

BREAD, CAKES AND CANDY

APRICOT SCONES

A very tasty way to use leftover mashed potatoes. These freeze and reheat well if made ahead.

- 1/2 cup snipped dried apricots
- hot tap water
- 1 1/2 cups all-purpose flour
- 1/4 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 1/3 cup unseasoned mashed potatoes
- 1 egg
- 3 tablespoons milk
- 1 tablespoon sliced almonds
- 1 teaspoon sugar

Preheat oven to 400°F. Lightly grease a baking sheet.

Cover apricots with water and let stand for 10 minutes. Meanwhile, in a large bowl, combine flour, 1/4 cup sugar, baking powder, salt and cinnamon. With a pastry blender or two knives, cut in butter until mixture resembles coarse crumbs. Thoroughly drain apricots. Stir apricots and mashed potatoes into flour mixture.

In a small bowl, whisk together egg and milk; set 1/2 tablespoon of the mixture aside. Stir remaining mixture into flour mixture just until dry ingredients are moistened. Knead 6 to 8 times to form a ball. Place on baking sheet. Flatten into a 7 inch circle. With a floured knife, cut into six wedges, but do not separate. Brush top with reserved egg-milk mixture. Sprinkle with almonds and 1 teaspoon sugar.

Bake for 22 to 24 minutes or until lightly browned. Serve immediately with butter and jam or honey. Makes 6 servings.

CHOCOLATE TWEED CAKE

Mashed potatoes lend a moist texture to this attractive cake. No one will ever know what's in it.

- 1/2 cup (125 mL) butter or margarine
- 1 1/2 cups (375 mL) sugar
- 1 cup (250 mL) mashed potato
- 3 eggs
- 1 3/4 cups (425 mL) flour
- 2 teaspoons (10 mL) baking powder
- 1 teaspoon (5 mL) salt
- 1/4 teaspoon (1 mL) ground cloves
- 1/2 teaspoon (2 mL) nutmeg
- 1 teaspoon (5 mL) cinnamon
- 1/2 cup (125 mL) milk
- 2 squares (28 g/1 oz. each) semi-sweet chocolate, grated
- icing sugar or glaze (optional)

Cream butter and sugar together until light and fluffy. Add mashed potato. Add eggs one at a time, beating well after each addition. Combine dry ingredients. Add alternately with liquid, beginning and ending with dry ingredients. Stir in chocolate. Spoon batter into greased and floured bundt or tube pan.

Bake at 350°F (180°C) for 1 hour. Cool in pan 10 minutes. Remove from pan. When cool, dust with icing sugar or drizzle with glaze, if desired.

What is a bureaucratic game? Tossing the hot potato.

HONEY WHOLE WHEAT BREAD

The loaves and cinnamon rolls freeze beautifully . . . a great recipe to prepare when you're in the mood for baking.

- 2 packages active dry yeast
- 3 cups (825 mL) warm potato water and milk
- 5 cups (1250 mL) whole wheat flour
- 1 cup (250 mL) unseasoned mashed potatoes
- 1 cup (250 mL) toasted wheat germ
- 2 eggs
- 1/2 cup (125 mL) butter or margarine, softened
- 1/3 cup (75 mL) honey
- 2 teaspoons (10 mL) salt
- 4 1/2 to 5 1/2 cups (1125 to 1375 mL) all-purpose flour

Using the water drained from cooking the potatoes, add enough milk to equal 3 cups (825 mL) liquid. All milk may be used. Heat the water and milk to 105° to 115°F (40° to 46°C). In a large mixing bowl, dissolve the yeast in warm liquid. Let stand until foamy, 5 to 10 minutes.

Add 2 cups of the whole wheat flour, mashed potatoes, wheat germ, eggs, butter, honey and salt. With mixer at low speed, beat until blended. Increase speed to medium and beat for 2 minutes or until smooth, scraping bowl as needed. Stir in remaining 3 cups whole wheat flour and 2 cups of the all-purpose flour.

Place dough on a heavily floured surface. Knead in enough of the remaining flour to make a smooth dough. Knead 8 to 10 minutes longer. Place in a greased bowl; turn to coat surface. Cover and let rise in a warm place, free from drafts, until doubled, about 1 hour.

Punch down dough. On a lightly floured surface, knead for 1 to 2 minutes. Divide dough into thirds, shape into loaves or rolls.

To make loaves: Place shaped dough in three well-greased 9x5x3 inch (23x13x8 cm) loaf pans. Cover and let rise in warm place, free from drafts, until doubled, about 1 hour. Bake in a preheated 375°F (190°C) oven for 35 to 45 minutes or until loaves sound hollow when tapped. Remove from pans. Cool on racks.

To make rolls: Shape as desired (see below). Cover and let rise until doubled. Bake in a preheated 400°F oven for 12 to 18 minutes or until golden brown, depending on the shape and size of rolls. Brush tops with melted butter if desired. Serve warm.



1 slice of bread has:

*135 calories; 3 g fat; 5 g protein; 24 g carbohydrate;
3 g fibre; 1 mg vitamin C; 131 mg sodium;
141 mg potassium.
17% of calories from fat.*

SHAPING DINNER ROLLS

Parker House Rolls: Roll a portion of dough 1/2-inch thick. With a floured 2 3/4-inch round cutter, cut circles. Knead trimmings; re-roll and continue cutting. Dip both sides of each circle in melted butter and fold in half. Arrange closely in rows in a shallow pan.

Pan Rolls: Pinch off 2-inch pieces of dough and shape each into a ball by tucking ends under. Dip balls into melted butter. Place balls in a greased 8 x 8 x 2-inch baking pan, letting them just touch each other.

Fan-Tans: Roll a portion of dough into an inch thick rectangle. Brush with melted butter. Cut dough into 1 1/2 inch wide strips. Stack six or seven strips together; cut stacks into 1 1/2-inch pieces. Place, cut-side up, in greased 2 1/2 or 3-inch muffin-pan cups.

CINNAMON ROLLS

Great for bake sales!

1/2 cup plus 2 tablespoons sugar
1 1/2 to 2 teaspoons ground cinnamon
1/3 recipe Honey Whole Wheat Bread dough
3 tablespoons butter or margarine, softened
1/4 to 1/2 cup raisins
Vanilla glaze

Grease a 13 x 9 x 2-inch baking pan. In a small bowl, mix sugar and cinnamon; set aside.

After first rising of bread dough, punch down dough. On a lightly floured surface, roll dough to a 12-inch square. Spread with butter. Sprinkle with cinnamon mixture and raisins. Roll as for a jelly roll. Gently stretch to 18-inch length. With a sharp knife, cut into twelve 1 1/2 inch slices. Place, cut-side down, in baking pan. Cover and let rise in a warm place, free from drafts, until doubles, about 40 to 50 minutes.

Bake in a preheated 375°F oven for 22 to 24 minutes or until golden brown. Glaze while warm. Cool in pan. Makes 12.

OLD-FASHIONED CHOCOLATE CAKE

No one will guess what the secret ingredient is in this moist cake. If you don't have time to make frosting, serve with whipped cream.

2 cups all-purpose flour
2 cups sugar
1 cup unseasoned mashed potatoes, room temperature
3/4 cup milk
4 ounces semi-sweet chocolate, melted and cooled
3 eggs
1/3 cup butter or margarine, softened
1 1/4 teaspoons baking soda
1 teaspoon salt
1 teaspoon vanilla extract
1/2 teaspoon baking powder
Chocolate frosting
Chopped nuts (optional)

Preheat oven to 350°F. Grease and lightly flour a 13 x 9 x 2" baking pan.

In a large mixer bowl at low speed, beat flour, sugar, mashed potatoes, milk, chocolate, eggs, butter, baking soda, salt, vanilla and baking powder for 30 seconds, scraping sides frequently. Increase speed to high and beat for 3 minutes, scraping bowl occasionally. Pour into pan. Bake for 40 to 45 minutes or until top springs back when lightly pressed and a wooden pick inserted in center comes out clean. Cool on wire rack for 10 minutes. If desired, invert cake onto a wire rack. Cool completely. Top with Chocolate Frosting and nuts.

HIGH ALTITUDE ADJUSTMENTS:

At 6,000 feet, increase oven temperature to 375°F. Use 2 1/4 cups all-purpose flour and 1/2 teaspoon baking soda. Bake for 35 to 40 minutes. Makes 12 to 15 servings.

CHOCOLATE FROSTING

A quick frosting for that special cake.

1/3 cup butter or margarine, softened
3 ounces unsweetened chocolate, melted
3 1/2 cups powdered sugar
4 to 6 tablespoons milk or half-and-half
1 teaspoon vanilla extract
Dash of salt

In a small mixer bowl at medium speed, beat butter and chocolate until smooth. At low speed, beat in powdered sugar. Beat in 4 tablespoons milk, vanilla and salt until smooth, adding additional milk if needed, or until spreading consistency.

Frost Old-Fashioned Chocolate Cake or cake of your choice. Makes about 2 cups.

POTATO BISCUITS

1 cup (250 mL) all purpose flour	1/4 cup (50 mL) margarine
1 tablespoon (15 mL) baking powder	1 cup (250 mL) mashed potato
1/2 teaspoon (2 mL) salt	1/3 cup (75 mL) milk

Combine flour, baking powder and salt. Cut in margarine until mixture resembles cornmeal. Stir in mashed potato. Add milk, stirring with fork until mixture comes together in a ball. Turn out on floured board and knead lightly about 6 to 8 times. Roll dough with floured rolling pin to thickness of 1.5 cm (3/4 inch). Cut with floured cookie cutter. Place on ungreased cookie sheet and bake at 425°F (220°C) 10 to 14 minutes or until golden. Makes 12 - 2 inch (5 cm) biscuits.



Per biscuit:

82 calories; 3 g fat; 2 g protein; 12 g carbohydrate;
1 g fibre; 2 mg vitamin C; 200 mg sodium;
90 mg potassium.
32% of calories are from fat.

POTATO COCONUT CHOCOLATES

What a sweet surprise! You'll never believe these chocolates contain mashed potatoes. They provide the smooth rich texture, the flavourings do the rest.

750 mL icing sugar
1 L flaked coconut
225 mL mashed potato, chilled
5 mL almond extract
1 package (175 g) semi-sweet chocolate chips
4 squares (28 g/1 oz. each) semi-sweet chocolate
1/4 bar paraffin

Combine icing sugar, coconut, potato and almond extract. Drop by 5 mL (1 teaspoon) onto wax paper on baking sheet. Chill 1 hour. Roll each drop into a ball. Combine chocolate and paraffin in top of a double boiler. Melt over boiling water. Dip coconut balls into chocolate mixture swirling to coat evenly. Remove with fork to wax paper on baking sheet. Chill 1 hour or until coating hardens. Store in airtight container. Makes 6 dozen.

SPICY SPUDCAKE

* note - no soda listed

1 1/2 cups brown sugar	1/2 teaspoon salt
1 cup cold mashed potatoes	3 eggs
3/4 cup soft shortening	1 cup buttermilk or sour milk
1 teaspoon cinnamon	3/4 cup chopped walnuts
1/2 teaspoon nutmeg	1 3/4 cups flour

Cream sugar, potatoes, shortening, salt, nutmeg and cinnamon. Beat in eggs. Blend soda with flour. Add to above mixture alternately with buttermilk. Mix in nuts. Divide mixture between 2 prepared pans (8" layer tins).

Bake at 350°F for approximately 45 minutes. A caramel frosting goes well on this cake.

SPUDNUTS

2 packages yeast
1¹/₂ teaspoons salt
5 eggs, beaten
2 cups mashed potatoes
4 cups scalded milk (cooled)
1 cup margarine
1 cup sugar
2 teaspoons nutmeg

Prepare yeast according to directions. Add risen yeast to cooled milk. Add sugar, eggs, margarine, salt, potatoes and nutmeg. Add enough flour to make a soft dough. Let this rise until double size. Knead down.

Roll out ¹/₂ inch thick. Cut out with doughnut cutter and let rise again to double size. Deep fry.

To glaze: 1 lb. icing sugar, 2 tablespoons butter
Add enough hot water to make fairly thick solution. Keep warm on stove, handy to dip spudnuts as soon as they are cooked. Place on wax paper to cool and dry.