



Lunch at the Oct 2014 Event,
a Rye Bread Feast!

MARBLEIZED RYE CLASS

Saturday, February 2, 2019

Thank you for joining us this morning! Sit back and enjoy our delicious event! Savor not only our Rye Bread, but SIZZLE Bean Soup in a Jar & Orange-Blueberry Cake. Featuring the Bosch Universal Plus, the Nutrimill Harvest, BRK Sizzle, the Big Mouth Chopper, & also the Bosch Blender ... Essential Superior Kitchen Tools!

RYE BREAD

John LaVarnway's Best Onion Rye Bread
Revised by Margaret & Debbie

1. Puree in blender 1 C warm water 1 large onion. Pour into Bosch bowl.
 2. Mix together with the onion puree. Then let bubble about 10 minutes.

1 C molasses	4 C warm water	5 C bread flour mix*
3 T SAF yeast	1/3 C olive oil	
 3. Add & mix thoroughly:

2 T Pink Himalayan salt	2 eggs (optional)
1 C powdered caraway seeds	1/4 C whole caraway seeds - optional
 4. Next add to dough. Combine & 'knead' in Bosch, 5—10 minutes.

1/3 C cocoa powder	6 C rye flour
5 - 6 C more bread flour mix	4 T dough enhancer
4 T vital wheat gluten	
 5. Preheat oven at 200 for 5 minutes. Shut off.
 6. Divide into 5 loaves. Place loaves in pans & let rise for 20 minutes until doubled in warmed oven.
 7. Bake at 350 for approximately 25 - 30 minutes.
 8. Remove bread from oven, turn out of pans immediately and cool on rack
- *Soaked & dehydrated bread mix ~ 6 C Prairie Gold, 3 C Spelt & 3 C Kamut.

MARBLEIZED TECHNIQUE

With a batch of both rye & regular bread, Soaked Grain Bread of course, we'll mix them together in the Bosch with the new Dough Hook Extender., for the marbleized effect. It works quickly. You may also just 'knead' the two doughs together for a great effect, too. Divide into loaves of various shapes & sizes. Bake as usual.

Bean SIZZLE Soup in a Jar

Layer in a quart Jar in this order:

2 C Beans of Choice or 11 Bean Mix	1/3 C each millet, brown rice, quinoa
1/4 C Chicken, Beef or Veg Broth Mix	1/4 C Dehydrated Vegetable Soup Mix
2 t Himalayan Salt	1 t minced Garlic
1/4 C steel cut oats	

To make soup, pour bean mix & 3 1/2 quarts of water into a large SIZZLE Pot.

Add:

1/4 C Coconut Aminos (soy sauce)	Meat or poultry or not of choice
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Cook on medium high until the pot reaches pressure, then turn to simmer until beans & grains are soft & ready to serve. You may need to add more water.



YELLOW CAKE MIX

16 C AP flour (equal parts spelt, barley & oats)	1 T salt
1/2 C baking powder	4 C ECJ Sugar
1 1/2 C milk powder	

Combine. Label & store in freezer. Use within 2 months for maximum nutritional value.

Look through your cookbook to find cake variations. Add the oil, flavorings, nuts, fruits, spices, etc. How handy is this? Here is a great pumpkin & spice recipe!

ORANGE BLUEBERRY CAKE

1 cube butter, grated	3 Clementine mini oranges
1 1/2 C milk	3 eggs
4 C cake mix	1 C blueberries

Process in Bosch Blender the oranges & eggs until thoroughly mixed. Pour into Bosch Bowl. 'Rinse' the blender with the milk. Add to Bosch with grated butter & cake mix. Mix well with cake paddles or wire whips. Add blueberries & mix a little. Pour into 9 x 13 pan, sprayed with Vegalene. Sprinkle Chipped Coconut & Slivered almonds on top. Bake at 350* until done about 30 minutes. When cool cover with plastic wrap to encourage a moist cake!

I have successfully make orange cake, apple-cinnamon cake, & lemon-blueberry. I usually make 1 and a half recipes. Pour batter into a 9 x 11 and a 9 x 9 pans. Take one for Sunday potluck & have one for home! You'll agree how yummy & convenient this YELLOW CAKE MIX IS!