

# Breads

## SOURDOUGH STARTER

2 C warm water  
2 C whole wheat flour  
1 Tbl dry yeast  
2 tsp honey

Grind wheat and combine ingredients and mix together until well blended. Let stand, covered with a cheesecloth for 5 to 10 days, stirring occasionally. Then refrigerate.

**To use:** stir and pour off as much as the recipe requires. Replenish remaining starter by adding equal parts whole wheat flour and water. Stir and let stand a few hours until it bubbles again before covering and refrigerating. Starter should be used and replenished every two weeks.

## SOURDOUGH BREAD

2 small  
round loaves



400°



35-40 min.

2 C warm water  
1 Tbl dry yeast  
1 C starter  
1 large tsp honey  
1½ tsp salt  
½ tsp soda  
7 C whole wheat flour

**STEP 1:** Grind 5 C wheat in Magic Mill on fine. While wheat is grinding, pour warm water and yeast in Magic Mixer bowl and let it soften there.

**STEP 2:** Blend in starter and honey. Add salt, soda and whole wheat flour. Knead on speed I for 10 minutes. Allow to rise double in bulk.

**STEP 3:** Divide dough in half and shape into 2 small round loaves. Place on a lightly greased baking sheet. With a sharp knife, slash an X across the top of the loaves. Let rise about 15 minutes.

**STEP 4:** Bake in a 400° oven for 35 to 40 minutes. Brush with butter.

You may sprinkle cornmeal or sesame seeds on the baking sheet before you place the dough on it.

**TIP:** 4 C whole wheat flour and 3 C white flour make a lighter sourdough bread. This bread is also great using only white flour.

## SOURDOUGH BISCUITS

2 dozen



400°



20-25 min.

2 C whole wheat flour  
½ tsp soda  
2 tsp baking powder  
½ tsp salt  
½ C shortening  
1 C starter  
2 tsp honey  
⅔ C milk

**STEP 1:** Remove starter from refrigerator the night before you want to use it. If there is not sufficient starter for biscuits, add 1 C whole wheat flour, 1 C water and 1 Tbl honey and ½ tsp salt and let sit in a warm place overnight. Grind 1¾ C wheat in Magic Mill on fine.

**STEP 2:** Combine whole wheat flour, soda, baking powder and salt and shortening and mix well using whips. Add starter, honey and milk all at once and stir only until blended.

**STEP 3:** Turn out on a floured board and knead gently. Pat to ½" thick, cut, and place on well-greased pan. Turn each biscuit so top will be crusty.

**STEP 4:** Bake 20 minutes at 400°. Makes about 24 biscuits.

**VARIATION:** These biscuits are wonderfully light. Try rolling them about ⅓" thick, place a piece of cheese on top and put another biscuit on top of the cheese pressing edges together to seal. Bake for 20 to 25 minutes.

# Breads

## WHEAT QUICK RECIPE

- 4 C whole wheat flour
- 4 C white flour (or make it 100% whole wheat flour)
- 1/3 C baking powder
- 4 tsp salt
- 1/2 C sugar
- 2 C shortening
- 1 1/4 C dry milk

Grind the number of C of wheat you decide to use in the Magic Mill on fine. Put all the ingredients in the Magic Mixer bowl. Knead until well blended. Store in a gallon container in refrigerator.

## BISCUITS

- 2/3 C milk
- 2 C Wheat Quick

Stir with a fork into a soft dough. Roll out on floured board. Knead gently and roll 1" thick. Cut with biscuit cutter and place on a well greased baking sheet. Dip top of biscuit in oil and turn right side-up. Bake at 400° for 10 to 15 minutes. Makes 12 biscuits.

**TIP:** Use the biscuit recipe to top a Chicken Pot Pie or any meat pie. Use Wheat Quick to coat chicken, sea food or steak.

## PIZZA

1 pizza



400°



20-25 min.

Prepare biscuit recipe. Grease pizza pan. Dip fingers in dry wheatquick and form dough around pizza pan. Pour 1 8 oz. can tomato saure on top and spread. Sprinkle with drained sausage, pepperoni, salami, mushrooms, olives, green peppers, r your own choice. Sprinkle with viss cheese generously. Bake at 20 to 25 minutes.

## PANCAKES

- 2 C Wheat Quick
- 1 egg
- 2 C water

Put all ingredients in Magic Mixer bowl and blend. Bake on heated griddle. Makes about 16 4" pancakes.

## WAFFLES

- 2 C Wheat Quick
- 1 egg
- 2 C water
- 2 Tbl salad oil

Put all ingredients in Magic Mixer bowl and blend. Bake on hot waffle iron. Makes 2 large waffles.

**TIP:** For a lighter waffle, add one more egg, separate eggs, whip whites and gently fold them in last.

## WHOLE WHEAT GRIDDLE CAKES

14 to 16 griddle cakes

- 4 eggs, separated
- 4 C milk
- 1/3 C cooking oil
- 3 C whole wheat flour
- 4 1/2 tsp baking powder
- 1 tsp salt

**STEP 1:** Grind 3 C wheat in Magic Mill on fine.

**STEP 2:** Pour egg yolks, milk, and cooking oil in Magic Mixer bowl and blend. Combine dry ingredients in sifter and sift into the liquid mixture. Beat egg whites until they will stand in peaks and fold in gently by just touching speed 1, 2 or 3 times.

**STEP 3:** Bake on heated griddle. Makes 14 to 16 griddle cakes.

## QUICK SOURDOUGH STARTER

- 2 C warm water
- 2 tsp honey
- 1 Tbl dry yeast
- 2 C whole wheat flour

Combine ingredients in a large bowl, and mix together until well blended. Let stand in a warm place overnight. In the morning add the ingredients below.

## SOURDOUGH PANCAKES



6-8 servings

- 2 C whole wheat flour
- 1 C milk
- 2 Tbl honey
- 1½ C sourdough Starter (above or pg. 19)
- ¼ C cooking oil
- 2 eggs, beaten
- 3 tsp baking powder
- 1 tsp salt
- 1 tsp soda

**STEP 1:** Grind 2 C wheat in Magic Mill on fine.

**STEP 2:** Combine flour, milk, honey and sourdough starter and let stand overnight. Add remaining ingredients and stir until smooth.

**STEP 3:** Bake on a lightly greased griddle.

## QUICK SOURDOUGH PANCAKES OR WAFFLES

6-8 servings



- 2 C whole wheat flour
- 1 C water
- 1 tsp soda
- 2 Tbl honey
- 1 tsp salt
- ¼ C cooking oil

**STEP 1:** Grind 2 C wheat in Magic Mill on fine.

**STEP 2:** Combine above ingredients in bowl. Add Quick Sourdough Starter (above). Stir until well blended. Slightly more liquid may be needed to use this batter as a waffle batter.

**TIP:** Use as much of the batter as you need for pancakes and store the rest in the refrigerator in a tightly closed container. When you want pancakes again, set the starter out to warm overnight and add the proportional ingredients used in the pancake recipe again. This recipe will need to be used within a 2 week period and replenished to keep it alive and of a good flavor.

## BUCKWHEAT PANCAKES

16 pancakes

- ½ tsp salt
- 2 tsp honey
- 4½ C warm water
- 1 Tbl dry yeast
- 2½ C buckwheat groats
- 2 C whole wheat flour
- 2 Tbl honey
- ¾ tsp soda
- 1 Tbl oil
- 2 C whole wheat flour

**STEP 1:** Grind buckwheat groats and wheat in Magic Mill on fine.

**STEP 2:** Combine salt, 2 tsp honey, water, and dry yeast in a large bowl. Add 4½ C of the buckwheat-wheat combination. Blend thoroughly. Let stand overnight.

**STEP 3:** In the morning add 2 Tbl honey, ¾ tsp soda, and 1 Tbl oil. Bake on lightly greased griddle. Leftover batter is starter for next batch. If there is any buckwheat-wheat flour left in the Magic Mill, put it in the batter with an equal amount of water. Store in the refrigerator. When batter is used again it out of the refrigerator and add 1 C water and 1 C whole wheat flour. Let stand overnight. Add ½ tsp salt, 2 Tbl honey, ¾ tsp soda and 1 Tbl oil in the morning.