

Olive Oil Dough

Yield: Makes 4-1 lb loaves

INGREDIENTS:

- 2-3/4 cups lukewarm water
- 1-1/2 tablespoon granulated yeast (2 packets)
- 1-1/2 tablespoons Kosher salt
- 1 tablespoon sugar
- 1/4 cup extra virgin olive oil
- 6-1/2 cups unbleached all-purpose flour

DIRECTIONS:

1. In the bowl of your stand mixer fitted with the dough hook attachment, or in a large (5 quart) bowl working with a wooden spoon, mix the yeast, salt, sugar, and olive oil with the water.
2. Mix in the flour without kneading. I found this process to be incredible simple with my stand mixer, but it will certainly come together the old fashioned way. If you are not using a machine, you may need to wet your hands in order to incorporate the bit of flour.
3. Transfer dough to large (5 quart) bowl or lidded food container. Cover (not airtight), and allow to rest at room temperature until dough rises and collapses (or flattens on top), approximately 2 hours.
4. The dough can be used immediately after the initial rise, though it is easier to handle when cold. Refrigerate in a lidded (not airtight) container and use over the next 12 days.

NOTES:

- from Artisan Bread in Five Minutes a Day
- This recipe can easily be doubled or halved

This delicious recipe brought to you by My Baking Addiction
<http://www.mybakingaddiction.com/no-knead-pizza-dough-recipe/>

Christy Marek:

3 1/2 c. lukewarm H ₂ O	1 1/2 12 oz	800 g.
1 T. granulated yeast	0.35 oz	10 g.
1-1/2 T. Kosher salt	0.63-0.94 oz	17-25 g.
7 1/2 c. Unbleached AP flour	2 1/2 6 oz	1,080 g.
1/3 c Tomato topping of your choice	3 oz	85 g
- Fresh mozzarella, cut into 1/2" chunks	3 oz.	85 g.

6 fresh basil leaves, thinly sliced (chiffonade) on top
 Olive oil for drizzling over the pizza before baking
 Flour, cornmeal, or parchment paper for the pizza peel
 500° oven ~ 10 min.

StarTribune

Recipe: English Muffins

January 16, 2013 - 4:07 PM

English Muffins ✓

Makes 6.

Note: Using a full-flavored honey enhances these muffins. We like the buckwheat honey from local purveyors, Bare Honey. Instant yeast also is called rapid-rise.

- 1 c. milk
- 1 tbsp. butter
- 1 tbsp. honey
- 2 tsp. instant yeast, or 1 packet
- 2 c. all-purpose flour
- 1/2 tsp. salt
- 2 tbsp. cornmeal
- 1 tbsp. all-purpose flour

Directions

In a small saucepan, heat the milk until just warm. Turn off heat and stir in the butter and honey until melted. Set aside.

In a large bowl, whisk together yeast, flour and salt. Stir in milk mixture until combined, then stir vigorously for a minute, about 200 strokes. (You can rest after 100!) Cover the bowl with plastic wrap and place in a draft-free place overnight, or for 12 hours.

In the morning (or after 12 hours), mix the cornmeal and remaining flour in a small bowl.

Mark the surface of the dough into 6 pieces, like a pie. This is your guide for proportions.

Heat a heavy pancake griddle or cast-iron pan over medium heat until drops of water sizzle. (An infrared laser thermometer should read between 350 and 375 degrees.) You'll be turning down the heat to low once the muffins go on the griddle, but you want an initial burst of heat. (An electric skillet takes away much of the guesswork; set it to 350 degrees.)

Dip a serving spoon in water and scoop out one-sixth of the dough, deflating it as little as possible, and place it in the cornmeal mixture. Gently flip it over. Once coated, the dough can be picked up and patted into a rounder shape, if necessary. Place it on the griddle and repeat the process until all six muffins are shaped. Reduce the heat to low.

With a spatula, occasionally check under the muffins to see how quickly they're browning. It should take a full 10 minutes to reach a deep golden color. If they're browning too fast, reduce the heat. If they remain pale, boost the heat to medium. After 10 minutes, gently turn them over to cook the other side.

In the meantime, preheat the oven to 350 degrees, and move a rack to the center position.

After 10 more minutes, the muffins should be a golden brown on both sides. Place them on a baking sheet and put them in the oven to bake for another 10 minutes. Cool completely on a wire rack.

Nutrition information per serving:

Calories 220 Fat 3 g Sodium 235 mg

Carbohydrates 41 g Saturated fat 2 g Calcium 59 mg

Protein 7 g Cholesterol 7 mg Dietary fiber 2 g

Diabetic exchanges per serving: 2 bread/starch, 1 other carb, 1/2 fat.

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Naan



Rated: ★★★★★

Submitted By: Mic
Photo By: B Spradley

Prep Time: 30 Minutes
Cook Time: 7 Minutes

Ready In: 3 Hours
Servings: 14

"This recipe makes the best naan I have tasted outside of an Indian restaurant. I can't make enough of it for my family. I serve it with shish kabobs, but I think they would eat it plain."

INGREDIENTS:

- 1 (.25 ounce) package active dry yeast
- 2 teaspoons salt
- 1 cup warm water
- 4 1/2 cups bread flour
- 1/4 cup white sugar
- 2 teaspoons minced garlic (optional)
- 3 tablespoons milk
- 1/4 cup butter, melted
- 1 egg, beaten

DIRECTIONS:

1. In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume.
2. Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.
3. During the second rising, preheat grill to high heat.
4. At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2 to 4 minutes. Remove from grill, and continue the process until all the naan has been prepared.

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Pinto Bean Soup -- Sopa Tarasca

★★★★★
4.84 from 6 votes

Prep Time

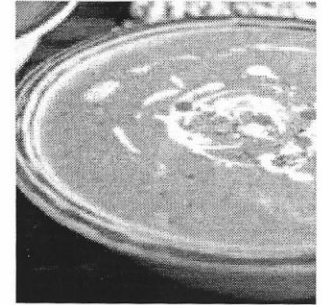
20 mins

Cook Time

15 mins

Total Time

35 mins



Sopa Tarasca is one of Mexico's most popular soups -- a delightfully satiating pinto bean soup that will keep you coming back for more. So good!

Servings: 2 -3 servings

Calories: 193 kcal

Author: Patrick Calhoun | Mexican Please

Ingredients

- 3 plum tomatoes
- 1/2 onion
- 2 garlic cloves
- 1 small chipotle in adobo
- 2 cups pinto beans
- 2 cups stock (chicken or vegetable)
- 1/4 teaspoon Mexican oregano
- 1/2 teaspoon salt
- freshly cracked black pepper
- Crema (or heavy cream, or sour cream)
- finely diced cilantro stems
- lime juice (or hot sauce)

Instructions

1. Roast 3 plum tomatoes in the oven at 400F for 15-20 minutes
2. Add tomatoes to a blender along with 1/2 onion, 2 garlic cloves, and 1 small chipotle in adobo with the seeds scraped out. Combine well.
3. Saute tomato mixture in a dollop of oil over medium heat for a few minutes.
4. Meanwhile, in a blender add 2 cups of pinto beans along with 2 cups of stock and combine well.
5. Add bean puree to the tomato mixture and stir well.
6. Add 1/2 teaspoon salt, some freshly cracked pepper, and 1/4 teaspoon Mexican oregano.
7. Let simmer for 5-10 minutes.
8. Serve immediately and garnish with your choice of Crema, lime juice, hot sauce, finely diced cilantro stems, and freshly cracked black pepper.
9. Forever benefit.

Recipe Notes

This soup isn't meant to be spicy, the chipotle just adds a hint of heat in the background.

Since the bean-to-stock ratio is 1:1, try to use some stock that you trust.

Don't forget a dash of acidity as a final garnish, it works wonders!

ABUELO'S COPYCAT TOMATILLO LIME SALSA

8 SERVINGS prep time 5 MINS total time 5 MINS

This copycat of Abuelo's tomatillo salsa is so close, you'll think you're actually at the restaurant! Bright and fresh, this salsa is a "must try"!

calories: 35 KCAL

author: THE CHUNKY CHEF

INGREDIENTS

- 8-9 tomatillos , husks removed, rinsed, and roughly chopped
- 1-2 fresh jalapeños , seeds removed (unless you want it really spicy!)
- 1 clove garlic
- 1 rough handful fresh cilantro
- 1 medium sweet onion , diced
- 4-6 oz ripe pineapple , cored and cut into chunks
- 2 Tbsp lime juice
- 1 tsp salt , (or more, to taste)
- 1 tsp honey

INSTRUCTIONS

1. Put the tomatillos in a food processor and pulse a few times to break them down a bit.
2. Add remaining ingredients and pulse until desired consistency is achieved.



★★★★★
5 from 9 votes

Never Miss a Chunky Chef Recipe:

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Sweet Heat Tomatillo Salsa

Ingredients

- 4 large firm tomatillos each about the size of a small-medium apple
- 1 large pasilla pepper
- 3 cloves garlic sliced
- 1/2 small onion
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cumin
- 1-3 tablespoons honey
- Juice of 1/2 lime

Instructions

1. Peel and discard the outer husks of the tomatillos and rinse under cold water to remove the waxy film on the skins. Coarsely chop the tomatillos.
2. Place the pasilla pepper directly on the flame of a gas stove and cook, turning frequently, until the skin is charred. Remove the pepper with tongs and immediately place it in a plastic bag to steam. After 4-5 minutes remove the pepper and rinse under cold water and rub to remove the blackened skin. Leave a little on for flavor and appearance. Cut the stem end off the pepper and remove the seeds and membranes. Chop the pepper coarsely.
3. Cut the onion into thick chunks.
4. Place the tomatillos into a medium heavy-bottomed pan over low heat. Cook, stirring frequently until the tomatillos begin to release their water. Add the onion, pasilla pepper, garlic, salt, pepper, and cumin to the pot and continue cooking until the vegetables are soft and beginning to break down. Remove from heat and allow to cool. When cool to room temperature, add the sauce to a food processor and pulse until thin but not pureed. You still want to see some small chunks.
5. Pour the mixture back into the pot and heat until it gently boils. Add one tablespoon honey and allow to cool to room temperature. Taste, and add additional honey as desired. Add the juice of 1/2 lime and cool before serving.

How To Make Panna Cotta

And there you have it: my sales pitch for panna cotta. Are you ready to try it? Next month I'll bring you a photo tutorial on how to make it, but you really don't need a how to — it's so easy.

My basic formula for panna cotta goes like this:

1 1/2 cups milk + 1/3 cup sugar + 2 1/4 teaspoons gelatin + 1 1/2 cups cream

~~To make the panna cotta,~~ sprinkle the gelatin over the milk in a small saucepan. Let sit for about 1 to 2 minutes or until it "blooms" — the gelatin grains will swell and wrinkle and look like they've absorbed some liquid. Stir in the sugar and warm over low heat — don't boil! — for about 60 seconds, or until both the sugar and gelatin dissolve. (Rub between your fingers and see if there is any grittiness left.) Whisk in the cream and any flavorings, like vanilla. Pour into 4 to 6 small dishes.

Dairy-Free Note: If making without dairy, then all almond/coconut/soy milk can be used, or you can increase the fat a little by supplementing with a non-dairy creamer. The pudding will set a little softer.

Refrigerate. The more shallow the dish, the faster the pudding will set. Give it an hour or two, and it will be done.

You can serve in little dishes like this, or unmold them to be extra-fancy. Or, if you're serving a big party, just make one big dish, top with fresh fruit, and let everyone scoop out wobbly spoonfuls into their dessert bowls.

Separation Tip: If your chilled panna cotta sometimes separates into layers of milk and cream, know this is a common problem. Sometimes it happens because the mixture wasn't adequately whisked, and sometimes because it was too warm. To reliably avoid it, let the mixture come to room temperature, then whisk again and pour into the cups or molds.