



November 2000 – Chowder & Bread Recipes

Chowder and Zesty Breads

Here I am sitting at my desk, glad to be inside as I listen to the rain beat against the windowpane and the wind howl around the house. Autumn is here, and its time to put away the summer wardrobe and bring out the sweaters. I find this time of year a great time to bring alive some recipes that bring warmth and good smells into the home, such as soups and breads. Here I have chosen a corn chowder similar to a succotash, with some easy to make soda and tea breads. These breads I am so impressed with, they are moist and hearty. They can be made in a variety of containers, from soup cans to clay bakers, or free form. The biggest surprise was the Boston Brown bread, it is rich and hearty, great with butter or some soft creamcheese.

Corn Chowder

3T Butter

2 Cloves garlic-minced

1 1/2c Onion-diced

1c Celery-diced

-Melt the butter and sauté, or lightly fry the vegetables in it. One great option for this soup recipe is bacon, instead of the butter chop up 3-4 slices of bacon and fry the vegetables in the bacon fat.

1/2t Basil

1/4t Thyme

1c Red potatoes-diced

2c Corn

-Put the corn in the food processor and process for a few seconds The corn should not be pureed but rather broken up. Frozen corn is fine, but beware, it makes a huge racket in the food processor. The corn acts as a thickener to the soup. Add to the vegetables.

2c Baby lima beans, any white bean will do nicely.

6c Warmed milk.

2t Soy sauce

Chicken stock concentrate- this is optional and should be added to ones personal taste.

Salt and Pepper

1/2c Parsley-chopped

1/4c Red pepper-finely diced. This can be used as a garnish.

Enjoy!

Brown Soda Bread

1 3/4c All purpose flour

1 3/4c Whole wheat flour

3T Bran

3T Wheat germ

2T Old fashioned oats

2T dark brown sugar (packed)

1t Baking soda

1/2t salt

2T Butter (chilled), cut into pieces

2c Buttermilk

Combine dry ingredients in a bowl, mix well. Add butter and cut in until it resembles fine meal. Stir in enough buttermilk to form a soft dough. Form in to a round, slightly flattened on top. Place on greased bake sheet. Bake @ 425* 'til dark brown and the tester comes out clean. About 40 mins.

Tea Biscuits

1 3/4c Flour
1/2t Salt
3t Baking Powder
4-6T Butter (chilled)
3/4c Milk

Combine the dry ingredients, cut in the butter until it resembles fine meal. Stir in the milk, knead gently and quickly, just to form a dough. Roll out to desired thickness, cut with biscuit cutter, brush tops with milk. Bake 12-15mins @ 450*

Mini Walnut Soda Breads

2c Whole wheat flour
1c All purpose flour
1/4c Dark brown sugar (packed)
1t Baking soda
1t Salt
1/4c Butter (chilled)
1c Walnuts (chopped and toasted)
1c Buttermilk
1 Egg
2T Molasses

Mix together the dry ingredients. Cut the butter into the flour mixture until it resembles a coarse meal. Add walnuts. Whisk together the buttermilk, egg and molasses, and gradually add to flour mixture, until a medium firm dough forms. Knead lightly until dough comes together about 6 turns, flatten into a disk, cut into 6 wedges. Shape each wedge into a ball, place on flour-dusted baking sheet evenly apart and flatten each to a 3" round. Bake until golden, about 30mins @ 375*

Honey Spiced Rye

1/3c Honey
1 1/3c Water
3T Oil
2t Orange zest-grated
3/4t Salt
1t Cinnamon
pinch of Cloves and anise seed
1/8t Ginger and allspice
2T Lemon Juice
1c Whole-wheat flour
1 1/2c Rye flour
2 1/2t Baking Powder
1/2t Baking Soda
1/2c Almonds-toasted and chopped

Combine all the wet ingredients and spices in one bowl. Combine all the dry ingredients in another bowl, gradually add to the liquids. The batter will be wetter than most quick breads. Stir in the almonds reserving 2T for the top. Bake 45mins @ 350*. Cool before slicing.

Boston Brown Bread

This is a steamed bread that can be made in one metal loaf pan or in two clean 28oz food cans which should be generously buttered.

1c Yellow cornmeal

1c Whole wheat flour

1c Rye flour

2t Baking soda

1t Salt

2c Buttermilk

1c Molasses

1c Raisins or dried currants

-Combine the dry ingredients in a large bowl. Mix together the wet ingredients and the raisins, then add to the dry ingredients. Stir until well blended. Transfer the batter to the prepared loaf pan or divide in to the 2 cans. Butter a piece of tinfoil, large enough to cover the top of the pan or each can by 2inches. Tightly cover the top of the pan or cans with the tinfoil butter side down. Tie kitchen string around the foil. Place the pan or cans in a large pot, pour enough water into the pot to come halfway up the sides of the pan or cans. Bring the water to the boil.

Reduce heat to low, cover pot tightly and simmer for 2 1/2hr to 3hrs until the tester comes out clean. Watch the level of the water, adding more if necessary. Remove from pot, let stand for 15mins, than gently remove.

Can be made one day ahead, if so cool completely, Return bread to cans, cover tightly with foil again and steam for 15mins until heated through.

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