



Fall 2008

Brought to you by the Department of Dining Services





Breads



Pumpkin Muffins

Taste of Home



2008



From the Kitchen of Deb McGurk

Serves 20

- 4 eggs
- 2 cups white sugar
- 1-1/2 cups oil
- 1-3/4 cans pumpkin
(or 1 large can)
- 3 cups flour
- 1 Tbsp cinnamon
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tsp salt
- 2 cups raisins,
optional
- 1-1/2 tsp brown
sugar for topping
- traditional or pumpkin
shaped candy corns

Beat eggs slightly. Add sugar, oil, and pumpkin; beat thoroughly. Add dry ingredients and mix until smooth. Stir in raisins (if desired).

Fill muffin cups 3/4 full. Sprinkle tops with a little brown sugar. Bake in a 375 degree oven for 15-20 minutes (usually 16 minutes works well).

Top each muffin with a candy corn for a fall decoration.

Monkey Bread

Taste of Home



2008

From the Kitchen of Debi Kerr

- 3 (10 oz) cans refrigerator biscuits
- 1 tsp cinnamon
- 1/2 cup sugar
- 1 stick margarine
- 3/4 cup brown sugar
- 3/4 tsp cinnamon

Butter a pan. Mix 1 tsp cinnamon and 1/2 cup sugar in a bowl. Tear biscuits in half; roll into balls then roll in cinnamon sugar mix. Place balls loosely in pan.

Melt margarine with brown sugar and 3/4 tsp cinnamon. Pour over biscuit balls. Bake in 350 degree oven for 30 minutes.

Angel Biscuits

Taste of Home



2008

From the Kitchen of Cathy Ritter

Serves 8-12

- 1 package yeast
- 1/4 cup warm water
- 1/8 cup sugar
- 1/2 cup canola oil
- 1 cup buttermilk
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2-1/2 to 3 cups flour
(or more)

Combine yeast, water, and sugar. Set aside for 5 minutes.

Add remaining ingredients to yeast mixture. Ingredients should make mixture smooth, not sticky.

Knead briefly. Roll out on floured surface. Use hands or biscuit cutter to form round shapes (the thicker the better!). Bake at 400 degrees for approximately 10 minutes or until lightly brown.

Banana Bread

Taste of Home



2008

From the Kitchen of Val Brown

Makes 2 Loaves

- 1/2 cup butter
- 2 eggs
- 2- 1/3 cups sour cream
- 1 cup white sugar
- 2 or 3 bananas
- 1/2 tsp salt, optional
- 1 tsp baking soda

Cream butter and sugar until fluffy; mix in eggs. Add sour cream and bananas; beat well. Add dry ingredients slowly and mix well.

Line two bread pans with wax paper and pour bread mixture into pans. Mix topping ingredients together and put on top of the bread before baking. Bake at 325 degrees for 1 hour.

Topping:

- 1/2 tsp cinnamon
- 1/3 cup brown sugar
- 1/2 cup white sugar

Monkey Bread

Taste of Home



2008



From the Kitchen of Terry Hall

- 1 tsp cinnamon
- 3/4 cup sugar
- 3 cans biscuits
- 1 stick Blue Bonnet margarine
- 1 tsp cinnamon
- 3/4 cups sugar

Mix 1 tsp cinnamon and 3/4 cup sugar together. Cut biscuits in quarters and roll them in the cinnamon sugar mixture. Put them in a bundt pan.

Bring the margarine, 1 tsp cinnamon, and 3/4 cup sugar to a boil on the stove. Pour over the biscuits. Bake in oven at 350 degrees for 30 minutes. When done, flip the bundt pan over onto a plate, and lift the pan off.

Danishes

Taste of Home



2008



From the Kitchen of Mary Johnson

Makes 6 Dozen

- 5 lbs margarine
- 4 oz yeast
- 6 lbs bread flour
- 3 lbs pastry flour
- 1 lb + 2 oz sugar
- 2 oz salt
- 1/4 oz ground mace
- 1/4 oz ground nutmeg
- 1/2 oz ground cardamom
- 1 lb margarine

Soften the 5 lbs margarine in a large mixer with the paddle attachment. Dissolve the yeast in 2 cups of warm water. Mix together the bread flour, pastry flour, sugar, salt and the 1 lb margarine, the mace, nutmeg, and cardamom. Add the eggs, oil, and yeast to the dry ingredients all at once and mix. Add the 1/2 and 1/2 to make a soft dough (probably about 1/2 cup to start).

Turn the dough onto a lightly floured surface and make into a rectangular shape. Spread the 5 pounds of margarine over 2/3 of the rectangle. Fold over the

section without the margarine and then the other 1/3 section fold over on the piece that has no margarine on it (3 fold method). Roll out the dough and do the 3 fold method 3 more times. Allow 20 minutes between each fold. Place the dough in the refrigerator between folds. After the last fold, keep the dough in the refrigerator overnight.

The next morning take the dough out of the refrigerator and divide into workable sections. Roll out the dough and re-roll into pinwheels. Let rise in a proof box and when doubled in size fill the center with fruit (pie filling) such as cherry, blueberry, or a cream cheese mixture. Bake in the oven at 375 degrees until brown. After the rolls have cooled, frost with a fondant icing and serve.

Pumpkin Bread

Taste of Home



2008



From the Kitchen of Colleen DeMuth

Makes 2 Loaves

- 1 cup canola oil
- 2/3 cup water
- 2 cups sugar
- 2 cups (1 can)
pumpkin
- 3-1/2 cups white
flour
- 2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 2 tsp pumpkin pie
spice
- 1/2 cup chopped
pecans (optional)

Combine first four ingredients; mix well (you can use an electric mixer). Sift or whisk flour ingredients together, except for nuts. Combine the flour mixture with the pumpkin mixture and mix well. If you are adding nuts, mix them in last.

Grease and flour 2 loaf pans; pour bread mixture evenly into pans. Bake at 350 degrees for 50-60 minutes.

Monkey Bread

Taste of Home



2008



From the Kitchen of Mike & Fran Aguilar

- 4 regular-sized cans biscuits
- 1 cup sugar
- 2 tsp cinnamon
- 1 - 1/2 cubes melted butter
- 1 cup brown sugar*

Cut each biscuit into fourths. Mix the granulated sugar with the cinnamon. Roll biscuits in the cinnamon-sugar mixture and put into a shallow pan.

Melt the butter and mix with the brown sugar. Mix well then pour over the top of the biscuits in the pan. Bake at 375 degrees for 35 minutes.

* Use the leftover cinnamon-sugar mixture and add enough brown sugar to make 1 cup.



Fall 2008

UNC Dining Services is proud to provide this recipe book as a thank you to everyone who participated in the 2008 Taste of Home event. With the assistance of parents like you, we are able to look into your recipe box and see what your students enjoy while dining at home. This information gives us the opportunity to analyze our menus and keep in touch with the ever changing dining habits of our students.

Thank you to the following Dining Services staff involved with Taste of Home this year:



Bob Baxley, CBORD FMS Coordinator
JoAnn Doherty, Program Assistant
Aran Essig, Executive Chef & Trainer
Paul Hilton, Tobey-Kendel Unit Chef
Derek Rice, Holmes Unit Chef
Holly Wainscott, RD & Associate Director
Kari Warren, Administrative Assistant

