

Delicious and Nutritious
Menu Combinations

**Soups &
Muffins**

*for Busy
People*

SUE GREGG

Eating Better Cookbooks

Delicious and Nutritious
Menu Combinations

Soups & Muffins

3rd Edition



SUE GREGG

Sue Gregg Cookbooks

PUBLICATIONS BY SUE GREGG

The 15 Minute Meal Planner, A Realistic Approach to a Healthy Lifestyle, with Emilie Barnes, (Harvest House, 1987, 1994)

EATING BETTER COOKBOOKS

Main Dishes, 3rd edition

Soups & Muffins, 3rd edition

Meals in Minutes, 3rd edition

Lunches & Snacks, 2nd edition

Breakfasts, 2nd edition

Desserts, 2nd edition

Master Index & Menu Planner

Eating Better with Sue, Video with Recipe, Student, & Leader's Guide

Yeast Breads, 2nd edition

Holiday Menus

The Creative Recipe Organizer

Как Вам Это Нравится? *Recipes for Russian & American Appetites with Valentina Platova*

Published and distributed by

EATING BETTER COOKBOOKS

8830 Glencoe Drive

Riverside, California 92503-2135

909-687-5491

email: SueGreggsEatingBetterCookbooks@compuserve.com

Soups & Muffins, 3rd Edition, Copyright © 1998 by Rich & Sue Gregg
ISBN 1-878272-14-4

First Edition printed 1987

Second Edition printed 1990

Third Edition printed July 1998

All rights reserved. No part of this book may be copied or reproduced in any form without the written consent of the publishers.

All scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

Contents

Recipe List	2
Soup's On!	4
Muffins & More	5
Nutritional Goals	6
How to Read a Recipe	8
How to Read a Menu Box	9
Basic Stock List	10
Basic Pots 'n Pans & Utensils	11
Soup Ingredients	12
Preparing Soups for the Freezer	15
Muffin Ingredients	16
Ingredient Alternatives for Allergies	27
The How-To's of Muffin Making	28
Making Muffin Recipes Your Own	31
Yeast Bread Baking	32
Cook's Prayer	100
The True Bread	101
Index	102

Recipe List



QUICK RECIPES¹

SOUPS

Chinese Vegetable Soup	78
Creole Bean Soup*	42
Middle Eastern Lentil Soup*	38
Minestrone Soup*	74
Split Pea Soup*	40
Spring Garden Soup*	72
Tomato Soup*	68
Tomato Lentil Soup*	70

Soup 'n Salad Croutons*	78
Parmesan Toast	64
Whole Wheat Popovers	41

MUFFINS*

Almond Millet Muffins	91
Banana Nut Muffins	94
Blueberry Corn Muffins	47
Blueberry Muffins	57
Oat Bran Muffins	49
Raisin Rye Muffins	59

SOUPS

Bean Soups

Black Bean Chowder	82
Creole Bean Soup*	42
Middle Eastern Lentil Soup*	38
Miso Soup	80
Navy 'n French Green Bean Soup*	44
Split Pea Soup*	40

Beef, Fish, Poultry Soups

Beef Soup Broth*	37
Chicken or Turkey Broth*	37
Chicken Rice Soup	50

Chicken Soup*	48
French Onion Soup	36
Natasha's Meat Ball Soup*	90
Neptune's Chowder*	52
Turkey Barley Soup*	46

Cream Soups

Broccoli Cheese Soup	56
Butternut Squash Soup	92
Corn Chowder	54
Cream of Broccoli Soup	58
Cream of Mushroom Soup	62
Cream of Zucchini Soup	66
Creamy Asparagus Soup	64
Creamy Cauliflower Soup	86
Creamy Vegetable Chowder	84
Potato Soup	60
Tomato Soup	68

Vegetable Soups

Chinese Vegetable Soup	78
Minestrone Soup*	74
Sopa de Tortilla*	76
Spring Garden Soup*	72
Tomato Lentil Soup*	70
Tomato Soup*	68
Valentina's Borshch	88
Valentina's Cabbage Soup	89
Vegetable Soup Stock*	39

MUFFINS*

Apple Oat Muffins	81
Banana Date Bran Muffins	65
Banana Nut Muffins	94
Blueberry Muffins	57
Blueberry Corn Muffins	47
Carrot Bran Muffins	63
Date Bran Muffins	55

¹These are recipes I consider quick as compared to others, but not in terms of specific number of minutes. Quick does not necessarily include baking or cooking time.

*Freezable

Recipe List

MUFFINS* (Cont'd)

Lemon Ginger Muffins	73
Minute Bran Muffins	61
Orange Muffins	79
Orange Oatmeal Muffins	71
Persimmon Muffins	85
Pineapple Cornmeal Muffins	75
Pumpkin Gems	83
Strawberry Coconut Muffins	95
Triticale Date Muffins	67
Zucchini Muffins	69

No-Wheat Muffins*

Almond Millet Muffins	91
Amaranth Muffins	87
Eight Grain Muffins	51
Oat Bran Muffins	49
Oat Rice Muffins	53
Orange Rice Muffins	43
Raisin Rye Muffins	59

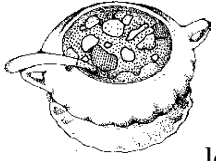
MISC. BREADS

Parmesan Toast	64
Soup 'n Salad Croutons*	78
Whole Wheat Popovers	41

YEAST BREADS*

Break Apart Loaves	97
Chewy Nuggets Bread	99
Del. Whole Grain Bread	98
Del. Whole Grain Dough	96
Five Grain Bread	99
Italian Bread Sticks	77
Oatmeal Bread	98
Onion Cheese Rolls	45
Parmesan Herb Bread	97

*Freezable



Soup's On

Hot soups are especially warming to both heart and body, particularly as the cooler days of fall and long cold nights of winter approach. Our family has always preferred soup 'n bread meals over rich casserole dinners. Children especially seem to take to a combination of ingredients in soups over casserole combinations. Soups are great for lunches, but think "soup" for dinners as well.

Soup is a nutrient saver. Whatever is not usable elsewhere can usually go into the soup--broth made from vegetable trimmings and meat bones, water leftover from cooking other foods, bits of leftover grains, meats, vegetables, and beans. Some of the best soups are an assembly of such ingredients. With a little experience you can create your own.

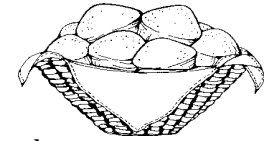
Vegetable soups and soups with vegetable stock provide a wide variety of vitamins and minerals. Grains and beans provide additional vitamins and minerals, dietary fiber, and protein as well.

By combining the right ingredients a soup becomes a high quality complete protein (protein that contains all the essential amino acids that the body cannot manufacture). Grains and beans combined do just that. Bean soups served with whole grain breads provide a complete protein combination. Cream soups using milk and soups with cheese yield complete protein and calcium. Soups also provide an excellent base to stretch a small amount of meat, poultry, and fish protein.

Soups may be hearty or light. Hearty soups include starch such as grain, whole grain pasta, or potatoes, legumes, or milk thickened with pureed vegetables or flour. A hearty soup makes a very satisfying and nutritious meal served with whole grain bread, rolls, or muffins, and a fresh salad or relish tray. A light soup with a variety of vegetables can be a filling starter for any meal, a great weight control tip to curb the appetite for the rest of the meal. My husband, Rich, and I often make a complete restaurant meal of soup and bread followed by one main course shared between us, or occasionally soup and bread alone.

Soup meals are great for catching up on the family food budget and for saving time. Soups salvaged from leftovers can be considered virtually free of cost, while serving planned soup menus from **Soups & Muffins** will average about \$1.25 per meal per person. Compare this budget price with the meal cost chart in the **Master Index**, p. 16. Many soups freeze well to provide quick and easy low cost meals. For this purpose I have included *Preparing Soups for the Freezer* in this edition.

Muffins & More



Muffins are a delightful way to include a broad variety of high fiber grains in the diet while keeping the fat low. They add that something special to any meal and make a great snack or dessert as well.

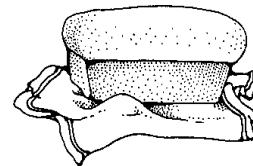
In addition to high fiber and low fat, whole grain muffins pack in a lot of vitamin and mineral nutrition. They are especially high in B-complex vitamins and a variety of trace minerals. The germ of the wheat is one of the most valuable sources of vitamin E. In addition, the vitamin-mineral content of the whole grain flour is about 65% higher than in white flour.

Whole grain muffins provide a high quality of complete protein when the grain is combined with such ingredients as milk and eggs. As complete protein (food containing all the essential amino acids that the body cannot manufacture), milk and eggs enhance the value of incomplete grain protein. In addition, certain combinations of incomplete proteins, such as grains with beans, also provide all the essential amino acids. Thus, bean soups with whole grain breads and muffins make a complete protein meal.

Whole grain complex carbohydrates and fats are the most filling foods, but fats contain twice as many calories per gram as carbohydrates. The typical American meal relies on fat or overeating refined carbohydrates to satiate the appetite instead of high fiber carbohydrate. The consequence is obesity and many other health problems. With high fiber, lowfat muffins the appetite is satiated with more nourishing food and fewer calories. And all in good taste. To find such muffins in any store is rare. Read the ingredients labels and you will see. The solution is to make your own.

Muffins are easy to make. With a little practice anyone can become a successful muffin maker. Making them in a good blender is even easier and increases the opportunity to use a wonderful selection of whole grains, especially important for those allergic to wheat.

In addition to the variety of muffins, we enjoy the alternative of whole grain yeast breads. You will find a tasty selection of these in this book, all prepared from our *Delicious Whole Grain Dough* recipe.



While ***Soups & Muffins*** is designed to be used alone, it is also part of a 7-cookbook set. Therefore references to the other books are made wherever additional information may be useful.

Nutritional Goals

High fat (37% - 42% of calories), low fiber (7 - 14 grams dietary fiber), and high sodium (4,000 - 6,000 milligrams) are characteristic of the average American daily diet.

Contrast those figures to the recommended 30% or less fat (of the total calories), 10% - 15% protein, 55% or more complex carbohydrates, 25 - 40 grams dietary fiber, and 1100 - 3300 milligrams sodium per day. The data below compiled from the 27 menus in this book demonstrates just how well these menus contribute to the nutrient goals.

GET PLENTY OF THESE (List not intended to be complete)	DAILY GOAL	AVERAGE OF SOUP MENUS	
	Amount	Amount	% of Daily Goal
COMPLEX CARBOHYDRATE	55% - 65% of Calories	61% - 63% of Calories	_____
DIETARY FIBER	25 - 40 g ¹	16 g	40% - 68%
VITAMIN A	RDA's: ² 5000 IU	8,659 IU	173%
VITAMIN C	60 mg ¹	66 mg	110%
VITAMIN B-1 (Thiamine)	1.5 mg	0.63 mg	42%
VITAMIN B-2 (Riboflavin)	1.7 mg	0.55 mg	32%
VITAMIN B-3 (Niacin)	20 mg	8.12 mg	41%
CALCIUM	1000 mg	320 mg	32%
POTASSIUM	3750 mg	1,409 mg	38%
IRON	15 mg	6.3 mg	40%

¹g = grams; mg = milligrams ²Recommended Daily Allowances

Nutritional Goals

Our goal is to transform the typical American high fat, low fiber diet into a higher fiber, lower fat diet. By comparing the percentages of the menu averages with the percentages of the daily goal for carbohydrate, fat, and protein, you can observe that this goal has been clearly achieved.

Keep in mind that these figures are realistic--not the ideal projections of a "denial" or even a therapeutic diet--based on menus eaten over a period of time. Some menus in this book fall below and some above the percentage goals.

LIMIT THESE	DAILY GOAL	AVERAGE OF SOUP MENUS
PROTEIN	10% - 15% of Calories	14% of Calories
FAT (TOTAL)	30% of Calories	23% - 25% ¹ of Calories
(Saturated fat)	(10% of Calories)	(9% of Calories)
(Monounsaturated fat)	(10% of Calories)	(8% of Calories)
(Polyunsaturated fat)	(10% of Calories)	(6% of Calories)
CHOLESTEROL	250 - 300 mg	75 - 79 mg
SODIUM	2200 mg (1100 - 3300mg)	952 - 1047mg ¹
SUGAR	Reduce consumption by half (minimum goal) ²	4 tsps ²

¹Higher average reflects use of optional fat or salt suggested in soup recipes for added flavor.

²Average does not refer to total sugars from all sources, but to added concentrated sweetener, primarily honey. In 1981 the average per capita sugar consumption per year was 125.6 lbs. A minimal reduction to 63 lbs. per year amounts to a little over 1/3 cup (16 teaspoons) of sugar per day. Average total sugars per menu from all sources is 40 grams.

How to Read a Recipe



The example below explains how the nutritional information and other extra details relate to the recipe.

<p>Timer designates recipes quick to prepare (see p. 2)</p> <p>Nutrition information (below) based on first listed ingredient, (e.g. <i>olive oil</i>) or first amount listed (e.g. <i>3 tsps. soy sauce</i>)</p> <p>Exchanges rounded to nearest ¼ exchange (see <i>Main Dishes</i>, p. 14)</p>	<div style="text-align: center;"> Recipe Title <i>Interesting and helpful introductory information.</i> AMOUNT: 4 to 6 Servings 1. Blend together: 2 tablespoons olive oil or butter 3 - 4 teaspoons soy sauce <i>(Kikkoman Lite preferred, p. 13)</i> ½ cup walnuts, optional ½ teaspoon salt, to taste, optional <i>Per serving of 4 (includes nuts)</i> <i>Exchanges: 1 Meat, 3.75 Bread, 1.5 Vegetable;</i> <i>358 Calories, 20 g protein (21%), 2 g fat (5%)</i> <i>68.5 g carbohydrate (74%; 4 g sugars), 15.5 g dietary</i> <i>fiber, 50 mg cholesterol, 43 mg sodium (208 mg), \$.40</i> </div>	<p>Page with more information; nutrition information (below) is based on the preferred brand or quality listed (eg. <i>Kikkoman Lite</i>)</p> <p>Sodium when optional salt added</p> <p>Cost based on 1996 average food prices, rounded off upward to nearest \$.05. See also Master Index --<i>Updates, Food Cost</i></p>
--	--	---

Nutrition Information: fat, protein, carbohydrate, sugar, fiber grams (g) rounded to nearest ½ or whole; includes total sugars from all sources--in fruits, dairy products, juices, added sweetener, etc.

Due to many variables, always consider nutrient data as approximate.

NUTRIENT DATA SOURCES

Nutrient data for this book has been compiled from **Sue's Nutridata** © **1996** computer program based on the following sources:

Available nutrition information on food package labels, 1996

Food Values of Portions Commonly Used, 14th Edition, Jean A.T. Pennington & Helen Nichols Church, Harper & Row, Publishers, 1985.

Jean Carper's Total Nutrition Guide, USDA Databases, pp. 222-419, Jean Carper, Bantam Books, 1987.

Laurel's Kitchen, Laurel Robertson, Carol Flinders & Bronwen Godfrey, Nilgiri Press, Berkeley, California, 1976.

Nutrition. David C. Nieman, Diane E. Butterworth, Catherine N. Nieman, Wm. C. Brown Publishers, 1990.

Nutrition Almanac, Revised Edition, Nutrition Search, Inc., John D. Kirschmann, Director, McGraw-Hill Book Company, 1979.

Nutrition Wizard, computer data program, Michael Jacobson, Center for Science in the Public Interest, 1986.

How to Read a Menu Box

Complete menus accompany most soup recipes. Total cost, fat percentage, and calories are given for each menu:



*Creole Bean Soup
Cornbread
(Main Dishes, p. 61) or
Orange Muffins (p. 79)
with Honey Butter
(Main Dishes, p. 261)
Relish Tray*

*\$1.05 - \$1.10
27% - 28% Fat
599 - 650 Calories*

SERVING SIZES OF COMPLETE MENUS

(unless a different amount is stated in the menu box)

All soup recipes :

One serving (1½ - 2 Cups) as given in the nutrition information for the recipe. For example, for *Creole Bean Soup*, p. 42:

Per 1½ cup serving (without optional butter)--Exchanges: 0.5 Meat, 2 Bread, 0.5 Fruit, 1.5 Vegetable; 212 Calories, 11 g protein (19%), 1 g fat (3%), 44 g carbohydrate (78%; 12 g sugars), 11 g dietary fiber, 1 mg cholesterol, 227 mg sodium (360 mg), \$.45

More than one total menu price, fat, or calorie level reflects choice of using or not using optional fat in soups. Data is based on first listed item where a choice is given (e.g. based on *Cornbread* in menu above, not on *Orange Muffins*).

All other recipes or food items in the Menu:

Breads, Muffins, Rolls, Biscuits: 2 each--cornbread, tortillas, muffins, popovers, slices bread; ⅓ cup *Soup 'n Salad Croutons*.

Fruits: 3 wedges or slices orange, apple, or tomato; 3 cherry tomatoes; 2 slices or wedges pineapple; 6 slices cucumber, 2 avocado wedges, 8 oz. unpeeled watermelon wedge; ¾ cup mixed *Seasonal Fruit (Main Dishes, p. 121)*.

Raw Vegetables, Relish Tray: 1 Cup or 4 carrot + 4 celery sticks

Spreads, Dips, Toppings, Dressings (unless otherwise listed in menu box):
Salad dressings, herb vinegar, tartare sauce, 1 tablespoon
Oil & vinegar, 1½ tsps. olive oil + vinegar, to taste
Butter and butter spreads, 1 tablespoon unless listed otherwise
Jam, 1 tablespoon (Jam is often suggested in place of butter. Use 100% fruit jam, all fruit spread or jam sweetened with a natural sweetener such as honey. Total sugars in menus (p. 7) are based on use of 100% fruit jam or all-fruit spread.

Basic Stock List

For Soups

Sue's Kitchen Magic (p. 14)
Liquid Aminos (p. 13)
soy sauce (p. 13)
lemon juice, bottled (p. 13)
beans, dry, canned as needed (p. 12)
beef broth (p. 12)
chicken broth (p. 12)
tomatoes, canned (p. 14)
tomato sauce (p. 14)
tomato paste (p. 14)
whole wheat pastry flour
or other flour thickener (p. 14)
Spike Seasoning (p. 14)
salt (p. 13)
olive oil (*Oils*, p. 13)
lentils (*beans*, p. 12)
split peas (*beans*, p. 12)
brown rice (p. 20)
barley, pearled (p. 20)
whole grain pasta, as desired
herbs, etc: (p. 12)
thyme leaves
oregano leaves
bay leaves
basil leaves
Italian Seasoning
marjoram leaves
paprika
parsley, dried (p. 13)
garlic powder
pepper
dill weed
ground cumin seed
dry mustard
rosemary leaves

Fresh Ingredients

carrots (*Vegetables*, p. 14)
celery
garlic cloves
onion
potatoes
parsley (p. 13)
lemons (p. 13)
other vegetables, as needed
beef soup bones for broth

For Soups (Cont'd)

chicken, whole or parts for broth
milk, lowfat or nonfat
or soy milk alternative (p. 13)
unsalted butter (p. 22)

For Muffins & Yeast Breads

baking powder (*Leavening*, p. 25)
baking soda (*Leavening*, p. 25)
active dry yeast (*Leavening*, p. 25)
salt (p. 26)
honey or other sweeteners, as
desired (pp. 22-23)
oat bran (p. 19)
oats, rolled (p. 19)
wheat bran (p. 18)
whole grain flours and/or grains,
as desired (pp. 16-21)
raisins (p. 26)
dates or date dices (p. 26)
other dried fruits, as desired (p. 26)
olive and/or canola oil (*Fat*, p. 24)
no-stick cooking spray, or muffin
papers, or liquid lecithin (p. 28)
coconut, unsweetened (*Fruits*, p. 26)
walnuts (p. 26)
other nuts, as desired (p. 26)
spices (p. 27):
cinnamon
nutmeg
ginger
dill seed
flavorings (p. 27):
almond extract
orange extract
orange peel, dried
vitamin C: 500 mg tablets or
crystalline (see recipe, p. 96)

Fresh Ingredients

eggs or alternative (p. 23)
buttermilk, yogurt
or alternative (p. 24)
fresh fruits, as needed
fresh vegetables, as needed
orange juice concentrate
Parmesan cheese

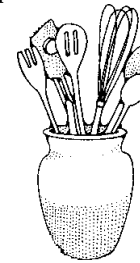
Basic Pots'n Pans & Utensils¹

SOUPS

soup pot: stainless steel heavy duty preferred
crock-pot is great!

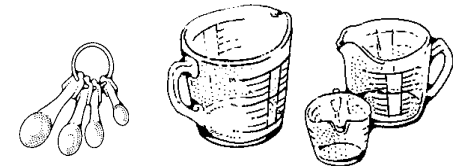


wooden spoons
sharp cutting knives¹
cutting board
wire whisk
rubber spatula



set of measuring cups for dry ingredients¹

1 cup glass liquid measure
2 cup glass liquid measure
1 qt. glass liquid measure
set of measuring spoons



blender
(at least a 10 speed Osterizer in good condition)



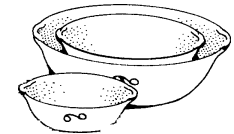
MUFFINS & BREADS

muffin pans
(see p. 28)



8½" x 4½" loaf pans for yeast breads (see p. 34)

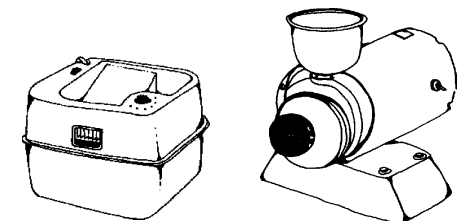
set of mixing bowls:
small
medium
large



oven thermometer
kitchen timer
electric bread kneader, if desired, for yeast breads, such as Bosch, DLX, K-Tek or Kitchen Aid (not an autobake machine)



coffee bean mill or flour mill, if desired (see p. 17)



¹For specifics with illustrations see **Lunches & Snacks**, pp. 38-39.

Soup Ingredients

Beans (legumes) Most of the bean soup recipes call for dry beans, easily available in both supermarkets and health food stores. Store in tightly covered containers at room temperature. Dry beans keep indefinitely, but will toughen over a period of time. Beans kept a year, for example, may require longer time to cook. Most beans sold in U.S. are quite clean and free of broken beans and extraneous matter. It is good to check them as you use them, however, and give them a good rinse before cooking. For more on cooking dry beans and dealing with the gas producing problem see **Main Dishes**, pp. 58-59. Canned beans are great for convenience, but more expensive than dry beans and very high in sodium. Look for reduced salt or low sodium brands such as *S&W 50% Reduced Salt/Sodium* brand. Canned beans can be thoroughly rinsed for a full minute to reduce the sodium content up to 40%.

Butter Butter improves the flavor of almost any soup transforming it from a good soup to a truly delectable soup. Restaurants use plenty of it to flavor their soups. Note from the *Nutritional Goals* Chart, p. 6, however, that using optional butter in our soup recipes does not raise the average fat level of the soup menus above 25%. In general, unless you are making a cream based soup calling for more than 1 tablespoon butter, add 1 tablespoon at a time, to taste (an addition of 100 calories per tablespoon). I use unsalted butter as one way to reduce sodium. Keep unsalted butter frozen until ready to use. Since salt, which acts as a preservative, is not present in unsalted butter, it can turn rancid quickly, even in the refrigerator.

Broth or Stock (chicken, beef, vegetable) Bouillon cubes are very high in sodium and contain MSG (monosodium glutamate). Canned broth is usually lower in sodium, but most supermarket brands still contain MSG. "Natural flavor" listed in the ingredients may refer to MSG. One brand with no MSG available in some supermarkets is *Pritikin*. Other brands may be available. Two health food store brands are *Health Valley* and *Hain* brands. Both of these brands are available either salted or unsalted. Sometimes these latter are found in supermarkets, as well. Since salt content of these brands vary, adjust the seasoning of a recipe with more or less salt. Usually the amount of salt you add to taste will result in a lower sodium recipe than using a high sodium canned broth or bouillon cubes. Home prepared broths are much more economical and you can control your own sodium level by the amount of salt you add. Salt added in the broth recipes on page 37 is merely a suggested guideline to the flavor I like. *Pacific Foods of Oregon* Vegetable or Chicken Broth with no MSG is available at some health food stores and currently at Trader Joe Markets (at least at the time this edition of **Soups & Muffins** was printed). For vegetable broth recipe, see page 13.

Herbs I purchase herbs at the supermarket in small jars or cans. For some, I prefer to use leaves to the ground or powdered, for example, thyme leaves, oregano leaves, etc. Some brands say "leaves" and some don't. If it isn't in a powdered form, it is in the leaf form. They keep flavor longer than the ground form and give an appearance of a little more character. Store herbs

in a cool place. They will lose strength of aroma and flavor over a period of time. By all means use fresh herbs, even growing them if you desire.

Lemon Juice The citric acid of lemon juice can often bring out the flavor in some soups so that salt can be reduced or omitted. Lemon wedges, especially the small green lemons used abundantly in Mexico are wonderful served at the table with soup, or thinly sliced and floated on top.

Liquid Aminos (*Bragg Liquid Aminos*) An all vegetable liquid protein derived from whole soybeans and water. Delicious for broth, gravy, and soups. No added salt, preservatives or chemicals. It is similar in flavor to soy sauce, but considerably milder and very low in sodium (220 mg per teaspoon). Comes in tall plastic bottles. Refrigerate after opening. Available at health food stores. If you cannot find it, soy sauce may be used in lesser amount to taste.

Oils: When I use oil to saute vegetables, I use extra virgin olive oil. For an explanation see **Main Dishes**, pp. 18-19, 26, 27. One tablespoon adds 120 calories to the recipe.



Parsley Fresh parsley adds a beautiful touch of color as well as added flavor to soups. If parsley is added during the soup preparation for flavor it will lose its color. Add parsley for garnish the last few minutes before serving to preserve its beautiful bright green color. To store fresh parsley, place the stem ends of the entire bunch into a jar of water and cover the leafy tops with a loose fitting plastic bag. Refrigerate and change the water about every 3 days. Wash the parsley only as you use it. In this way, parsley will last up to 3 weeks. Keep dried parsley on hand only in very small containers. It tends to lose its bright green color very rapidly.

Salt Salt has a unique capacity to bring out the flavor in many soups. Salt, to taste given in soup recipes is the amount I usually add, but do your own tasting. When a specific amount of salt, to taste is called for, the amount of sodium is given in the nutrient data. For example, in *Creole Bean Soup*,

$\frac{1}{2}$ teaspoon salt, to taste is called for in step #4. In the nutrient information at the bottom of the page you will see: 227 mg sodium (360 mg). This means that each serving of the soup will have 360 mg sodium if the $\frac{1}{2}$ teaspoon salt is added to the recipe, or 227 mg sodium per serving if not added. See more on salt on page 26.



While a variety of herbs and seasonings can minimize the need for salt, often some is still needed to gain a truly delicious flavor. One teaspoon salt adds 2,132 mg sodium to a recipe.

Soy Milk Soy milk is the most workable and nutritious alternative to milk in soup recipes. For the best results I recommend either *Better Than Milk Tofu Beverage* or *Solait* Instant Soy Beverage, both in the powdered form for economy. Both are available in health food stores.

Soy Sauce A good soy sauce should be naturally brewed, that is, fermented. *Kikkoman Lite Soy Sauce* contains 200 milligrams sodium per teaspoon. *Kikkoman Milder Soy Sauce* contains slightly less, but the difference is not worth the additional cost. Regular soy sauce contains 314 milligrams sodium per teaspoon. Kikkoman contains wheat. If you are

allergic to wheat, find a soy sauce made only with soy beans. Liquid Aminos (above) may act as a substitute. Use a greater amount to taste.

Spike Seasoning Our favorite all purpose seasoning, *Spike*, contains 39 herbs and spices and is about half sodium. It should not be used for the purpose of cutting down on sodium. Available in health food stores and some supermarkets. *Spike* is also available without added salt.

Sue's Kitchen Magic Seasoning A wonderful seasoning made from soy, wheat, corn, and alfalfa, this seasoning imparts a salty flavor. It is a hydrolyzed vegetable protein, but contains only natural MSG which is not usually a problem. One teaspoon contains 840 milligrams of sodium. It is not meant to achieve a low sodium recipe, but is a nutritionally improved source over table salt. It can often replace chicken broth or bouillon, but it also has its own excellent flavor. See also **Master Index--Updates**. To purchase, see order form in back of this book.

Thickeners I use whole wheat pastry flour (see p. 18), but flour from any grain will thicken soup. To substitute other types of flour, use the same amount. There is some minor variation in the equivalents, but the amount can be adjusted after you have experimented with the type of flour you decide to use regularly, as for example, brown rice flour. Unbleached white flour can be used if you are not ready to adapt to a whole grain flour thickener. Whisk the flour into cold liquid until smooth before stirring it into soup and stir over medium heat until thickened. Sometimes a *roux*, made by stirring the flour into melted butter and/ or oil and cooking a minute before adding other liquid, gives a more pleasing flavor. Other methods of thickening soups include the addition of potatoes and then blending in a blender, or blending cooked legumes and/or vegetables in the blender (such as in *Butternut Squash Soup*, page 92). Often I blend part of a bean soup to increase the thickness, while leaving some unblended for character and texture of the whole beans as in *Middle Eastern Lentil Soup*, p. 38.

Tomato Products "No salt" and salt reduced brands of canned tomatoes, puree and sauce are becoming more available in supermarkets. Adjust salt seasoning to taste depending on the brand you use. Unless indicated as being "no salt" or "less" salt, tomato products used to calculate sodium content in the soup recipes are not reduced salt brands.



Vegetables While the sky's the limit in use of vegetables in soups, the key vegetables used most often are tomatoes, carrots, potatoes, onions, celery and parsley. Keep these on hand for soups. To remove pesticides, chemicals, waxes, bacteria, fungicides and herbicides you can use a fruit and vegetable wash, available at health food stores and Trader Joe Markets.

When frozen vegetables are called for, I recommend Individually Quick Frozen (IQF) Vegetables. These are vegetables that are immediately processed and frozen upon harvesting and not thawed or refrozen before reaching the customer. Individual pieces are kept separated for easy removal from the bag in amount desired. Trader Joe Markets are a good resource (for more information concerning Trader Joe Markets, see the **Master Index--Updates**).

Preparing Soups for the Freezer

What Soups Freeze Best?

Bean soups freeze best. Vegetable soups freeze fairly well. Freezable soups in this book are noted on the recipe page and also marked with an asterisk (*) in the *Recipe List*, page 2. Some of the recipes will freeze better if the tips given below regarding potatoes, fat, and vegetables are followed. Stocks and broths are excellent to freeze. A stock is a concentrated flavorful form of a broth, achieved by cooking a broth long enough to evaporate much of the liquid. When a stock is used, water is added to the flavor strength of the original broth. I usually use my home prepared *Vegetable Soup Stock* (p. 39) full strength, however. A stock will take up less freezer space.

Multiplying Recipes

I almost always multiply a recipe for 4 - 6 servings if it can be frozen. Why not maximize your time and effort by preparing 2 or more meals at a time? Multiplying a recipe is not as difficult as it may seem. Two or three times each ingredient is easy to do. The only ingredient I don't multiply equally in a recipe is bay leaf. I usually use 1 bay leaf in a double or triple recipe.

Knowing can sizes and the volume equivalents can simplify multiplying recipes and increase economy. These equivalents will help:

14.5 oz - 16 oz. can = about 2 cups (2 cups in 16 oz.)

28 oz - 29 oz can = 3½ cups

#10 can (large commercial size, 6 - 7 lbs) = 12 - 13 cups

1--#10 can equals any of the following:

7--14.5 oz. cans

6--16 oz. cans

3--28 oz. or 29 oz. cans + 1--14.5 oz or 16 oz. can

A Few Freezer Tips (Not hard and fast rules, but good ideas)

Leave potatoes out.

Leave butter out. Add it later for flavor as desired.

Undercook the vegetables unless pureeing them for a creamy soup.

Leave ½ inch space at top of freezer container. Cover tightly.

Label freezer container with name and date at room temperature before filling it with soup. If the container is too hot or too cold, freezer or masking tape will not stick.

To thaw soups, remove from freezer and refrigerate overnight. Reheat in soup pot at very low temperature; break up soup into smaller chunks with a fork as it heats and thaws.

For more information on freezing see **Meals in Minutes**, pp. 7-11.

How Long in the Freezer?

Broth or stocks for 2 - 3 months.

Soups up to 2 months.

Muffin Ingredients

WHOLE GRAINS & FLOURS

Working with a variety of whole grains and flour opens up a whole new world of baking. This variety not only supplies the varied nutritional qualities, textures, and flavors of different grains, it also offers more alternatives for people who are allergic or sensitive to certain grains, especially wheat.


The typical American fare of bread and grain products is of the greatest variety the world has known. Yet thousands upon thousands of these products contain all-purpose wheat (white) flour.

The nutrient loss in milling whole wheat flour into white flour is considerable as seen in the chart below:

Whole Wheat Flour Nutrients	Nutrient Loss in All-Purpose White Flour
thiamine (B-1) ¹	77%
riboflavin (B-2) ¹	67%
niacin (B-3) ¹	81%
pyridoxine (B-6)	72%
choline (part of B-complex)	30%
folic acid (part of B-complex) ¹	67%
pantothenic acid (part of B-complex)	50%
vitamin E	86%
chromium	40%
manganese	86%
selenium	16%
zinc	98%
iron ¹	75%
cobalt	89%
calcium	60%
sodium	78%
potassium	77%
magnesium	85%
phosphorus	91%
molybdenum	48%
copper	68%
Total Average Loss	70%
undiscovered nutrient value	unknown
dietary fiber	89%



¹These nutrients are added to "enriched" white flour in synthetic form, but are not restored in the original form.



Baking muffins with a variety of whole grains is easier than baking yeast breads. Yeast requires the development of gluten in the flour to give the bread structure, tender texture, and an adequate rise. Since wheat (including Kamut and spelt) contains more gluten than the other grains, it makes the best yeast breads, either used alone or combined with smaller amounts of other grains. The gluten content in baking without yeast, on the other hand, is not important to the success of the finished product. This gives more freedom in the variety of grains that can be used.

A home flour mill is an unquestionable asset to using whole grains. It is generally easier to purchase whole grains than the flours, and they are easier to store. They can be freshly milled just before baking so that the full fresh flavor and nutrient content are at their best.

ALTERNATIVES TO HOME MILLING

There are alternatives to home milling and enough variety of recipes to suit your own situation if you do not presently own a flour mill.

Purchase Whole Grain Flours

Whole grain flours can usually be purchased in 2 - 5 lb. bags at health food stores. Supermarkets general carry only whole wheat flour.

Use the Blender Method!

A good blender, such as a 10-speed Osterizer, is suitable for several of the muffin recipes. The procedure for mixing the muffins is different, yet very simple: 1) Place all the liquid ingredients in the blender first. 2) Add the grain (not flour; the amount of grain to use for each recipe adaptable to the blender method is given with the recipe). 3) Blend on high speed for 4-5 minutes (this turns the grain into flour). 4) Briefly blend in the salt, baking powder, baking soda, and spices either with blender or a spatula, as needed. 5) If ingredients that should not be blended in the blender must be added, such as moistened bran, nuts, fruits, or grated vegetables, mix the blended batter with these ingredients and with the baking powder, soda, salt, and spices in a mixing bowl. For more information on the blender method and muffin recipes written for the blender method, see **Breakfasts**, pp. 82-83, pp. 192-198. If your muffins don't come out well with the blender method, your blender is probably not powerful enough to adequately grind the grain.

Coffee Bean Mill

A coffee bean mill is a very limited, but an inexpensive and immediate way to add some whole grain flour to your recipes. Place 1/3 cup of grain or rolled flakes (such as rolled oats, wheat, or barley) in the mill at a time. Mill for 15 seconds, stop to give the mill a rest, then mill another 15 seconds. Repeat this as needed up to 1 - 1 1/2 minutes until flour texture is adequate. It is best not to mill more than a cup or two of flour this way. Rolled flakes or whole wheat pastry berries (grain) mill most easily in a coffee bean mill.

BUYING GRAINS

Health food stores generally carry several whole grains as well as flours. Most supermarkets are still limited to brown rice and whole wheat flour.

When you have acquired a mill and are fully committed to using whole grains, you can find a bulk or wholesale outlet with prices considerably below that of smaller retail sizes. Food co-ops often have better prices. **The 15 Minute Meal Planner** contains a section on resources plus a mail order listing. Keep in mind that these sources sometimes go out of business, change address, or change phone number. I purchase grains from Sundance Country Farms 1-888-269-9888, www.sundancecountryfarm.com. Request a catalog. See **Breakfasts**, page 78-79 for more information.

STORING GRAINS AND FLOURS

Keep grains in a cool, dry place and tightly covered. Tupperware or covered 3 lb. coffee cans lined with plastic bags closed at the top with a twist top can provide secure storage. Use 5 gallon plastic buckets for bulk. You need only freeze or refrigerate whole grains if bugs become a problem. All whole grains and flours come with "insect potential." But most grains will keep at room temperature for a year. If a grain does acquire live critters, place the grain in the freezer to kill them. Then sift them out through a colander before milling into flour. See also **Breakfasts**, pp. 80-81.

Most flours will keep a month unrefrigerated, or 2 - 3 months refrigerated. Refrigerated wheat and triticale flours will keep 12 months.

GETTING ACQUAINTED WITH WHOLE GRAINS

Whole grains and flours used in the muffin and bread recipes are briefly introduced below. For more detailed information, see **Breakfasts**, pp. 41-86.

Wheat

When using wheat for muffins, use whole wheat pastry flour or whole wheat pastry berries (grain). Whole wheat pastry flour comes from soft wheat which is lower in gluten and therefore produces lighter muffins. When making yeast breads use hard winter red wheat or hard white wheat. These are higher in gluten which is needed to develop the "stretch" that causes yeast breads to rise when yeast is used. Hard winter red wheat flour is usually labeled 100% whole wheat. Supermarkets carry this, but not whole wheat pastry flour. For more on hard white wheat see **Master Index--Updates**.

According to Earl Mindell, **Unsafe at Any Meal**, whole wheat flour contains difficult-to-digest carbohydrates that, when broken down by bacteria in the colon, can cause gas and diarrhea. This is not a good excuse for resorting to white flour. Rather, be aware of how your own digestive system responds. Many adjust over a period of time. A better approach is to use a variety of whole grain flours. Take advantage of the variety of grains used in our muffin recipes. You will be surprised how easy it is to achieve successful and tasty muffins with a variety of grains.

Wheat Bran or Wheat Bran Flakes (Unprocessed)

In contrast to bran cereals, unprocessed bran flakes are soft with nothing added. Many bran muffin recipes call for bran cereals that contain sugar and salt. Plain bran works just as well and is less expensive. Many supermarkets

carry wheat bran, but generally bran purchased at health food stores will be less expensive.

When using bran flakes in muffins, moisten with boiling hot water and let stand at least 5 minutes to soften. This will result in a more pleasing texture. Use 1 part water to 3 parts bran.

While selected recipes contain wheat bran flakes, I don't recommend adding wheat bran to everything merely to increase the fiber. The best way to get bran fiber is as it comes as an integral part of the whole grain (see wheat kernel diagram, **Lunches & Snacks**, p. 106, or **Breakfasts**, p. 53).

Some wheat bran is finer flaked than other wheat bran. I find I get better results when it is not so fine. The finer the bran, the more water is absorbed, the batter is stiffer and the muffins heavier. Therefore, consider using less bran than called for in the recipes if this occurs with a fine textured bran. Keep wheat bran refrigerated.

Kamut and Spelt

These two grains have become available in America in recent years. Both are wheat, yet many persons allergic to common wheat can eat spelt, and especially Kamut. Both work successfully in yeast breads. *Delicious Whole Grain Dough*, p. 96, includes variations using these grains. Complete recipes for *Kamut Bread* and *Spelt Bread* may be found in **Breakfasts**, pp. 122-123.

Kamut and spelt can be used in muffins to replace whole wheat. A little more spelt is required--about 1¼ cups spelt flour in place of 1 cup wheat flour. Use the same amount of Kamut flour as wheat flour.

Oats & Oat Bran

Both oats and oat bran are easy to use in recipes. Rolled oats are usually soaked in the liquid for a few minutes before adding other ingredients. Whole oat grain (not rolled oats) is usually referred to as oat groats.

The soluble fiber of oats and oat bran has many health benefits (see **Breakfasts**, p. 52). Find oat bran and rolled oats at supermarkets, oat groats or oat flour at health food stores. Keep oat bran refrigerated as well as the flour.

Cornmeal or Corn, Whole Kernel

Degerminated cornmeal is cornmeal with the corn germ removed. This is the usual form available in supermarkets. Stoneground or whole ground cornmeal or dry whole kernel corn are usually readily available in health food stores.

With a flour mill you can grind your own stoneground cornmeal from dry whole kernel corn. You can also make cornbread with dry whole kernel corn using the blender method (see p. 17).

Most grains, especially corn, are low in the amino acid, lysine. A high-lysine corn may be purchased at some health food stores. If you use a lot of cornmeal, high-lysine corn may well be worth looking for. *Arrowhead Mills* is a good brand.



Barley

Pearl barley is easy to find in supermarkets but not as nutritious as hulled barley grain available in many health food stores. Whole hulled barley grain makes a very acceptable flour for whole grain baking. Barley flour is especially useful to replace whole wheat flour in cakes if allergic to wheat. The lightness of whole wheat cake may also be enhanced by replacing 2 tablespoons of each cup of wheat flour with 2 tablespoons of barley flour. This can work for muffins, as well.

Brown Rice

Brown rice flour works well in muffins and gives a chewier texture. Because of light color, muffins with rice flour will look almost like white flour muffins. Brown rice is one whole grain easily available in supermarkets. The common varieties are short grain, medium grain, or long grain. Any of these can be milled into brown rice flour. Buy brown rice flour at a health food store.

While brown rice works well in blender waffles or pancakes, it does not work well for muffins using the blender method of mixing (p. 17).

Rye

Rye is comparable to wheat in nutrition, but contains less gluten than the other grains. This does not create any baking problem in muffins. Many associate the flavor of rye with the taste of caraway seed usually added to rye breads. Since they don't like caraway, they mistake it as a dislike for rye. Rye is a very hard grain and should not be used for the blender method of mixing (p. 17) unless a powerful blender such as comes with the Bosch Kitchen Machine is used.

Whole raw rye grain is referred to as rye berries.

Buckwheat

For information on buckwheat see **Breakfasts**, p. 73-74. I do not use it in muffins or yeast breads, but in pancakes, waffles and for hot cereal.

Millet

While wheat is king of the grains for its versatility in producing successful breads and cereals, millet is known for its nutrition. It is very close to being a complete protein. Thus it is suitable for survival if there is no other food. Almost no one is allergic to it.

Millet used alone doesn't bake up too well, but can be used in small amounts with other grains. The *Almond Millet Muffins* recipe (p. 86), however, is an acceptable alternative for those allergic, especially to several other grains.

Millet has quite a different taste when cooked up as a cereal. Millet grain is small enough to grind into flour fairly well in a good blender. The whole dry grain is usually referred to as hulled millet.

Triticale

Triticale, a hybrid grain combining wheat and rye, is higher in protein than either alone. It is a good alternative for a mild sensitivity to wheat. When

substituting triticale for wheat in yeast bread, expect a denser, heavier loaf. Allow only one rising before baking. The addition of 2 tablespoons liquid lecithin (buy at health food store) and powdered vitamin C (see *Delicious Whole Grain Dough*, p. 96) will decrease the heaviness of the loaf. In combination, 1 part triticale to 2 parts whole wheat works well in yeast bread.

Amaranth

A staple of the Aztecs, amaranth all but disappeared with this vanishing civilization. It has recently been rediscovered and newly promoted. Like buckwheat it is not actually a grain though used like one. It is higher in protein than grains, especially in the amino acid, lysine, making it a good compliment to grains for complete protein. Amaranth can replace about 25% of the flour in any recipe (or ½ cup in most muffin recipes). An example is *Zucchini Muffins* (p. 69). In recipes where amaranth is the main ingredient, use 75% amaranth and 25% arrowroot powder or ground nuts, or a combination of both (see *Amaranth Muffins*, p. 87).

Amaranth is not as easy to find as other flours and is most readily available in combination with other grains in cereals and pastas mostly sold in health food stores. Singly, the grain is easier to find than the flour. Both are expensive in comparison to other grains and flours, but can be a real boon for persons allergic to several grains. Amaranth seed can be milled dry in a good blender or home flour mill or coffee bean mill.

Amaranth has a very strong sweet pungent flavor that most people generally will not care for unless it is used in small amounts or with strong spice flavor.

Soy Flour

Soy flour can be used to replace up to 25% of the flour in any recipe. The protein of soy flour will compliment the protein of grain for more complete protein. Soy flour has not been used in our muffin or yeast bread recipes, but you can certainly add it, if you wish, to increase the protein value of the recipes.

Gluten Flour

Gluten flour is the concentrated high protein portion of the endosperm of whole grain wheat. A small amount of gluten flour may be added to whole grain yeast breads to lighten the texture, especially those using a combination of other whole grain flours with wheat. *Five Grain Bread* (p. 99) is an example. Use about 1 tablespoon gluten flour to 1 cup of whole grain flour.

In general, I have not found that the addition of gluten flour makes much difference in the lightness of my breads, but your experience may be different, so give this a try if your whole grain yeast breads are not as light in texture as you desire.

Quinoa

For information on quinoa, see *Breakfasts*, p. 74. I have not used it in the muffin recipes, but it can be milled into flour and added in small amounts to muffin recipes to enhance nutrition. Use it as you would amaranth flour (see above).

SWEETENERS

Honey

Is honey a better nutritional choice than refined white sugar? We defer to the wisdom of Solomon: *Eat honey, my son, for it is good; honey from the comb is sweet to your taste. . . If you find honey, eat just enough--too much of it, and you will vomit. Proverbs 24:13, 25:16 (NIV)*. Honey is good, But it is meant to be used in moderation.

Honey is twice as sweet as sugar requiring only half the amount in almost any recipe. This is an automatic way to significantly lower the amount of sugar consumed in the diet. One-half cup honey, equivalent to 1 cup sugar, contains 254 fewer calories.

A high quality honey (labeled "unfiltered and unheated") contains minute amounts of vitamins and trace minerals plus many other nutritional properties less clearly understood. Refined sugar contains none of these. If purchased in small quantities, honey can be quite expensive. Often a local bee keeper will sell larger quantities very economically. Bulk buying, usually in 60 lb. or 5 gallon buckets can often mean considerable savings.

Since honey is the product of many different flower nectars, flavors range from mild to strong. Lighter honeys are generally milder. Many people prefer a milder honey flavor to a strong one, but in baking the difference is not as noticed as much as it is in drinks, in puddings, or on cereals. Sometimes stronger flavored honey is sold in bulk and called Baker's Honey. It is usually less expensive and perfectly acceptable for baking.

Honey is less addictive than refined sugar, partly because of its strong flavor. You can take only so much of it. Too much honey in a recipe will overpower the other flavors you want to enjoy.

The concentration of sweetening used in muffins and yeast breads is much lower than in desserts, cakes, and cookies. Muffins, especially, can fill the desire for something sweet without the high concentration of sweetener used in pastries.

Although a broader variety of sweeteners are used in our desserts, I have chosen honey as my main sweetener for most muffin recipes and yeast breads.

Molasses

Molasses is the nutrient-rich syrup left over from the manufacture of white sugar. It is especially high in iron, calcium, and potassium and an excellent choice of sweetener if you like the strong molasses flavor. Substitute ¼ cup molasses for ¼ cup honey in any recipe. Molasses blends especially well with bran muffin recipes.

Blackstrap molasses contains the highest concentration of nutrients and is also strongest in flavor. You are not likely to find blackstrap molasses in a supermarket. Health food stores carry it regularly. Molasses is highly laxative.

Fructose

Fructose is fruit sugar or levulose, usually derived from corn. It may be either in crystalline or liquid form and is available in health food stores. I use the crystalline form which looks exactly like white sugar (sucrose). Fructose is not quite twice as sweet as sugar, yet I have found in most recipes, especially muffins, that crystalline fructose can be used successfully in place of honey in exactly the same amount. The use of fructose, therefore, cuts the amount of sugar used significantly, as does honey.

Fructose does not require as high an insulin release in the blood stream as other sweeteners, including honey. Therefore it may be preferred by some with diabetes or hypoglycemia. Nevertheless, it is highly refined, as white sugar, and can in large amounts cause gastrointestinal discomfort and diarrhea as well as possibly raise blood cholesterol. It is also very expensive. I use it, but only on occasion or in very small amounts.

Date Sugar

Date sugar is essentially ground up dates. Like honey it is a more completely whole food. It is very expensive. For a cost comparison see **Desserts**, p. 30. Chopped dates in a recipe will add sweetening and can often replace part of the honey.

Other Sweeteners

For more information on honey, molasses, fructose and other sweeteners such as *Sucanat*, see **Desserts**, pp. 23-30. An increasing variety of sweetening options are becoming available. Most will work in muffins with a little experimentation.

EGGS

Eggs, Whole or Whites

Eggs act as a binder of ingredients in baking and add high quality protein and fat, plus a variety of nutrients in small amounts. Use 2 egg whites or ¼ cup egg substitute to replace 1 egg. Consider, however, that the cholesterol of 1 egg yolk divided 10 to 12 ways in a batch of muffins does not amount to much, plus the amount of nutrition wasted by throwing away the yolk instead of using it.

I recommend fertile eggs or eggs produced by free range fed chickens. See **Breakfasts**, pp. 130-137.

Egg Substitute

Egg substitute is primarily derived from egg whites and packaged in small cartons. The cost is about comparable to using fresh egg whites. Egg substitute is available in practically any supermarket. *Egg Beaters* is a popular brand. Keep refrigerated and use within the time specified on the package. For other possible egg substitutes, see **Breakfasts**, p. 269. Some fruit based products may replace eggs as well as fat. See **Desserts**, pp. 23-24.

LIQUID

My favorite liquid for muffins is buttermilk. It is low in fat, is an easily digested cultured milk, and offers pleasing flavor and texture. Buttermilk may be 2% fat, 1% fat, or ½% fat. All are considered as lowfat. Buttermilk at 1% and ½% are labeled "lowfat" as well. It is best to note the actual fat level on the carton instead of relying on the title "lowfat." All the fat levels of muffin recipes in this book are based on using 1% fat buttermilk. Most supermarkets have it. ½% buttermilk is a little harder to find. Whatever buttermilk you use, none of it contains more fat than lowfat milk at 2%.

Buttermilk powder is an option if you don't use up a quart of buttermilk while it is still fresh. Many health food stores carry powdered buttermilk, such as *Darigold* brand. Occasionally *Saco Cultured Buttermilk Blend* can be found at the supermarket. It is made of sweet cream churned buttermilk, sweet dairy whey, sodium caseinate and lactic acid. To use buttermilk powder, add 3 - 4 tablespoons to the dry ingredients for 1 cup buttermilk called for in the recipe. Replace the liquid buttermilk with the same amount of water. You may enjoy using powdered buttermilk to prepare the muffin mix recipe in ***Meals in Minutes***.

Any type of milk product is interchangeable with buttermilk in baking. Soured or cultured milk products give the best flavor, so if you prefer to use nonfat milk to further reduce fat, sour it first. Place 1 tablespoon apple cider vinegar or lemon juice in bottom of a 1 cup glass measuring cup and fill to the 1 cup mark with milk; let stand a few minutes. Of course, naturally soured milk can be used as well. If using yogurt, either plain lowfat or nonfat work equally as well. Thin the yogurt with a little milk or water to the consistency of buttermilk.

Non-dairy liquid may also be used for muffins. I especially recommend soy milk, either *Solait Instant Soy Beverage* or *Better Than Milk Tofu Beverage*. Both are available from many health food stores. Purchase these products in the powdered form for economy. To use in place of buttermilk, sour the soy milk as you would dairy milk with vinegar or lemon juice (see above). Apple or pineapple juice may also be substituted. Since these juices are not as thick in consistency, you may wish to use a little less than the milk called for or about ¾ - 1 cup juice to 1 cup of milk. Adjust your liquid measure to match the appropriate consistency for muffin batter--not runny (although some batters will be pourable), but generally more moist than cookie dough, and not too stiff or dry. In general, soured soy milk will give more consistent good results than fruit juice and also compliment the grain protein of the muffins, whereas fruit juice will not.

Nut milk is another non-dairy option. Recipes for both nut milk and soy milk are available in ***Breakfasts***, pp. 33-34.

FAT

The addition of at least some fat is standard for practically every muffin recipe you will find. Yet, in my experience, it hardly affects the flavor or the texture, especially when muffins are served fresh. Muffins may have a barely

noticeable less cakelike texture that is subtly a bit spongy or chewy. Leaving the fat out of muffins is an easy way to cut fat. If you are not happy with the results, add no more than 2 - 4 tablespoons oil to a recipe, preferably a monounsaturated oil such as olive or canola oil. I don't recommend using margarine or shortening since these have undergone the process of hydrogenation. For more on hydrogenation and use of oil, see **Main Dishes**, pp. 26-27, **Breakfasts**, pp. 262-264, and **The 15 Minute Meal Planner**, pp. 107-108.

Some have recommended use of applesauce in place of fat. In general, I have not replaced the fat in muffins with anything. Some commercial fruit based products have been designed to replace fat. See **Desserts**, pp. 23-24.

LEAVENING

Leavening causes the baked product to rise during baking. In quick breads such as muffins baking powder is used for leavening. Baking soda also aids in producing a tender crumb. Whenever soured milk, such as buttermilk, is used, it is necessary to use at least ½ teaspoon baking soda per cup to neutralize the acid of the milk.

Baking powder and soda can alter the pH balance of the batter so that some of the B-vitamins are destroyed if too much is used. The loss can be reduced by limiting the leavening to 1 teaspoon per cup of flour. In most recipes with 2 cups flour, for example, I use 1½ teaspoons baking powder and ½ teaspoon baking soda.

It is best to use double acting baking powder. Most baking powders available are now double-acting. This means that part of the leavening action of the baking powder is not released until baking occurs. In this way you do not lose all the leavening power before the product goes into the oven.

I recommend using *low sodium baking powder* available in health food stores. One teaspoon contains 1.5 mg. sodium compared to 330 mg. per teaspoon in regular double acting baking powder. Low sodium baking powder also contains no aluminum or corn. The package label recommends using 1 - 1½ times the amount of regular double-acting baking powder called for in a recipe. I use the same amount of either one. *Rumford* brand is a second choice. It contains no aluminum.

Baking powder will keep at room temperature for 6 -12 months. Baking soda will keep 18 months. To test whether baking powder is "dead or alive" stir 1 teaspoon into ½ cup hot water. If it bubbles energetically it is active.

Beaten egg whites can aid in some recipes to lighten the product, as in *Eight Grain Muffins*, p. 51.

In yeast breads, yeast is the leavening agent. As in quick breads, the leavening action creates carbon dioxide gas that forms tiny bubbles in the dough. For more information on leavenings and how to make your own, see **Breakfasts**, pp. 278-280.

SALT

Salt in quick breads and muffins mainly affects flavor. But according to Rebecca Wood in *The Whole Foods Encyclopedia* at least 1/8 teaspoon salt per 2 cups grain should be added for assimilation of grains and to reduce their acidic properties. In yeast breads, the omission of salt can adversely affect the lightness of the texture as well. We are not advocates of the "all or none" policy with salt. While some people cannot tell the difference when salt is left out of baked products, we certainly can! It can make the difference between a slightly bland or merely good product, and a truly tasty one. Salt changes the character of the flavor without adding saltiness just enough to give the product that "certain something" in taste. It is still possible to use it while keeping the total daily intake of sodium to the recommended 1100-3300 mg. limit (see p. 7).

Nutritionists generally discredit the use of sea salt as any improvement over table salt since the sodium content is the same. Nevertheless, I prefer to use a high quality sea salt that has not been kiln-dried, but sun-evaporated only (read labels). A good source is *Orsa Salt* or *RealSalt*, available in some health food stores or by mail order (801-529-7487; see **Desserts**, 18). We believe this type of sea salt, with more trace minerals, may be more suitable to the body chemistry.

Many people complain that "health food" is bland or "yuck." Much of this reaction comes from tasting food in which an enthusiast has omitted the salt. Do it, if you prefer. At least you know how much salt I suggest in recipes to give them the flavor we think they need to be truly tasty. For more information about salt, see **Desserts**, p. 31.

FRUITS, NUTS, VEGETABLES

Fruits, nuts, and vegetables add variety to the texture, flavor, and sweetness of muffins. The addition of fruits can reduce the need for honey, especially the concentrated sweetness of dried fruits. To use diced dates, look for dices coated with oat flour in preference to sugar (health food store, some supermarkets) or chop fresh dates. Chopped peaches, pears, grated apple or applesauce, mashed banana or mashed persimmons--all of these, and more, lend a wide variety of taste choices to muffins.

Chopped nuts and unsweetened shredded coconut (health food store) add enjoyable crunch. We like walnuts, but any kind of chopped nuts holds appeal. Sunflower seeds can easily replace nuts, too. Nuts provide high quality unsaturated fat and vitamin E. Note how the addition of nuts affects the total fat content of muffin recipes. If no other source of fat is added, these are still below 30% fat. You may find that recipes calling for 1/2 cup chopped nuts may be reduced to 1/4 cup to your satisfaction.

Grated carrots, zucchini, and mashed pumpkin are 3 delicious vegetable additions. They may either replace all, or part, of the liquid or be an addition. Fruits, nuts, and vegetables all add fiber and valuable nutrients to your muffins.

SPICES, FLAVORINGS

Spices and flavorings can add pleasing variety. Since whole grains are more flavorful than white flour, a higher concentration of spices and flavorings are needed to bring their flavor through. For example, a white flour recipe with orange juice will need a stronger flavor if whole grain flour is substituted. Orange juice concentrate could be used. Instead of ½ teaspoon cinnamon, 1 teaspoon, or more, might produce a tastier muffin.

Purchase spices in small amounts and store in a cool place to retain as much of the original full flavor until you have used them up.

Ingredient Alternatives for Allergies

Milk Allergy Soy milk alternative is given for soups, page 13. Soy milk, nut milk, and fruit juices are helpful alternatives to buttermilk in muffins. See page 24 for specific suggestions.

Egg Allergy Several alternatives are possible. See the suggestions, p. 23. I especially recommend *Flaxseed Binder*, **Breakfasts**, p. 269. Flaxseed adds marvelous health benefits of its own (see **Breakfasts**, p. 266).

Wheat Allergy No-wheat muffin recipes include:

Amaranth Muffins (p. 87)

Almond Millet Muffins (p. 91)

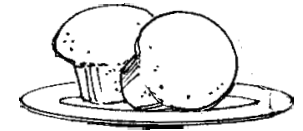
Orange Rice Muffins (p. 43)

Oat Rice Muffins (p. 53)

Eight Grain Muffins (p. 51)

Raisin Rye Muffins (p. 59)

Oat Bran Muffins (p. 49)



Use cornmeal in place of wheat flour in *Pineapple Cornmeal Muffins* (p. 75). Experiment with barley flour (p. 20) in place of wheat flour in wheat flour muffin recipes. If you use much barley flour, make an effort to use barley flour that is milled from the whole hulled grain. You may also find that a combination of barley and brown rice flour will work. If you are allergic to corn, use low sodium baking powder (p. 25).

New to the American market in recent years are Kamut and spelt. Although both are wheat, many persons allergic to common wheat can tolerate one or both of these grains, especially Kamut. Both Kamut and spelt have been tested with excellent results in the *Delicious Whole Grain Dough* recipe, p. 96. While we have done only minimal testing of these grains in the muffin recipes, they should be satisfying alternatives (see p. 19).

Gluten Intolerance Use recipes with brown rice, millet, amaranth flours; use cornmeal in *Pineapple Cornmeal Muffins* in place of the wheat. You may be able to substitute brown rice flour in some of the wheat recipes. For more about gluten, see **Breakfasts**, page 56.

The How-to's of Muffin Making

Muffin pans

Standard size muffin pans come with two depths of muffin cups (or wells), the deeper size wells are about $\frac{1}{3}$ cup deep, the more shallow wells are about $\frac{1}{4}$ cup deep. I prefer muffin pans with the deeper wells. Using muffin pans with the deeper wells, most recipes normally make 10 - 12 muffins, depending on how much batter you fill them with. I prefer 10 muffins that are a little bigger to 12 slightly smaller muffins.

I recommend that you have 3--6-cup muffin pans or 1--12 cup + 1--6 cup muffin pan. Sometimes the muffin batter fills more than 12 cups. An extra six cup muffin pan will allow you to take care of the overflow of batter.

Stainless steel muffin pans are well worth the price (generally \$6 - \$10 for a 6-cup pan). They can be drain-dried without risk of rusting, last indefinitely, and produce a more evenly golden brown color (because the shiny surface reflects the heat away from the outer surface of the batter for a more overall even baking inside and out). These pans are not yet widely available, but many specialty kitchen shops will have them. Generally you will find these only as 6-cup muffin pans.

Young children may enjoy the miniature size muffin pans, but I don't recommend them for "adult" baking. Miniature muffins have too much surface area to the interior of the muffin which is the most delectable part of a whole grain muffin.

There are pans available now for "giant" muffins which may be fun to experiment with for special occasions. The wells are $\frac{2}{3}$ cup deep, equivalent to about 2 standard size muffins.

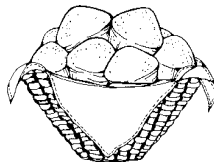
Preheating the Oven

The leavening action of baking powder further activates with heat. A fully preheated oven will give the best rise. Turn the oven on when you begin to mix up the muffins. Even for the best of ovens use an oven thermometer easily available and inexpensive at the supermarket. The oven should be fully preheated before you blend the leavenings into the liquid ingredients.

Greasing Muffins Pans

The easiest method is to spray the muffin pan with no-stick cooking spray. I recommend an olive oil-based spray (see **Main Dishes**, pp. 26-27). It is even essential to grease or spray non-stick muffin pans when no fat is added to the recipe.

Pans may be greased with a combination of liquid lecithin (health food store) and soft butter or oil. Pour a very small amount of lecithin into one muffin well and spread evenly in all the wells with a piece of wax paper spread with a little butter or oil.



Using Muffin Papers

Muffin papers are convenient for the baker but, in my opinion, ghastly for the eater. They hide the beauty of golden brown muffins and ruin the shape. Almost everyone mangles a perfectly shaped muffin while peeling off the muffin paper. Inevitably some of the muffin usually gets left behind on the paper. The askew muffin paper looks unappetizing on the plate. But use them if you like. It won't lessen the nutritional value unless you throw away part of the muffin with the paper. Try spraying the inside of the papers with no-stick cooking spray. That might help. It is not so easy to get 10 large muffins using muffin papers in a larger size muffin pan (see above), so if you use them, plan on making 12 medium size muffins.

Temperature of Ingredients

The speed of baking will keep up with the leavening action better if all the ingredients are at room temperature. Take refrigerated ingredients out of the refrigerator to let them warm to room temperature. An easy way to do this is to make the muffins in two stages. For example, if you plan to have muffins for lunch, get refrigerated ingredients out and measure out ingredients right after the breakfast dishes are done. Then do the mixing and baking just before lunch. The exception is milling the flour. Save that step to do just before mixing. If flour is kept in the refrigerator or freezer, it is the most important ingredient to bring to room temperature.

In cold weather, warm the honey so that it is easily pourable, but not hot. I no longer recommend the microwave oven which takes about 40 seconds (see *Meals in Minutes*, p. 77), but you can measure the honey in a glass measuring cup and place it in a pan of very hot water for a few minutes. Warming the honey a little also facilitates easier mixing, especially when using the blender method of mixing (p. 17).

When separating eggs, separate them at refrigerator-cold temperature and then allow the whites to come to room temperature. The yolk breaks more easily at room temperature, hindering successful separation of the whites.

Blending Ingredients

Blend the liquid ingredients together thoroughly before adding dry ingredients. A wire whisk is most effective for this. Gently mix in the thoroughly combined dry ingredients just until evenly blended with the liquid ingredients. Overmixing is the most common mistake. This will overwork the gluten of the flour and create a heavier textured muffin. I usually stir in the dry ingredients with a metal spoon or fold them in with a rubber scraper. When using the blender method of mixing follow the special mixing directions for that method outlined on page 17.

Filling Muffin Cups

Since whole grain muffins do not rise as high as white flour muffins, fill the muffin cups almost full. If you use muffin pans with the deeper wells (see

p. 28), most of the recipes will nicely fill 10 of the wells. Fill the empty wells half full of water. The steam during baking seems to assist the even rise of the muffins.

Baking the Muffins

Most muffins should be nicely browned on the sides and bottoms in about 20 minutes baking time. Use a kitchen timer. Place the muffin pan as close to the center of the oven as possible so they will bake evenly. Become well-acquainted with the idiosyncracies of your own oven. Many ovens are not accurately adjusted to the oven temperature settings. An oven thermometer is a small investment that may save you innumerable baking failures.



Cooling Muffins

Muffins with no added fat will not come immediately out of the muffin wells unless muffin papers are used. They will pop out much easier if allowed to cool 5 minutes or so. A slight twist or tug on one side will usually loosen them. Use a knife around the outside edge of stubborn muffins after you've given them a fair chance to cool. Those that still don't come out easily probably needed a little more greasing or no-stick spray in the well. *Almond Millet Muffins* (p. 91) give the most problem.

Storing Muffins

Muffins keep well at room temperature at least three days. Reheat them in a covered container in the oven at 300° - 350° degrees for 10-15 minutes.

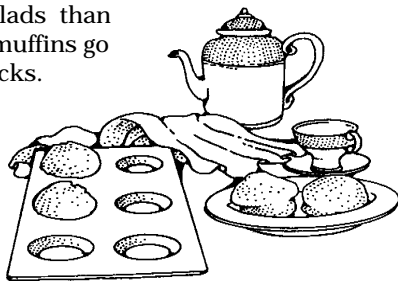
Muffins freeze well. Make a batch, freeze them, and remove just what you need for a take-to-work or school lunch. Allow enough time to thaw at room temperature.

Serving Muffins

All muffins are delicious served warm. A few are good served cold as well. A note is made of this with most of the muffin recipes.

Muffins will be tasty with practically any meal and especially with soups and salads or with protein shakes. Some muffins, however, go better with soups or salads than others. Generally, the sweeter, richer muffins go better with protein shakes and for snacks.

My favorite soup accompaniment muffins include *Blueberry* or *Blueberry Corn Muffins*, *Minute* or *Carrot Bran Muffins*, *Lemon Ginger Muffins*, *Orange Muffins*, *Pineapple Cornmeal Muffins*, *Zucchini Muffins*, and any of the no-wheat muffins.



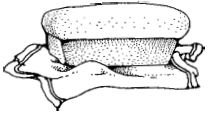
Making Muffin Recipes Your Own

If baking is one of your joys, here are a few guidelines for changing an existing muffin recipe or to make up one of your own. Measurements are for 10 large or 12 medium muffins as described on p. 28 under *Muffin Pans*.

- ~ Use the same amount of flour called for in an existing recipe, or start with 2 cups for a new one. Use whole wheat pastry flour (p. 18) for best results, but don't be afraid to try other grains, especially Kamut, spelt, brown rice, or barley. Use 1¼ cups spelt flour to replace each 1 cup of wheat flour.
- ~ Use 1 or 2 eggs or 2 or 3 egg whites.
- ~ Use ¼ cup - ⅓ cup honey depending on desired sweetness. The same amount of fructose can be used. To use *Sucanat*, use twice as much as you would use of honey. *Sucanat* replaces white or brown sugar cup for cup. If using the blender method on p. 17, use only honey--you will need it as part of the volume of liquid in the blender.
- ~ Use 1 cup buttermilk, sour milk, or plain yogurt thinned to consistency of buttermilk, or for non-dairy liquid use soured soy milk (p. 24), or ¾ - 1 cup apple or pineapple juice.
- ~ Add about 1 cup grated, chopped, or mashed vegetable or fresh fruit. Depending on the consistency of the batter, this might replace all, or part, of the cup of milk or juice. The recipe will probably not work in the blender in this case, as the volume of liquid will be too much reduced.
- ~ Add ¼ - ½ cup dried fruit and/or chopped nuts such as raisins, date dices, walnuts, almonds.
- ~ Limit baking powder and soda combined to 1 teaspoon per cup of flour. For 2 cups flour start with 1½ teaspoons baking powder and ½ teaspoon baking soda.
- ~ Add about ½ teaspoon salt. Cut to ¼ teaspoon salt next time and compare the results to adjust according to taste.
- ~ When substituting whole grain flour for white flour, double the amount of spice called for in original recipe.
- ~ Cut the fat called for in the recipe to half the amount. Use the same amount of oil or melted unsalted butter in place of shortening or margarine, or use half oil and half butter. Next time leave out all the fat and see what happens.
- ~ Follow the *How To's of Muffin Making* (pp. 28-30) or follow the step-by-step instructions given for most of the recipes in this book. Try the blender method on p. 17 if you wish and if suitable for the recipe.

Evaluate your results. Too dry? Use less flour. Batter too runny? Use less liquid. Not sweet enough? Increase the honey or fruit. Too bland? Up the salt and/or spices a bit. It's all a matter of logical reasoning, a little science, not fearing a mistake, and a lot of imagination!

Yeast Bread Baking



Yeast breads go even better with soups than muffins, so I have included in this book variations of our first and favorite *Delicious Whole Grain Dough* recipe. There are other yeast bread recipes in other

books in the 7 book set that also make great soup accompaniments.

Yeast Breads (not a part of the 7 book set) collects all the yeast bread recipes under one cover and includes additional yeast bread baking information. Our instructions for yeast breads include hand kneading and kneading by electric bread kneader instructions, but are not for autobake machines. We leave that to others. The following guidelines present a brief review of the essentials in bread baking.

- ~ Development of *gluten* and *yeast growth* assist in bread rising. Gluten is the protein part of flours that develops stretchiness when kneaded. This gives structure to the loaves to hold the carbon dioxide gas bubbles that are multiplied as the yeast grows.
- ~ **Kneading** is the most important step for developing the gluten. Knead by hand long enough to develop a springy, smooth dough, usually about 10 minutes. A strong electric bread kneader such as the Bosch Kitchen Machine will knead the dough more effectively than by hand for light textured loaves and a higher rise.
- ~ Do not expect whole grain breads to rise as high as loaves made with white flour. This does not mean whole grain loaves are inferior in texture and rise. They are just different, a difference that may take some time to accept.
- ~ If not ready to use all whole grain in baking yeast breads, use $\frac{1}{2}$ - $\frac{2}{3}$ unbleached white flour, gradually increasing the whole grain flour as taste buds adjust.
- ~ You can successfully replace $\frac{1}{4}$ - $\frac{1}{3}$ of the wheat flour with other flours. Expect these loaves not to rise as high as all whole wheat. The addition of *gluten flour* may assist lightness and rise (see p. 21).
- ~ Yeast growth is slowed or prevented by cold, killed by high heat, but encouraged by warmth. *Lukewarm water* (100° - 115°) is a happy medium for yeast growth. Water should be warm, but not hot, on the wrist. A little sugar or honey added to the water will encourage the yeast growth. Dissolve the dry yeast by stirring it into the warm water with a little sugar added. Allow to stand until it bubbles up (between 5 - 10 minutes). This is called *proofing the yeast*. If using an electric bread kneader, the yeast may be added dry after half the flour has been added to the liquid ingredients. Instant yeast can be blended dry with the flour.
- ~ Active dry yeast purchased in bulk 2 lb. cans or packages is much less expensive than the small packets and jars found in supermarkets. Keep the yeast in the refrigerator or freezer. It will remain active for several years if kept frozen. You can take it right from the freezer to use it.

- ~ To shape and knead dough by hand, use a minimal amount of flour on hands and working surface to prevent sticking. For dough kneaded in an electric bread kneader, use water on your hands and working surface. You can also use oil, but it is not normally necessary.
- ~ Allowing bread dough to rise 2 or 3 times will increase lightness.
- ~ For a *shiny crusted loaf*, brush with milk or beaten egg before baking. Add a sprinkle of sesame or dill seeds, if desired. Brush loaves with water if you don't want a shiny crust but want to sprinkle them with seeds.
- ~ For a *softer crust* brush with butter before and after baking. A pan of hot water placed in the bottom of the oven also helps.
- ~ For a *chewy crust* brush loaves with water before baking and again 15 minutes after baking is completed.
- ~ **To Test for doneness** Underdone breads are not particularly healthy, so it is better to err on the side of overbaked bread. If pans have been well greased, the loaves should fall out easily when they are done. The bottom of the loaf will be golden brown. Tap the crust of the loaf. If it sounds hollow, it is done.
- ~ **Rising** Learning to judge the appropriate amount of bread rise comes by experience. Whole grain bread falls more easily than white bread if allowed to rise too high; it is safer to err on the side of not enough rise. Adding vitamin C assists in a higher, more stable rise. Add 1/8 teaspoon Vitamin C crystals or a crushed 500 mg. tablet vitamin C to the liquid for a 2-loaf bread recipe (6 - 7 cups flour).

Let the dough rise to within 1/8 inch of the top of the pan at the sides. An effective method is to place the loaves to rise in the oven at 150° for about 20 minutes (make sure you have an oven thermometer to register this temperature). Turn the oven to baking temperature when ready to bake without removing the loaves.

Use very warm, but not boiling liquid in the recipe, and flour either warmed by milling or at room temperature.

After initial mixing and before kneading the dough, allow dough to rest for 10 minutes, then knead only 6 minutes if kneading by machine.

Shaping the dough into a loaf by kneading it into a nice rounded shape will assist in achieving a higher loaf with a nice rounded top.

While bread is rising in the pan, spray the surface from time to time from a spray bottle of lukewarm water to keep it moist. This will keep the dough from drying out which can impede the maximum rise.

- ~ **Preserving** fresh loaves: Keep only about 3 days at room temperature, or 4 - 5 days in the refrigerator. The amount of honey, and, to some extent, the fat, will increase the keeping quality. Loaves may be frozen up to 3 months, but are a bit drier and more crumbly.

- ~ Cool loaves completely before *slicing*. Slice with serrated bread knife.
- ~ Cool loaves completely *before packaging*. Otherwise the steam trapped in the bag will condense on the inside of the wrapper, leaving the bread with a soggy crust. Use plastic bread bags.

PANS FOR YEAST BREADS

I recommend stainless steel or glass loaf pans. Stainless steel pans may be hard to find and are expensive. Glass pans are readily available even in supermarkets. These are usually pyrex that will withstand oven heat. I have used pyrex glass loaf pans for 20 years and not one has ever broken.

The best size pans to use for high, light loaves are the medium 8½" x 4½" size. Large 9" x 5" pans can be used but allow more surface area on top of the loaves so that they tend to spread out rather than round upward.

Mini-loaf pans, about half the size of medium loaf pans, make a perfect gift-sized loaf and are also fun for children to make. A two-loaf recipe using medium pans will make 4 mini-loaves. These are available in tin steel and may be found in kitchen specialty stores in most states.

Round cans without lead seams are fun for making sandwich bread because there are no corners to break off when the bread is cut. Fill round cans about ¾ full of dough to allow for rising.

Grease bread pans well, either using no-stick cooking spray or liquid lecithin with butter or oil (see p. 28).

WHY YEAST BREAD MAY BE LESS THAN PERFECT

Bread is too soft, sticky, or "gooey" after baking

1. not enough flour added
2. not baked long enough
3. milk not scalded (if using raw certified)
4. too much potato or potato water added

Bread is too dry or crumbly

1. too much flour added
2. flour too coarse in texture
3. raisins not soaked and drained before adding

Bread dough doesn't rise

1. yeast left out
2. yeast is dead or inactive
3. yeast dissolved in too hot water (kills it)
4. bread allowed to rise in too hot a place (in too hot an oven or on too hot range or stove top)

Bread dough rises too slowly

1. liquid or water added was too cool
2. flour was refrigerator cold
3. place of rising too cool
4. yeast old, but not dead

Bread falls while baking

1. allowed to rise too high before baking
2. temperature of oven not turned high enough

Bread doesn't rise very high

1. addition of grains other than wheat (a good reason)
2. dough took a long time to rise
3. not enough kneading to develop gluten
4. pans too large
5. too much liquid in recipe

Bread burned

1. oven temperature too hot
2. baked too long
3. Glass pans absorb more heat. Lower the temperature 25° when using glass loaf pans if over-browning is a recurring problem.
4. The more honey used, the faster the bread browns. Lower the heat a little when more honey is added.

Bread tastes flat or is pasty

1. salt left out or not enough salt

Bread is poor flavor

1. flour not fresh, or rancid
2. recipe not followed correctly
3. recipe doesn't suit your taste
4. salt left out

Bread has large air holes

1. air bubbles not worked out when shaping the bread

Bread crumbles when sliced

1. too dry
2. not allowed to cool long enough

Eating bread causes indigestion, drowsiness, or other uncomfortable symptoms

1. May be underbaked; let bread "age" a day before eating it.
2. You may be sensitive or allergic to wheat, gluten, or some other grain.
3. Carbohydrate eaten alone can cause drowsiness. Eat some protein with bread.
4. The condition, candida albicans, a proliferation of yeast in the body cells, is aggravated by eating foods containing yeast.
5. Your digestive system may need time to adjust to whole grains, especially whole wheat.

Save bread failures to make bread crumbs, *Soup 'n Salad Croutons*, p. 78, bread stuffing, *Sweet 'n Spicy Pudding (Desserts)*, p. 152), or *Strata (Main Dishes)*, p. 120).

Split Pea Soup

A family favorite, familiar to everyone. Surprisingly tasty without hambone. To make this in the crock-pot, combine all ingredients in pot except the salt and cook overnight on low or about 5 - 6 hours on high. Crock-pot soup is a little less rich and more soupy. I do it both ways and we like it both ways. Freezable.



AMOUNT: 4 to 6 Servings

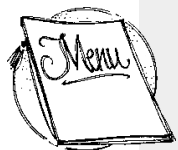
1. Bring peas and water to a boil; boil 3 minutes; reduce heat to very gentle boil until peas are tender, 45 - 60 minutes:
8 cups water
2 cups split peas (*Beans, p. 12*)
2. Add and boil gently until vegetables are tender, about 15 - 25 minutes:
1 medium onion, chopped
3 medium carrots, diced or sliced
3 ribs celery, chopped, or bunch of chopped celery leaves
1 bay leaf
1¼ - 2½ teaspoons salt, to taste
3. Remove bay leaf. Puree part or all of soup in blender, as desired. Blending helps to thicken soup and increase flavor.
4. Garnish, as desired with:
grated cheddar, jack, or Parmesan cheese
Spike Seasoning (*p. 14*)
Soup 'n Salad Croutons (*p. 78*)

Per serving of 4 (garnishes not included)

Exchanges: 1.5 Meat, 3.5 Bread, 1.5 Vegetable; 384 Calories, 25 g protein (21%), 1 g fat (2%), 92 g carbohydrate (77%); 8 g sugars, 18 g dietary fiber, 0 mg cholesterol, 768 mg sodium, \$.30

VARIATIONS

Add 1 cup cooked brown rice or barley, or 1 - 2 cups cooked diced potatoes to soup after blending. If you do not plan to blend any or most of the soup, add ½ cup raw rice or barley, or the potatoes to cook with the split peas.



Split Pea Soup
Whole Wheat Popovers (*p. 41*)
100% Fruit Jam (*p. 9*)
Tomato-Cucumber Salad
with Sue's House Dressing
(Main Dishes, p. 238)

\$.85
16% Fat
660 Calories

Minute Bran Muffins

Our classic family favorite from which all our other muffin recipes have been developed. These go with everything! Serve warm or cold.

AMOUNT: 10 Large or 12 Medium

Bake: 350° F (175° C) - 20 to 25 minutes

1. Preheat oven. Grease or spray muffin pan (p. 28).
2. Cover raisins with water and set aside to soften, if desired:
½ cup raisins, optional
3. Blend together and let stand for 5 minutes to soften bran:
½ cup very hot water
1½ cups wheat bran (p. 18)
4. Blend together thoroughly in order given:
1 egg (or alternative, p. 23)
⅓ cup honey (p. 22)
1 cup buttermilk (or alternative, p. 24)
5. Blend dry ingredients together thoroughly in a separate bowl:
1½ cups whole wheat flour (pastry flour preferred, p. 18)
1¼ teaspoons baking soda
1 teaspoon salt (p. 26)
6. Blend into the liquid ingredients, just until mixed in order given:
bran mixture
dry ingredients
½ cup raisins, drained, optional
½ cup walnuts, chopped, optional
7. Fill muffin cups almost full (pp. 29-30).
Bake at 350° F (175° C) for 20 - 25 minutes. Cool 5 minutes before removing muffins from pan (p. 30).

Blender Method

Follow mixing procedure outlined on page 17. In place of flour use:

1 cup whole wheat pastry berries (grain, p. 18)

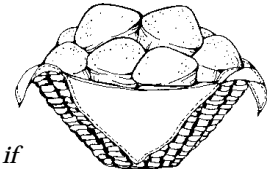
In step #3 use large mixing bowl; mix raisins, walnuts (from step #6) into moistened bran.

Per 1 plain muffin of 10--Exchanges: 0.25 Meat, 1.25 Bread, 1 Fruit; 132 Calories, 4 g protein (12%), 1 g fat (6%), 28 g carbohydrate (82%; 10 g sugars), 4.5 g dietary fiber, 22 mg cholesterol, 323 mg sodium, \$.15

Per 1 muffin of 10 with raisins--Exchanges: 0.25 Meat, 1.25 Bread, 1.5 Fruit; 154 Calories, 4.5 g protein (11%), 1 g fat (6%), 34 g carbohydrate (83%; 16 g sugars), 5 g dietary fiber, 22 mg cholesterol, 324 mg sodium, \$.15

Per 1 muffin of 10 with raisins and walnuts--Exchanges: 0.25 Meat, 0.75 Fat, 1.25 Bread, 1.5 Fruit; 196 Calories, 5.5 g protein (11%), 5 g fat (22%), 35 g carbohydrate (67%; 16 g sugars), 5.5 g dietary fiber, 22 mg cholesterol, 324 mg sodium, \$.20

Carrot Bran Muffins



*Sue's muffin recipe most often served to guests.
A variation of our **Minute Bran Muffins** (p. 61).
Grated zucchini can be used in place of carrots, if
desired, for equally delicious muffins.*

AMOUNT: 12 Large Muffins

Bake: 350° F (175° C) - 20 to 25 minutes

1. Preheat oven. Grease or spray muffin pan (p. 28).
2. Cover raisins with water and set aside to soften:
 ½ cup raisins
3. Blend together and let stand for 5 minutes to soften bran:
 ½ cup very hot water
 1½ cups wheat bran (p. 18)
4. Blend together thoroughly with wire whisk:
 ½ cup honey (p. 22)
 2 eggs (or alternative, p. 23)
5. Mix in:
 1 cup grated fresh carrots, or unpeeled grated zucchini
 1 cup buttermilk (or alternative, p. 24)
6. Blend dry ingredients together in a separate bowl:
 1½ cups whole wheat flour (pastry flour preferred, p. 18)
 1½ teaspoons baking soda
 1 teaspoon salt (p. 26)
 1 teaspoon cinnamon
7. Blend dry ingredients into liquid ingredients just until mixed (p. 29).
8. Gently fold in:
 raisins, drained
 ½ cup chopped walnuts
9. Fill muffin cups evenly. Bake at 350° F (175° C) for 20 - 25 minutes.
 Cool 5 minutes before removing muffins from pan (p. 30).

*Per 1 muffin of 12--Exchanges: 0.25 Meat, 0.75 Fat, 1 Bread, 1.5 Fruit, 0.25 Vegetable;
189 Calories, 5 g protein (11%), 5 g fat (21%), 34 g carbohydrate (68%; 18 g sugars),
5 g dietary fiber, 36 mg cholesterol, 296 mg sodium, \$.25*

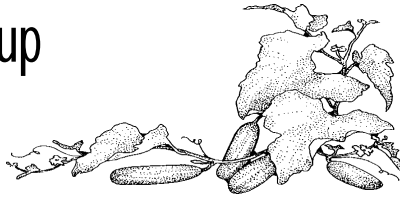
Blender Method

Follow mixing procedure outlined on page 17. In place of flour use:

1 cup whole wheat pastry berries (grain, p. 18)

In step #3 use a large mixing bowl. Mix carrots (from step #5) and raisins and walnuts (from step #8) into moistened bran.

Cream of Zucchini Soup



AMOUNT: 6 Servings

1. Bring to a boil in soup pot, reduce heat and simmer 5 - 10 minutes until zucchini is just tender:
9 cups zucchini, unpeeled, grated (about 9 medium-small)
1½ cups water
2 teaspoons honey
1⅛ teaspoon sweet basil leaves (*Herbs, p. 12*)
2. Puree half or all of the soup in blender, as desired; return to soup pot.
3. Saute onion in butter (optional for added flavor) or a little water; add to soup:
1½ tablespoon - ¼ cup melted butter, (*unsalted preferred, p. 12*)
or water as needed
½ cup chopped onion
4. In separate bowl whisk flour into milk until smooth:
4½ cups lowfat milk (*or non-dairy alternative--see Soy Milk, p. 13*)
¾ cup flour (*see Thickeners, p. 14*)
5. Blend milk-flour mixture into soup, stirring and simmering until thickened. Season with:
1½ - 2 teaspoons salt, to taste (*p. 13*)
6. Garnish with paprika, chives or parsley.

Per serving of 6 (with 2% lowfat milk, 1½ tablespoons butter)

Exchanges: 1 Milk, 0.75 Bread, 0.5 Fat, 0.25 Fruit, 1 Vegetable; 201 Calories, 9 g protein (17%), 6 g fat (26%), 30 g carbohydrate (58%; 15 g sugars), 5 g dietary fiber, 19 mg cholesterol, 96 mg sodium (626 mg), \$.50

VARIATION

Add for extra richness of flavor:

- total of 6 tablespoons butter
- 2 tablespoons Parmesan cheese



Cream of Zucchini Soup
Triticale Date Muffins (p. 67)
or Baked Brown Bread
(Main Dishes, p. 219)
Waldorf Salad
Sweet Lite Dressing
(Main Dishes, pp. 242, 241)

\$1.25
17% Fat
680 Calories

Cook's Prayer

*O LORD, Maker of Heaven and Earth's Land,
You made the wheat, the germ, the bran--
Nutrient and fiber-rich for the strength of man.
Cheeses 'n chicken, fish, beef, 'n dairy--
A little goes a long way to refresh the weary.*

*And vegetables countless--nutrient-packed treasure.
Succulent fruits for dessert: What delightful pleasure!
And nuts 'n seeds for essential fats in good measure.*

*Beans 'n peas for more protein and fiber, please!
With plenteous water to cook them,
Poured out by the Lord of Seas.
What great gifts, these!
Your store of food in all colors, shapes, and sizes
Are ever full of nutrient and taste surprises!*

*Honey dripping from the comb,
of this sweet offering could be written a tome.
Spices and herbs to jazz up flavor,
Even salt and egg yolks we count not totally
out of your favor!*

*Now LORD, our Maker,
Help us to put your bounty together
In balance and wholeness that we might eat better,
For bodies stronger,
And minds sharper;
For spirits assisted,
And service enlisted,
To sow the seed; to reap the harvest
From the nearest land to the farthest.*

*Thanks be to you, O God, Our LORD,
For food from your hand
We can afford!
Please help us to share it with our brothers and sisters,
And to serve it to our dear children.
As your Son broke 5 loaves and 2 fish
to feed more than 5000,
So break us, LORD,
to feed more than 4 billion.*

The True Bread

In an ancient biblical story we are told that Esau, Jacob's older brother, returned from the hunting grounds "famished." When he smelled Jacob's brewing pot of lentil stew, he immediately demanded a bowlful. Sensing an opportunity to take advantage of his brother's appetites, Jacob offered a deal. "Give me your birthright (Esau's inheritance as the firstborn son), and you can eat your fill." Incredibly, Esau agreed, probably in jest, not realizing that Jacob was cunningly serious. He presumptuously exchanged future benefits for immediate gratification.

Centuries later the Gospel writers record that 5,000 families enjoyed their fill of a little boy's lunch of five loaves of barley bread and two small fish multiplied many times over (It would take at least a large truck load) by a man called Jesus. Having been satisfied by this miraculous provision, they came to the conclusion that he was the Prophet their scriptures had predicted. Moved by the possibility of more free lunches they tried to make him king by force (In modern terms, President for perfecting free fast food service). Exposing their motives Jesus told them, *you are looking for me...because you ate your fill. Do not work for the food that spoils, but for food that endures to eternal life, which the Son of Man will give you.* (John 6:26, 27, NIV) Jesus went on to explain that this "food" was himself, his life. *I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty...he who believes has everlasting life. I am the bread of life.* (John 6:35, 47-48).

We live in a culture which designs its economic system to deliver immediate gratification even with food--stimulating, sweet, smooth, satiating, and satisfying.

The point of the biblical stories is that there is more to life than food. Like Esau or the crowds who followed Jesus, our instinctive urge is to choose anything that's easy and popular. Food may satisfy for an hour or two. Healthy food may even improve the quality of one's life. The real human hunger, however, is for forgiveness, for relationships, and for life extension.

Jesus claimed to be the true bread who sustains spiritual life forever. Only he can fit and fill the God shaped vacuum designed into every human heart. The food he offers (a restoring, renewing, reconciling, relationship to himself) is of infinite value--food forever.

Sue Gregg

Index

A

Allergy Alternatives, 27
Almond Millet Muffins, 91
Amaranth, 21
Amaranth Muffins, 87
Apple Oat Muffins, 81
Appliances, 11
Asparagus Soup, Creamy, 64

B

Baking Powder, 25
Banana Date Bran Muffins, 65
Banana Nut Muffins, 94
Barley, 20
Barley Soup, Turkey, 46
Beans (legumes), 12
Bean Soup, Navy 'n French, 44
Bean Soup, Creole, 42
Beef Broth, 12
Beef Soup Broth, 37
Black Bean Chowder, 82
Blender, 11, 17
Blueberry Corn Muffins, 47
Blueberry Muffins, 57
Borshch, Valentina's, 88
Bran, 18, 19
Bran Muffins,
 Banana Date, 65
 Carrot, 63
 Date, 55
 Minute, 61
 Oat, 49
Bread, Delicious Whole Grain, 98
 Chewy Nuggets, 99
 Five Grain, 99
 Oatmeal, 98
 Parmesan Herb, 97
Break-Apart Loaves, 97
Bread Sticks, Italian, 77
Broccoli Cheese Soup, 56
Broccoli Soup, Cream of, 58
Brown Rice, 20
 Chicken Rice Soup, 50
 Oat Rice Muffins, 53
 Orange Rice Muffins, 43

Buckwheat, 20
Butter, 12
Buttermilk, 24
Butternut Squash Soup, 92

C

Cabbage Soup, Valentina's, 89
Carrot Bran Muffins, 63
Cauliflower Soup, Creamy, 86
Cheese Rolls, Onion, 45
Cheese Soup, Broccoli, 56
Chewy Nuggets Bread, 99
Chicken Broth, 12
Chicken or Turkey Broth, 37
Chicken Soup, 48
Chicken Rice Soup, 50
Chinese Vegetable Soup, 78
Chowder, Corn, 54
Chowder, Neptune's, 52
Coconut Muffins, Strawberry Surprise, 95
Coffee Bean Mill, 11, 17
Cookware, 11
Corn Chowder, 54
Cornmeal, 19
Cornmeal Muffins, Pineapple, 75
Corn Muffins, Blueberry, 47
Cream of Broccoli Soup, 58
Cream of Mushroom Soup, 62
Cream of Zucchini Soup, 66
Creamy Asparagus Soup, 64
Creamy Cauliflower Soup, 86
Creamy Vegetable Chowder, 84
Creole Bean Soup, 42
Croutons, Soup 'n Salad, 78

D

Date Bran Muffins, 55
Date Bran Muffins, Banana, 65
Date Muffins, Triticale, 67
Date Sugar, 23
Delicious Whole Grain Bread, 98
Delicious Whole Grain Dough, 96
Dietary Goals, 6, 7

E

Eggs, 23
 allergy alternatives, 27
 Egg Substitute, 23
 Egg Whites, 25
Eight Grain Muffins, 51

F

Fat, 24
Five Grain Bread, 99
 Flavorings, 27
 Flour
 all-purpose white, 16
 as thickeners, 14
 whole grain, 16
 Flour Mill, 11, 17
French Onion Soup, 36
 Fructose, 23
 Fruits, in muffins, 26

G

Ginger Muffins, Lemon, 73
 Gluten, 17, 21, 32
 allergy alternatives, 27
 Grain Mill, 11, 17

H

Herb Bread, Parmesan, 97
 Herbs, 12
 Honey, 22

I

Italian Bread Sticks, 77

K

Kneading, 32

L

Leavening, 25
 Legumes, 12
Lemon Ginger Muffins, 73
 Lemon Juice, 13
Lentil Soup, Middle Eastern, 38
Lentil Soup, Tomato, 70
 Liquid Aminos, 13

M

Meat Ball Soup, Natasha's, 90
Middle Eastern Lentil Soup, 38
 Milk, allergy alternatives, 27
 Mill, Milling, 11, 17
 Millet, 20
Millet Muffins, Almond, 91
Minestrone Soup, 74
Minute Bran Muffins, 61
Miso Soup, 80
 Molasses, 22
 Muffin Pans, 28
 greasing pans, 28
 muffin papers, 29
 Muffins, about, 5
 ingredients, 16
 how to's, 28-30
 freezing, 30
 making own recipes for, 31
 serving, 30
 storing, 30
Mushroom Soup, Cream of, 62

N

Natasha's Meat Ball Soup, 90
Navy 'n French Green Bean Soup, 44
Neptune's Chowder, 52
 Nutrient Data Sources, 8
 Nutritional Goals, 6, 7
 Nuts, in muffins, 26

O

Oat Bran, 19
Oat Bran Muffins, 49
Oat Muffins, Apple, 81
Oat Rice Muffins, 53
Oatmeal Bread, 98
Oatmeal Muffins, Orange, 71
 Oats, 19
 Oils, 13, 25
 Olive Oil, 13
Old Fashioned Chicken Rice Soup, 50
Onion Cheese Rolls, 45
Orange Muffins, 79
Orange Oatmeal Muffins, 71
Orange Rice Muffins, 43

P

Parsley, 13
Parmesan Herb Bread, 97
Parmesan Toast, 64
Persimmon Muffins, 85
Pineapple Cornmeal Muffins, 75
Popovers, Whole Wheat, 41
Potato Soup, 60
Pumpkin Gems, 83

Q

Quinoa, 21

R

Raisin Rye Muffins, 59
Red Pepper Sauce, 93
Rice Muffins, Oat, 53
Rice Muffins, Orange, 43
Rolls, Onion Cheese, 45
 Rye, 20
Rye Muffins, Raisin, 59

S

Salt, 13, 26
Sopa de Tortilla, 76
Soup 'n Salad Croutons, 78
 Soups, about, 4
 budget, 4
 freezable, 2
 freezer tips, 15
 ingredients, 12
 Soybean Flour, 21
 Soy Milk, 13, 24, 27
 Soy Sauce, 13
Soup Stock, Beef, 37
 soup stock or broth, 12
Soup Stock, Vegetable, 39
 Spike Seasoning, 14
 Spices, 27
Split Pea Soup, 40
Spring Garden Soup, 72
Squash Soup, Butternut, 92
Strawberry Coconut Surprise Muffins, 95
 Sue's Kitchen Magic, 14
 Sweeteners, 22, *see also*
 individual kinds

T

Thickeners, 14
 Tofu, 80
 Tomato Products, 14
Tomato Lentil Soup, 70
Tomato Soup, 68
 Tortilla Soup
 Sopa de Tortilla, 76
 Triticale, 20
Triticale Date Muffins, 67
Turkey Barley Soup, 46
Turkey Broth, 37

V

Valentina's Borshch, 88
Valentina's Cabbage Soup, 89
 Vegetables, 14, 26
Vegetable Chowder, Creamy, 84
 Vegetable Soup
 Spring Garden Soup, 72
Vegetable Soup, Chinese, 78
Vegetable Soup Stock, 39

W

Wheat, 16, 18
 allergy alternatives, 27
 Wheat Bran, 18
 Whole Grains, 16-21, *see also* flour,
 individual kinds
 buying, 17
 storing, 18
 White Flour, nutrient loss, 16
Whole Grain Bread, Delicious, 98
Whole Grain Dough, Delicious, 96
 Whole Wheat Flour, *see* Wheat
Whole Wheat Popovers, 41

Y

Yeast, 32
 Yeast Breads, how to's, 32-34
 pans for baking, 34
 storing, 33
 trouble shooting, 34-35
 utilizing failures, 35

Z

Zucchini Muffins, 69
Zucchini Soup, Cream of, 66

The Joy of Discovery

Imagine the Creator as He considers Adam and Eve. He muses, "I'm going to put this lovey couple in a garden, a living buffet banquet with an inexhaustable variety of foods. Then they'll think of me every time their senses waft in a delicious aroma, taste a juicy bite, and are satiated with gourmet pleasures."

After the eating comes the joy. Why is it that food gives us such delight? Acts 14: 17 observes that there is a chain of cause and effect connections between the pleasure humans derive from food and the source of that pleasure. At the end we discover the cause beyond the causes. It is much greater than a chemical stimulation or tummy full satiation. The Ultimate Cause is very personal.

Food and the Creator, Food and Jesus naturally go together. That's part of the Master Plan.

Our part is to teach others appreciation for the gift of food--how to choose the best, how to prepare pleasing dishes, and, most of all, how to show appreciation to the Creator.

When it comes to teaching about food and food preparation it is important to talk about nutrition, cost, and efficient preparation techniques.

I agree, however, with the the title of the most famous of American cookbooks, ***The Joy of Cooking***. The *joy* originates with the Creator. That is why I believe the Bible stories are the place to start. It is the book that stands

Teaching Taste & Tell

Aromas waft from a crock pot. Colorful dishes catch the eye. A steak sizzles. A creamy soup soothes. A crispy apple crunches. Sounds, sights, smells, textures, and temperatures all invite a taste. Arouse an appetite.

"How did you do it?" "May I have that recipe?" "Please show me how."

That's what happens when you serve a tasty recipe. The questions ring like compliments.

Those responses are invitations for you to say, "Come over and we'll do it together," or "Let's get a few friends together, and I'll demonstrate how."

If these promptings are tugging at your heart, I want to encourage you to develop the gift.

My friend Carol Ahola has been inviting new friends over for mini-cooking classes and Bible studies for years. I've asked her to prepare guides titled *The Taste & Tell Food to Faith Studies*.

These guides provide you with ideas on how to introduce your friends to both the joy of cook-ing and the joy of a relationship to the Originator of all good tasting and health giving food. By exploring the *food to faith* connections in the Bible they can gain insights into the Creator's plan for them.

I know your efforts will be richly rewarded!

Sue Gregg

To request information on *The Taste & Tell Food to Faith Study Guides* write the address or call the phone number on the title page or the last page of this book.

Soups & Muffins

for Busy Families

Muffins...so versatile they enhance any meal.
Soups...light appetizers or satisfying main dishes.
Together they combine for heart warming
lunches or hearty dinners.

Save nutrients with soup stock.
Get whole grain high fiber with low fat.
Versatile recipes with allergy alternatives.
Enjoy flavors without nutritional negatives.
Combine cost control with convenience.

