

Sponge Method Bread Dough CASA Chris Bublin 6/19/06

“ Sponge Bread Dough is a light textured, no knead dough. It is often used for sweet breads or light tender dinner rolls. The method adds the yeast either to a warmed liquid mixture (100 degrees) or adds the yeast to the dry ingredients and then adds a warmed liquid mixture to the dry ingredients. The resulting dough is mixed well but then not kneaded. It is placed into the appropriate containers, allowed to rise and then baked.”
From Beard on Bread by James Beard , Knopf publishers ISBN # 0679755047

I am giving you three recipes using this method. I will demo the English muffin bread one for you. This bread toasts and tastes just like English muffins, but is easier than making the real thing and far cheaper than the purchased packaged at Super Lake.! You can make any variation of English muffin from the white bread kind. For example substitute 1 cup of whole wheat flour for 1cup of the white flour, add a bit of molasses, some cinnamon, and some raisins and you have whole wheat raisin English muffin bread. Add some dried blueberries to the white flour recipe and you have blueberry English muffin bread. If you are adding dried fruit one cup works well in this recipe. It makes two loaves so one gets eaten and the other goes in the freezer.

ENGLISH MUFFIN BREAD

This was all the rage about 15 years ago. It is no longer a fad but that doesn't make it any less yummy. It is a brainless, mix it all together thing, so once again you can impress the heck out of your non-baking friends. Makes two loaves.

INGREDIENTS:

2 packages of active dry yeast	1/2 c. of water
2 tsp. Of salt	6 c. of unsifted flour
2 c. of milk	cornmeal
1 T. Of sugar	
1/4 tsp. Of baking soda	

Combine three cups of flour, yeast, sugar, salt, and soda. Heat liquids till very warm 120-130 Add to dry mixture; beat well, stir in rest of flour to make a stiff batter. Spoon into two 8 inch by 4 and inch loaf pans that have been greased and sprinkled with the corn meal. Smooth and sprinkle tops with corn meal. Cover, let rise in a warm place for 45 minutes. Bake at 400 for 25 minutes. Remove from pans immediately and serve toasted. You can divide this recipe and make one plain and/or use whole grains. Make one whole wheat, rye or whatever. If adding a whole grain flour only substitute if for half the white flour. Add nuts, dried blueberries, raisins, cinnamon etc. About 1 cup each Whatever!

HONEY WHOLE WHEAT BREAD

This makes one of those big, round loaves that looks cool to bring as a gift or as your contribution if you have been invited to supper.

INGREDIENTS:

1 c. of milk	2 tsp. salt
3/4 cup of warm water	1 tsp. of butter
4 and 1/2 c. white flour	
3/4 c. f shortening	
2 pkg. Active dry yeast	
1 and 1/2 c. whole wheat flour	
1/2 c. of honey	
3 eggs slightly beaten	

In small saucepan heat milk until bubbles form around edge of pan. Add shortening, honey, salt, stir till shortening melts. Cool mixture to lukewarm, sprinkle yeast over warm water stir till dissolved, add to milk mixture and add the eggs. Combine the flours, add two thirds of flour to yeast mixture. Beat with an electric mixer till well blended Beat at medium speed till smooth, about two minutes. With a wooden spoon gradually beat in the rest of the flour. Mix with hands squeezing between fingers about 20 or 30 times to develop the gluten. Put into greased bowl cover with greased waxed paper and a towel. Let rise in warm place till batter is above rim of bowl-1 hour. Punch down, beat with a spoon until smooth, about 30 seconds. Lightly grease a 3 quart round casserole. Put dough into casserole, pat evenly to smooth. Cover let rise until double, about 40-50 minutes. Dough should be slightly above the casserole rim. Preheat oven to 375 degrees, with a sharp knife cut a 4 inch cross 1 inch deep atop the loaf. Bake 40-50 minutes till loaf so sounds hollow when tapped. Let cool on rack, rub surface with butter while still warm. Fun stuff- add 1 cup of any of the following: sunflower seeds, raisins, walnuts well chopped, wheat berries.

DINNER ROLLS OR STICKY BUNS

INGREDIENTS

1 package of active dry yeast	1/4 c. of shortening
1 c. milk, scalded	1 egg
1/4 c. of sugar	
1 tsp. of salt	
3 1/2 c. of flour, sifted	
1/4 c. warm water	

This is the recipe for "basic roll dough". Dissolve the yeast in the warm water to which you have added a pinch of sugar. This should look foamy in about five minutes time.

Mom always said that if it foamed you knew the yeast was good. Combine milk, sugar,

shortening, and cool to lukewarm. Beat in yeast and egg, gradually add flour to form a soft dough beating well. Place in a greased bowl turning once to coat, cover and let rise till double(1 ½ to 2 hours) Turn out on a lightly floured surface and shape as desired. For clover leaf use a greased muffin pan; pinch off and roll three pieces the size of walnuts and place the three in each muffin cup. Cover and let rise again till double (35-45 minutes). Bake in a hot oven (400) for 12-15 minutes. Makes 2 dozen.

Sticky Buns. oven at 375. For these gooey favorites you also need.

Approx .2 c. soft brown sugar
1 c. of butter
2 tsp. of ground cinnamon
2 T. Light corn syrup

2 c.? chopped pecans
2 8"by 8" by 2" aluminum pans

Prepare the two pans. In saucepan melt ½ cup of butter, stir in 1 cup brown sugar, 2 tbs.. Corn syrup. Heat slowly stirring till mixed and sugar is dissolved. Divide in half and pour onto bottom of each pan. Sprinkle chopped pecans over this to cover well. Hence the ? As Mom loved pecans and often made this layer quite thick. Make a normal batch of the above mentioned basic roll dough. After the dough has risen the first time, punch down and divide it in half. On a lightly floured surface, roll one of the dough sections out to a 12" by 8" rectangle. Brush with 1/4 cup of melted butter, sprinkle on 1/4 cup of brown sugar mixed with 1 tsp. cinnamon. Roll lengthwise like a jelly roll; seal edge; cut rolls in 1 inch slices and lay the slices cut side down onto the pecans and syrup in the first pan. Leave some room between as these still need to rise again. Do the same thing with the other half of the dough, cover both pans and let rise in a warm place till double (35-45 minutes). Bake at 375 for about 20 minutes, cool 2 or 3 minutes and invert onto a plate or serving platter. Makes about a dozen each pan. Time consuming but not difficult. This is no-knead and pretty foolproof Since sticky buns have become all the rage, it impresses the heck out of most people despite the fact that they are easy (Mom's word again) to make.