</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup whole kernel corn</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 small onion, diced</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 clove garlic, diced</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 small jalapeno pepper, diced</li> </ul>	
<ul style="list-style-type: none"> <li>• ½ cup cheddar cheese, grated</li> </ul>	

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### Chocolate Chip Zucchini Bread

<b>Ingredients:</b>	<b>Directions: Preheat oven to 350°</b>
<ul style="list-style-type: none"> <li>• 3 eggs, beat until fluffy</li> <li>• 1/3 cup oil</li> <li>• 2 ½ cups sugar</li> <li>• ½ cup sour cream</li> <li>• 3 TBL vanilla</li> <li>• 2 cups grated, peeled zucchini</li> <li>• 3 cups flour</li> <li>• 1 tsp baking soda</li> <li>• 3 tsp cinnamon</li> <li>• ¼ tsp salt</li> <li>• ¼ tsp baking powder</li> <li>• 1 cup chopped nutes</li> <li>• milk chocolate chips (one bag)</li> </ul>	<p>Stir together eggs, sugar, oil, sour cream and zucchini.</p> <p>Sift flour, soda, salt, cinnamon and baking powder.</p> <p>Add to mixture. Stir in vanilla, nuts and chocolate chips.</p> <p>Bake in large loaf pan at 350 for 1 hour and let cool.</p>

### Sunflower Bannock

<b>Ingredients:</b>	<b>Directions: Stove top</b>
<ul style="list-style-type: none"> <li>• 3 ¼ cups sunflower seeds, shelled</li> <li>• 3 ¼ cups water</li> <li>• 2/3 cups corn oil</li> <li>• 6 TBL corn flour</li> <li>• 2 tsp salt (to taste)</li> </ul>	<p>Place the sunflower seeds, water, and salt into a pan; cover and let simmer for 90 minutes.</p> <p>When well cooked, crush the seeds to make a paste, add corn flour, one tablespoon at a time, to thicken, while working seed dough with your hands.</p> <p>Let cool and make small, 5 inch in diameter flat pancakes. Heat oil and fry both side. Drain well and serve</p>

### Fry Bread

<b>Ingredients:</b>	<b>Directions: Stove top</b>
<ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 tsp baking powder</li> <li>• ¼ tsp salt</li> <li>• 2 cups flour</li> <li>• oil</li> </ul>	<p>Served best plain, or with sugar or honey on top.</p> <p>Put 1/2 inch of oil into frying pan- heat should be medium high. Mix dry ingredients together. Add milk and mix into dough. Knead like you would biscuit dough. When oil is hot, drop moderate amount of dough into frying pan. Cook for about 5 minutes n each side, until a golden brown. Fry Bread tastes great warm or cool, but warm is best.</p>

### Spudini Bread

<b>Ingredients:</b>	<b>Directions: Preheat oven to 350°</b>
<ul style="list-style-type: none"> <li>• 2 - 3 garlic cloves</li> <li>• 1 cup butter, room temperature</li> <li>• 1 ¼ tbs dry basil</li> <li>• 2 tsp capers</li> <li>• 1 loaf crusty Italian bread</li> <li>• 1 package sliced mozzarella</li> </ul>	<p>Chop garlic in food processor. Add all other ingredients, excluding bread and cheese. Slice bread on ¾ inch slices, not all the way through, leaving bottom crust connected. Spread each side with butter spread. Wrap in foil. Bake for 25-30 minutes, or until cheese is melted throughout. Open foil and brown under broiler.</p>