

Seven for You – Quick Breads – by the Panel

It's that time of year for baking bread...and all things fragrant in the kitchen. But...if you're like me, you don't have all day to bake or the patience to wait...so we asked our panel for some quicker and easier versions of that goodness we all love in the fall. Enjoy!

I love making and baking platefuls of treats for my neighbors and friends. It's an old tradition that's fading fast but I'm an old traditional person. Okay, maybe not that old!? I've tried many recipes over the years from easy to complex, time consuming to quick, and favorites to not so much, but I admit I love to eat them all. And I love anything pumpkin! There has been one recipe that has remained my signature treat for many years; and of course, it's pumpkin! Cranberry pumpkin bread to be exact. I have made this recipe in normal sized loaves, mini loaves, and muffins. I have given it solo and with other treats. And I have eaten it myself every time I've made it. The tartness of the fresh cranberries with the sweet pumpkin makes this recipe the yummiest! It might take a little longer to make but it's worth it! I hope you'll try it and join me in having a very Cranberry Pumpkin kind of Holiday Season! - Carole (insert her pic)

Lassie Cake

Although this is typically made in a cake pan, it works well in bread pans, too. It's so moist it doesn't need frosting.

- 1 Cup Sugar
- ½ Cup Butter
- 1 Cup Brown Sugar
- 2 Cups Sifted Flour
- 1 tsp. Cinnamon
- 1 tsp Nutmeg
- 1 tsp Salt
- 1 Cup Buttermilk
- 1 Egg
- 1 tsp Baking Soda

Mix together melted butter, white sugar and brown sugar.

Sift flour with cinnamon, nutmeg and salt. Add to sugar mixture and mix until crumbly.

Take out ½ cup - and set aside.

Mix egg, buttermilk and baking soda together. Add this to flour mixture and mix well.

Pour into a greased 9x13 pan, or two loaf pans.

Sprinkle reserved crumbs over top.

Bake 25 minutes.

Cool in pan before cutting.

This recipe is used at Barberville Pioneer Settlement, a living history museum in Baberville, Florida. Students, grades 1-4, make the cake during a field trip program. - Gloria

This is my go-to, easy, flexible bread recipe. It came from a YouTube channel that I enjoy watching called, The Farming Pastor's Wife. Leslie is a pastor's wife who lives on a farm in

North Carolina. She published this recipe as being so easy that anybody, that's anybody like me who is not a good baker, can make it. And she's right. It's very easy and literally requires 5-10 minutes of total hands on time. Just follow the simple directions and it works every time.

You can add sesame seeds, herbs or spices just before the second rise to create lots of variety. I bake it in a preheated cast iron skillet. You will impress your family and friends every time you serve it! – Debbie (insert her pic)

This recipe is old because it's on a notecard in a box. This was my OG way of saving recipes, so it's from at least before the internet came about. They are *not* healthy, but they *are* yummy...and even better with some melted butter in the middle. Eat too many of these and you'll grow your own muffin-top; I know from experience! Droool.... Laura

Blueberry Muffins

Sift into a small bowl:

2 c. flour
1 c. white sugar
3 tsp. baking powder
1 tsp. salt

Whisk together in a separate bowl:

1 egg
 $\frac{3}{4}$ c. milk
 $\frac{1}{2}$ c. vegetable oil

Fold in dry ingredients until just combined. Mix in:

1 c. blueberries

Spoon into muffin liners. For regular-sized muffins, bake for 20 min at 400 degrees. Immediately move muffins to a cooling rack.

Irish Soda Bread

Have you ever made Irish Soda Bread? I like it because it's different, and there is no kneading that takes place. It takes very little time to put it together, which is a plus as well. And then...it's the best bread when toasted, with a little butter, to enjoy with fruit or juice for breakfast!

- 4 c flour, plus $\frac{1}{4}$ c for dusting
- $\frac{1}{4}$ c granulated sugar
- 1 t sea salt
- 1 t baking soda
- 6 T cold unsalted butter, plus $\frac{1}{2}$ T to grease pan
- 1 $\frac{3}{4}$ c cold lowfat buttermilk
- 1 large egg, cold
- 1 cup dried cranberries or raisins

Preheat oven to 325 and generously grease a 10" cast iron skillet with $\frac{1}{2}$ T butter.

In a large bowl, whisk the flour, sugar, salt and baking soda. Cut butter into small pieces and use your fingers to work the butter into the flour until crumbs form. Stir in the raisins and break up any clumps. Make a well in the center.

In a large measuring cup, whisk the buttermilk and egg and then add to the flour mixture. Use a wooden spoon and mix til lightly moistened and dough barely starts to come together.

Transfer to a floured surface and flour hands, shaping dough into a round loaf. It should be shaggy. If too sticky, just lightly dust with flour. Don't overmix or bread will get tough.

Transfer to buttered skillet and use a knife to score the top with a deep "X." Bake in center of oven at 375 for 50-55 minutes. When you tap the bread it should sound hollow inside. Transfer to a wire rack and cool. Enjoy within two days or refrigerate for up to a week. - Marcy