

Rosemary Focaccia Bread

Yield: 18 servings

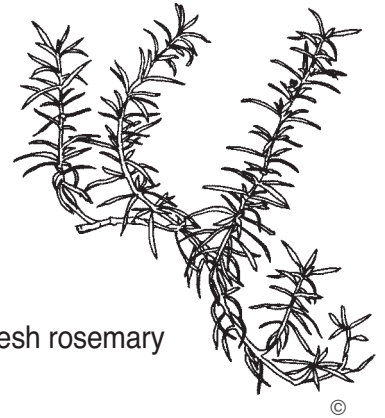


Ingredients

- 1 (1/4 oz.) package dry yeast (2 1/4 teaspoons)
- 1 2/3 cups water, heated to 105 to 110 degrees F
- 5 cups bread flour
- 2 1/2 teaspoons salt
- 1 teaspoon dried rosemary or 1 tablespoon fresh rosemary
- 1/4 cup olive oil, plus extra for coating baking pan

For the Topping

- 3 tablespoons olive oil
- 1 teaspoon dried rosemary or 1 tablespoon finely chopped fresh rosemary
- 1 teaspoon coarse salt



Order of Work

1. Stir together yeast and warm water in large mixing bowl; let stand until creamy, about 5 minutes.
2. Add flour, salt, rosemary and oil to yeast mixture. Beat until well blended and smooth.
3. Turn dough out onto a lightly floured surface. Knead dough 10 minutes, adding 1 to 2 tablespoons flour as needed.
4. Place dough in a large mixing bowl lightly coated with nonstick cooking spray. Spray top of dough. Cover bowl with clean, damp dishtowel. Let rise until doubled, about one hour.
5. Punch dough down and let it rest for 10 minutes.
6. Generously coat a 15" x 10" x 1" baking pan with olive oil. Press dough into prepared pan. Cover and let dough rise until doubled, about 30 minutes.
7. Preheat oven to 425 degrees F.
8. Stir together oil and rosemary for topping. Make shallow indentations all over dough with fingertips, then brush with rosemary oil. Sprinkle with coarse salt. Bake until golden, about 20 to 25 minutes. Gently loosen focaccia and slide onto cooling rack. Serve with dipping oil.

Nutrition Facts per Serving: 186 calories, 6 g fat, 432 mg sodium, 28 g carbohydrate, 1 g fiber, 5 g protein, 9 mg calcium

Dipping Oil

- 1/2 cup extra virgin olive oil
- 2 tablespoons fresh Parmesan cheese, grated
- 1/2 teaspoon pepper
- 1/2 teaspoon coarse salt
- 1/2 teaspoon Italian seasoning
- 2 cloves garlic, pressed

Mix all ingredients together and refrigerate until ready to use. The flavor is best if you make this several hours before using. For safe food handling, use within 2 to 3 days.

Pastry for Two-Crust Pie

Yield: 2 9-inch or 10-inch pie crusts or 3 8-inch pie crusts

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 cup solid fat
- 5 to 6 tablespoons cold water



Order of Work

1. Thoroughly chill fat and water.
2. Place flour and salt together in medium bowl. Stir to mix.
3. Use a pastry blender, fork, or two knives to cut the fat into the flour until the dough forms pea-sized pieces.
4. Add cold water one tablespoon at a time and sprinkle over flour/fat mixture. Toss mixture lightly with a fork. **DO NOT STIR**. Add only enough water to hold dough together. Let dough stand at least 5 minutes. Shape into a ball, handling as little as possible.
5. Chill dough 15 to 30 minutes.
6. Sprinkle 3 to 4 tablespoons of flour on a clean, dry surface or pastry mat/cloth. Lightly coat a rolling pin with flour. Or use two 18" x 18" sheets of waxed or parchment paper to roll out dough.
7. Divide dough into two parts. Form one piece of dough into circular shape and then flatten with rolling pin on pastry mat/cloth or between two sheets of waxed or parchment paper.
8. Roll dough with short strokes from center to outer edge, using a light, quick motion. Be careful not to roll over edge of dough. Press on a different part of the dough with each roll. Lift from surface occasionally. Roll about 1/8-inch thick and slightly larger than the pie pan.
9. Fold dough in half, lift and place in pie plate, and unfold.
10. Beginning at center of pan and working toward edge, gently press dough into pie pan. Do not pull or stretch dough since that can make the pie crust shrink during baking.
11. To finish pie crust, follow directions for baked pie crust, one-crust pie, or two-crust pie.

Baked Pie Crust

1. Preheat oven to 450 degrees F.
2. After pressing pie crust in place, trim overhang with scissors or knife. Leave about a one-inch overhang on the edge of the pie pan to form an edge.
3. Turn edge of pastry under so it is even with edge of pan. Flute edge by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers.
4. Pierce bottom and sides of crust with a fork to prevent bubbles from forming during baking.
5. Chill crust for 30 minutes if time permits.
6. Line crust with aluminum foil or parchment paper and fill the bottom of the pan with a layer of rice, dried beans, or pie weights.



Illinois 4-H - Cooking 401 State Fair Recipes - Pie Shell (option 1 of 3 continued)



7. Bake for 12 to 15 minutes or until golden brown. After five minutes of baking, check to see if bubbles have formed. If so, pierce with fork.
8. Completely cool baked pie crust on cooling rack before filling.

Whole Wheat Pie Crust

Yield: 2 8-inch or 9-inch pie crusts

Ingredients

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 3/4 teaspoon salt
- 2/3 cup shortening
- 4 to 5 tablespoons cold water



Order of Work

1. Combine the flours and salt in medium bowl.
2. Add shortening and mix with pastry blender or forks until course mixture is formed.
3. Add cold water one tablespoon at a time and sprinkle over flour mixture. Toss mixture lightly with a fork. DO NOT STIR. Add only enough water to hold dough together. Let dough stand at least 5 minutes. Shape into a ball, handling as little as possible.
4. Divide dough in half.
5. Sprinkle 3 to 4 tablespoons of flour on a clean, dry surface or pastry mat/cloth. Lightly coat a rolling pin with flour. Or roll between two 18" x 18" sheets of waxed or parchment paper to roll out dough.
6. Divide dough into two parts. Form one piece of dough into circular shape and then flatten with rolling pin on pastry mat/cloth or between two sheets of waxed or parchment paper.
7. Roll dough with short strokes from center to outer edge, using a light, quick motion. Be careful not to roll over edge of dough. Press on a different part of the dough with each roll. Lift from surface occasionally. Roll about 1/8-inch thick and slightly larger than the pie pan.
8. Fold dough in half, lift and place in pie plate, and unfold.
9. Beginning at center of pan and working toward edge, gently press dough into pie pan. Do not pull or stretch dough since this can make the pie crust shrink during baking.
10. To finish pie crust, follow directions for baked pie crust, one-crust pie, two-crust pie, or tarts.
11. This crust is recommended for the Spinach Quiche recipe. (See page 44.)

Source: *Contemporary Pies*, Cornell University



Oil Pastry

Yield: 2 8-inch or 9-inch pie crusts

Use a vegetable oil, such as corn or canola oil, for this pastry. Olive oil and other flavored oils may give the finished crust an undesirable flavor. Substituting oil for solid fat in the pastry decreases the amount of saturated and *trans* fat in the pie crust and slightly reduces the calories.

Ingredients

- 2 2/3 cups all-purpose flour
- 1 1/2 teaspoons salt
- 3/4 cup vegetable oil
- 4 to 5 tablespoons ice water

Order of Work

1. Measure the flour and salt into large mixing bowl; add vegetable oil. Mix until particles are size of small peas.
2. Sprinkle in ice water, 1 tablespoon at a time, mixing until flour is moistened and dough almost cleans side of bowl. A small amount of additional water can be added if needed.
3. Form dough into a ball, and then divide in half. Press each half firmly into a ball. Shape dough into flattened round.
4. Place flattened round between two 15-inch squares of waxed paper. Roll pastry 2 inches larger than inverted pie pan.
5. Peel off top paper. Place pastry, paper side up, in pan. Peel off paper. Ease pastry loosely into pan.
6. Beginning at center of pan and working toward edge, gently press dough into pie pan. Do not pull or stretch dough since this can make the pie crust shrink during baking.
7. To finish pie crust, follow directions for baked pie crust, one-crust pie, or two-crust pie.



Golden Sponge Cake

Yield: 16 servings

The basic sponge cake is an angel food cake that uses the entire egg — not just the egg whites. This cake does contain fat, but it comes entirely from the egg yolk.

Ingredients

- 1 1/3 cups cake flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups sugar, divided
- 6 eggs, yolks and whites separated
- 1 teaspoon cream of tartar
- 1/4 cup water
- 1 teaspoon vanilla
- 1 teaspoon lemon extract

Order of Work

1. Preheat oven to 375 degrees F.
2. Sift flour once, measure, and sift again with baking powder, salt, and 1 cup sugar. Set aside.
3. Beat egg whites and cream of tartar in large mixing bowl until soft mounds begin to form.
4. Beating at high speed, sprinkle remaining sugar over egg whites, 2 tablespoons at a time. Beat until stiff peaks are formed.
5. Combine egg yolks, water, vanilla, and lemon extract in a small bowl. Add dry ingredients and beat enough to blend.
6. Fold egg yolk mixture into beaten egg whites by cutting down through mixture, lifting up, and folding over, about 40 strokes. Pour batter into an ungreased 10-inch tube pan.
7. Bake for about 35 minutes, until the cake is golden and springs back when lightly touched.
8. If cake pan has prongs around the rim for elevating the cake, invert pan onto prongs. If not, invert pan over the neck of a bottle or funnel so that air can circulate all around it. Let the cake cool completely, 2 to 3 hours.
9. Unmold the cooled cake by running a metal spatula around the edges of the pan, being careful not to separate the crust from the cake. Slide cake out of pan and cut the same way around removable bottom to release, or peel off parchment or wax paper, if used.
10. Place the cake, bottom-side up, on a platter. Cut slices by sawing gently with serrated knife.

Nutrition Facts per Serving: 143 calories, 2 g fat, 117 mg sodium, 28 g carbohydrate, less than 1 g fiber, 3 g protein, 15 mg calcium



French Bread

Yield: 3 loaves, 12 slices per loaf

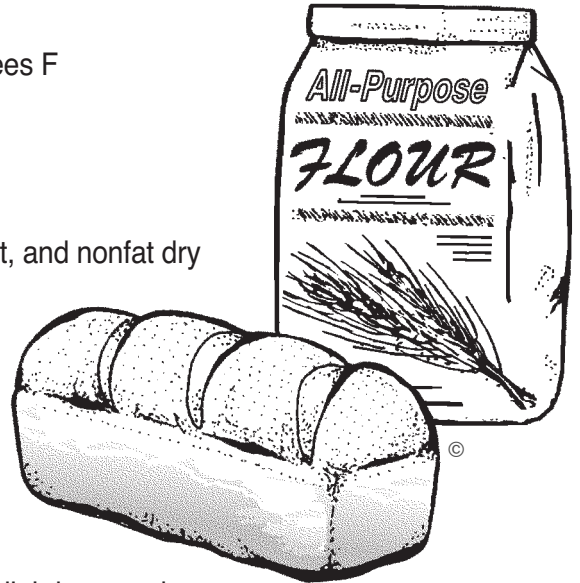


Ingredients

- 5 1/2 to 7 cups all-purpose flour
- 1 package yeast
- 1 1/2 teaspoons sugar
- 2 teaspoons salt
- 1/2 cup nonfat dry milk
- 2 1/4 cups water, heated to 120 to 130 degrees F
- 1/2 cup cornmeal
- 1/2 cup water

Order of Work

1. Combine 2 1/2 to 3 cups of flour with yeast, sugar, salt, and nonfat dry milk in large mixing bowl. Stir to blend.
2. Add warm water while constantly stirring dry ingredients in mixing bowl. Beat vigorously.
3. Add more flour as needed to form a soft dough and mixture begins to pull away from sides of bowl.
4. Transfer dough to a lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes.
5. Form dough into a ball and place in large mixing bowl lightly coated with nonstick cooking spray. Cover with clean, damp dishtowel. Let rise in warm place, free from drafts, until doubled in size, about 40 minutes.
6. Punch down and divide dough into three equal portions. Shape each piece into a long tapered loaf, about 2" x 14".
7. Sprinkle cornmeal over a cookie sheet. Arrange loaves on baking sheet, leaving space between loaves for rising.
8. Using a sharp knife, make diagonal slashes 1/2-inch deep at intervals across top of each loaf.
9. Brush loaves of bread lightly with water to toughen the top crust. Allow to rise until doubled in volume.
10. Preheat oven to 400 degrees F. Bake loaves for 35 to 45 minutes until they are golden brown and sound hollow when lightly tapped.
11. Remove bread from oven and place on cooling racks.



Nutrition Facts per Serving: 99 calories, less than 1 g fat, 136 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein, 18 mg calcium