

Zeppole Recipe (yeast bread)

Day 1:

1. In a large bowl add two packets dry yeast (or 4 ½ teaspoons), 1 teaspoon sugar, 1/4 cup of warm water (105-115 degrees). Mix well and let sit for 5 minutes until you see tiny bubbles around the edges.. this is **proofing** the yeast, testing it to make sure it will activate later on.
2. As soon as the bubbles form in the yeast add the 2 ½ cups flour, 1 teaspoon salt, and 2 cups of warm water (105-115 degrees) to the bowl. Mix well. It should look like a loose pancake mix. Take a paper towel and dip in oil and surround the bowl with a wipe of oil. Cover the bowl with a towel. Let sit for 1 1/2 hour to 2 hours. It will have risen but still be a very loose dough.

Day 2:

Use a fry daddy for frying. If you don't have one, use a very deep pot and fill half way with oil. Oil should be 375*. Do not let oil burn higher. Use only canola oil. Be careful of splatting oil. Keep pot handle holding oil turned in, So you don't accidentally hit it and spill oil.. Safety first..

Test oil in pot or fry daddy. Do this by putting the end of a wooden spoon in the oil. If it sizzles like it is cooking the oil is ready. Or use a thermometer made for high temperatures, not the type you used for the water.

Now you can drop these Zeppole's mix in two ways.. One is to take two table spoons and keep a little canola oil in a cup and dip them in the cup of oil each time before you pull out a heaping spoon of dough . Push off the dough with the other spoon into the oil.. You should have a light hand. Don't just plop the dough. Let it fall off the spoon lightly. If u want you can use your hands.. oil your hands and take a small amount and let drip in the oil very slowly.. make sure to keep your hands high enough not to touch oil.. As soon as dough hits oil it will start to sizzle and start to brown. As soon as you see a light brown turn the Zeppole's over to make an even fry on both sides. When they are fully light brown they should be cooked..take out with spider or slotted spoon . Let spoon stay over pot of oil and let excess oil from the cooked zeppole drip in pot till dry so no excess oil drops off on the paper towel. Now place on paper towel. Let sit for a minute then turn over to drain on other side on the paper towel for another minute. Put powdered sugar in paper bag and throw the cooked Zeppole in the bag and shake the bag. Pour out on a plate.

These are very crispy since the dough is not a heavy Pizza Dough. I do have friends that buy pizza dough and fry the same way as this recipe does with the lighter dough.. The difference is the pizza dough fried is very heavy and doughy.. if made small they pass.. So I hope everyone tries these and has a ball making and eating them.



Mall Pretzels

"Big chewy pretzels like those sold in the mall! You may substitute garlic salt or cinnamon sugar for the coarse salt if you wish."

Makes 6 servings

Directions DAY 1

1. In a large mixing bowl put 1+ 1/8th teaspoons yeast, 1 tablespoon brown sugar, 1/2 teaspoon of salt and 3/4 cup warm water (105-115 degrees F). Stir together until blended.
2. Stir in 2 cups of flour and stir until blended.
3. Knead dough on a floured surface (over wax paper) until smooth and elastic, about 8 minutes. Place in a large plastic bag (with a Tablespoon of oil), and turn to coat the entire surface of dough with oil. Label the bag with your period and kitchen #. Do not close the bag. Leave on the counter.

DAY 2:

Preheat an oven to 450 degrees F

Cover two cookie sheets with aluminum foil and non stick cooking spray.

Cut or tear the dough into 6 equal pieces. Roll each piece into a 3 foot rope, pencil thin or thinner. Twist into a pretzel shape, and dip into the baking soda solution. Place onto foil covered baking sheets, and let rise 15 to 20 minutes.

Directions for Baking Soda Solution: Combine 1 cup warm water (105-115 degrees) and 1 tablespoon baking soda in a bowl.

Bake in the preheated oven for 8 to 10 minutes, or until golden brown. Brush with melted butter, and sprinkle with coarse salt, garlic salt or cinnamon sugar.

GOOEY CARAMEL CINNAMON ROLLS

Approximately 3 c. all-purpose flour
¼ c. sugar
¾ t. salt
1 package active dry yeast
¼ c. butter or margarine, softened
¾ c. hot tap water (115 –120)
1 egg, room temperature

FILLING
2 T. butter or margarine, melted
¼ c. sugar
1 t. cinnamon

CARAMEL TOPPING
1/3 c. butter or margarine
2/3 c. brown sugar
3 T. light corn syrup
6 T. chopped nuts, if desired

1. In a large mixing bowl, measure 1 c. of the flour, the sugar, salt, and yeast.
2. Add the softened butter or margarine and the hot tap water; mix well.
3. Stir in another 1 c. of flour and the egg; beat well.
4. Add additional flour, approximately 1 c. to make a dough that cleans the sides of the bowl.
5. Knead with dough hook for four minutes or by hand for eight minutes.
6. For filling – melt 2 T. butter or margarine. (Use microwave)
7. Mix together sugar and cinnamon in a small bowl, BUT DO NOT MIX WITH MELTED BUTTER.
8. For topping – In a small saucepan melt 1/3 c. butter or margarine, stir in brown sugar and corn syrup cook until combined. Pour into ungreased 9 x 13 pan or 2 – 9 x 9 pans. Sprinkle with nuts if desired.
9. On a lightly floured surface, roll out the dough into a rectangle 8 x 16 in. Spread on the melted butter, sprinkle on the cinnamon sugar mixture.
10. Roll up from the long side; pinch edges together to seal.
11. Cut the roll of dough into 16 1 in. slices by slipping a length of clean thread under the roll and crossing it over on top. Place rolls, cut surface down, into prepared pan(s).
12. Cover and label pan(s). Place in refrigerator for up until 24 hr.; then proof for 30 –60 min. before baking.
13. Bake rolls in preheated 375 F. oven for 20 –25 min.
14. Yield: 16 rolls

Approximate nutritional information per serving: calories 229; protein 4.2 g.; fat 10.8 g. ; cholesterol 38 mg. ; carbohydrates 29.3 g. ; sodium 205 mg.

90 Minute Cinnamon Rolls

Ingredients:

¼ cup and 2 tablespoons milk
2 tablespoons softened butter
1 ½ cups and 2 tablespoons flour
1 teaspoon + 1/8 teaspoon yeast
2 tablespoons white sugar
¼ teaspoon salt
2 tablespoons water
1 egg
½ cup brown sugar
1 ½ teaspoons cinnamon
¼ cup softened butter

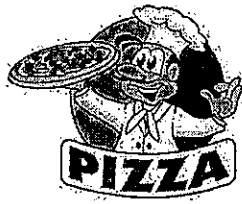
Directions:

1. Put milk (1/4 cup + 2 tablespoons) into small sauce pan and put on medium (level 7) until it bubbles. Then shut off the heat.
2. Mix in 2 tablespoons of butter and stir until melted.
3. In a large mixing bowl, combine flour (1 ½ cup and 2 tablespoons), yeast (1 teaspoon and 1/8 teaspoon), sugar (2 tablespoons) and salt (1/4 teaspoon). Stir well.
4. Add 2 tablespoons water and 1 egg and the milk mixture to the flour bowl. Beat well.
5. Turn dough onto a lightly floured surface and knead until smooth.
6. Meanwhile, in a small bowl, mix together brown sugar (1/2 cup), cinnamon (1 ½ teaspoon), and butter (1/4 cup).
7. Roll out dough into a rectangle. Spread dough with butter/sugar mixture. Roll up dough and pinch seams to seal.
8. Cut into equal sized rolls and place cut side up in a square pan with sides touching each other.
9. Cover with aluminum foil and let rise for 30 minutes.
10. Bake in 375 degree oven for 20 minutes.
11. Add icing.

ICING RECIPE:

1 c. 10X sugar (confectioner's sugar)
1/4 tsp. vanilla
Water

Combine sugar and vanilla. Add water, 1 teaspoon at a time, to make a spreadable frosting.



Yield: Dough for a 12 inch round Pizza Pie OR about 12 garlic knots

(This dough can also be used for calzones)

Ingredients:

$\frac{3}{4}$ cup warm water (105-115 degrees F)

1 Envelope of Active Dry Yeast (or 2 $\frac{1}{4}$ teaspoons if not in envelope)

2 cups of All Purpose Flour

2 teaspoons sugar

$\frac{3}{4}$ teaspoon salt

3 tablespoons oil (and another $\frac{1}{2}$ tablespoon of oil to be used at end)

Directions:

1. In a small bowl, pour $\frac{3}{4}$ cup warm (105-115 degrees F) water into small bowl; stir in yeast. Let stand until yeast all dissolves (about 5 minutes)
 2. In a separate larger bowl, mix 2 cups flour, 2 teaspoons sugar, and $\frac{3}{4}$ teaspoon salt. Stir these 3 ingredients together.
 3. Create a well at the bottom of the flour bowl.
 4. Add yeast mixture and 3 tablespoons oil to the flour bowl in the middle of the well you created.
 5. Mix dough with a wooden spoon until dough forms a sticky ball.
 6. Transfer to a clean and lightly floured surface. Flour your hands also. Knead dough until smooth, adding more flour a little at a time if needed if the dough is too sticky. If you add too much at one time, dough will become crumbly and hard to work with.
 7. Put a $\frac{1}{2}$ tablespoon of oil into the bottom of a clear plastic bag and squish it around inside bag and add your dough and then let dough rise in a warm, draft-free area until doubled in size, about 1 hour. Do Not Close bag during this part of the process.
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2nd Day of Pizza Dough Recipe

1. Preheat Oven to 425 degrees
2. Punch down dough once! Don't beat it up and make it too firm!
3. Flour your surface again and your hands
4. For pizza, use rolling pin to roll out into round pizza shape. Transfer dough to pizza pan or pizza stone.
5. Add 1 cup sauce and 1 cup shredded cheese.
 - For garlic knots, split dough into 12 equal size pieces. Knot each one.
6. Bake at 425 degrees in the oven for 10-15 minutes. Pizza may take a little longer.
7. If you made garlic knots, create a mixture based on your personal preference. I usually use ½ cup oil, 1 tablespoon minced garlic or garlic powder and 1 teaspoon salt, Italian herbs (optional). Use a pastry brush and brush each knot with the mixture when it comes out of oven.

ENJOY