

# Simple Breads & Spreads

Part of the L.I.V.E., Life In Vital Eating Series.



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March 25, 2007

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**L.I.V.E.**  
*Life in Vital Eating*



*L.I.V.E., Life In Vital Eating, is a program designed to help you learn the importance of healthy eating and its effects on your mind, body and spirit. We offer presentations on nutrition, food tasting, vegan cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.*

## Whole Wheat Bread

7 cups warm water  
1 cup oil  
½ cup honey  
1 Tbsp lecithin granules  
¼ tsp vitamin C powder  
2 Tbsp salt  
4 Tbsp instant yeast  
10 cups freshly ground whole wheat flour (half Prairie Gold and half hard red wheat)  
¼ -½ cup gluten flour (optional)  
7 – 9 cups additional whole wheat flour (as above)

Measure the first 8 ingredients into the Bosch mixer in the order listed. Jog –switch briefly until flour is mixed into liquid, then gradually add enough additional flour until the dough pulls away from the sides and bottom half of the bowl. The dough will be soft, yet have some resilience when pressed with a wet finger. Knead on speed 1 or 2 for 15 minutes, until soft and stretchy. Turn out dough onto lightly oiled countertop. Divide dough into 6 equal pieces. Shape into loaves and place into pans. Let rise until dough is about 2 inches over top of pan. (1 – 1 ½ hours) Bake at 350 degrees for 30 – 35 minutes or until golden brown. Turn out of pans and cool on wire racks. When completely cool, place in plastic bags for storage.

To do by hand:

Mix ingredients together as above. Knead by hand for 10 – 15 minutes, until dough is elastic. Place into oiled bowl and turn over to oil top of dough. Allow dough to rise until doubled in bulk, then punch dough down and divide into 6 equal pieces. Shape as desired and allow to rise a second time before baking.

(Note: Mixing with the Bosch eliminates the need for 2 “risings” as it develops the gluten so well. 2 “risings” are needed when kneading by hand to achieve adequate gluten development.)

\* If making sweet breads or rolls, you may want to use all hard white wheat flour (i.e. Prairie Gold) rather than part hard white and part hard red wheat flour.

*Recipe from Abby Eagan*

## **Ideas for use of bread dough** (i.e. What do I do with all this dough?)

**Fruit and/or nut bread:** Add 2 – 3 cups raisins or other dried fruit and/or ½ cup seeds or nuts during the last few minutes of the kneading process. (Less if only doing part of the dough this way)

**Rolls:** 1 portion will make about a dozen rolls. Shape into desired shape (balls, knots, clover, etc. Allow to rise, then bake.

**Bread sticks:** Roll dough into a rectangle. Mist with oil, and sprinkle with desired seasonings (garlic or onion powder, salt, nutritional yeast flakes, Italian seasoning, etc) Cut into sticks. Allow to rise only a short time for chewy breadsticks or longer if a lighter texture is desired.

**Pizza Crust:** Roll into circle on pizza pan. (Can be wrapped and frozen at this point for later use.) Top as desired. Allow about 20 minutes to rise, then bake.

**Maple walnut rolls:** Roll dough into rectangle. Brush with pure maple syrup and sprinkle with date sugar (about 2 – 3 Tbsp) and chopped walnuts. Roll tightly into a log. Cut slices and place in pan. Allow to rise until double in size and bake. Brush with maple syrup glaze while still hot.

**Maple syrup glaze** can be made by heating pure maple syrup to boiling on stovetop and boiling for 1 – 2 minutes.

**Cherry Almond Danish:** Roll dough into a rectangle on parchment paper. Make diagonal cuts about 1/3 of the way into dough on each long side. Spread fruit filling into center third of dough. Criss cross strips of dough over center, starting at one end and working to the other, alternating strips from either side of the rectangle. Allow to rise until double in size, then bake at 350 degrees until golden brown. While hot, brush with maple glaze and top with toasted almonds.  
(any type of fruit can be used in place of cherries)

**Cherry Filling:** Simmer ¾ cup dried cherries, ¾ cup dates and about ¾ cup apple juice and 1 tsp vanilla or almond flavor in saucepan on stovetop for a few minutes until fruit is soft. Allow to cool slightly, then process in food processor or blender until mostly smooth, adding more juice if needed to achieve desired consistency.

## Onion Dill Rye Bread

1 ¾ cups warm water  
¼ cup honey  
¼ cup oil  
½ cup oats  
1 cup whole wheat flour  
1 ½ cups rye flour  
2 Tbsp active dry yeast  
1/8 tsp vitamin C powder  
1 ½ tsp lecithin granules  
2 Tbsp poppy seeds  
2 Tbsp dill weed  
1 medium onion, finely chopped

Mix above ingredients in large bowl and stir until well blended. Let batter rise for about 10 minutes. Add:

1 ½ tsp salt  
½ cup gluten flour (optional)  
2 more cups whole wheat flour  
unbleached white flour for kneading

Mix above into batter, then continue adding flour until dough is stiff enough to knead. Knead 10 minutes. Let rise 30 – 45 minutes, or until doubled in bulk. Punch down, then divide dough in half. Form dough into whatever shape you chose. Place dough on sprayed cookie sheet or bread pan. Let rise until double in bulk. Bake at 350 degrees for 45 minutes or until bread is golden brown. Remove from pan and cool on wire rack.

## Cheesy Crackers

### **Dry ingredients:**

1 cup whole wheat flour (Prairie Gold was used for samples)  
1 cup oat flour (can be purchased or made by blending rolled or quick oats in blender)  
½ tsp salt  
½ tsp onion powder  
1 tsp garlic powder  
½ cup nutritional yeast flakes

### **Wet ingredients:**

½ cup olive oil  
½ cup cold water

Mix dry ingredients in bowl. Whisk together wet ingredients and stir into dry ingredients. Roll into thin sheet (cracker thickness) between 2 sheets wax paper. Remove top sheet of wax paper, then invert dough onto sprayed cookie sheet. Remove other sheet wax paper, then prick dough with fork. Cut into cracker size squares. Bake at 375 degrees for 10 – 15 minutes or until crackers are golden brown.

*Recipe from Tarah Rivera*

### **Coconut Butter**

- 1 Cup coconut oil
- 1 Cup good expeller oil (sunflower or flax)
- 2 tsp. salt
- 2 Tbsp. liquid lecithin
- 1 ½ Tbsp. butter flavor

Blend very thoroughly, when smooth, continue to blend and add 1 cup of very cold water. Place in container or mold. Refrigerate.

### **Coconut Honey Butter**

- ½ cup coconut oil
- 2 Tbsp. honey
- 1/8 tsp. salt
- A very small dash of turmeric for color

Mix by hand in a small bowl with a firm spatula or fork. Store at room temp in a glass or plastic container.

### **Fresh Strawberry Jam**

- 1 cup dried pineapple
- ½ cup juice (pineapple, apple or orange)
- 2 cups fresh or frozen strawberries (drained)

Cover pineapple with juice and let stand until softened. (May need to heat briefly if the pineapple is very hard.) Drain (reserve juice) and process in food processor until smooth. Add strawberries and process to desired consistency, adding reserved juice if needed. ( I like to leave the strawberries slightly chunky.)

## **Tofu and Mushroom Spread**

- 1 Tbsp oil
- 1 cup chopped onion
- 12 oz can mushrooms, drained, liquid reserved
- 1 ½ tsp Vege-sal (seasoned salt)
- ¼ tsp garlic powder
- 1 tsp dried red pepper
- 1 Tbsp Bragg's Liquid Aminos
- 1 lb mashed water packed tofu
- 2 Tbsp olive oil

Sauté onion in oil and enough reserved mushroom juice to soften. Add mushrooms and dried red pepper and sauté a few minutes more. Place in food processor with tofu, seasonings and olive oil. Process until finely chopped, but still with some texture. Add reserved mushroom juice as needed until desired consistency is reached.

*Adapted from recipe by Eva Eagan*

## **Lentil Cold Cuts**

- 1 ½ cups dry lentils
- 4 ½ cups water
- 3 cloves garlic
- 1 ¼ cups chopped onion
- 1 Tbsp onion powder
- 1 Tbsp salt
- 1 tsp Italian seasoning
- 1/3 cup tomato paste
- 2 Tbsp nutritional yeast flakes
- 3 Tbsp Bragg's Liquid Aminos
- 1 Tbsp molasses
- 1 tsp Hickory Seasoning

Place onions in a kettle with 1 cup of the water. Bring to a boil and simmer for 5 minutes.

Meanwhile, blend dry lentils, garlic, and remaining water until smooth. Add to simmering onions along with remaining seasonings. Bring to a boil and reduce heat. Simmer for 5 minutes, stirring constantly.

Pour into a loaf pan and chill. Slice to serve. Serve in a sandwich with mayo and veggie toppings.

*Recipe adapted from Five Loaves Deli & Bakery, Neva Brackett, fourth edition*

## Tofu Mayonnaise

12 oz Mori-Nu tofu  
½ cup raw cashews  
¼ cup plus 1 Tbsp lemon juice  
¼ cup agave nectar (or sweetener of choice)  
2 tsp salt  
1 Tbsp onion powder  
up to ¼ cup water (approx)  
2 – 4 Tbsp potato flour

Blend together until smooth all ingredients except potato flour, adding just enough water so that the tofu will blend. While blending, add potato flour and blend another 30 seconds or so until mixture has thickened. Store covered in refrigerator. Keeps about 1 week.

*Recipe adapted from Five Loaves Deli & Bakery, Neva Brackett, fourth edition*

