

Recipe of the Year for Even Years

Basic Skill Level 1: Healthy Carrot Cake Cookies from OSU Food Hero

Ingredients

1/2 cup packed brown sugar	1 tsp baking soda
1/2 cup sugar	1 tsp baking powder
1/2 cup oil	¼ tsp cinnamon
1/2 cup applesauce or fruit puree	½ tsp nutmeg
2 eggs	½ tsp ground ginger
1 teaspoon vanilla	2 cups old fashioned rolled oats (raw)
1 cup flour	1 ½ cups finely grated carrots (about three large)
1 cup whole wheat flour	1 cup raisins or golden raisins

Directions

1. Heat oven to 350 degrees.
2. In a large bowl, mix sugars, oil, applesauce, eggs, and vanilla thoroughly.
3. In a separate bowl, stir dry ingredients together.
4. Blend dry ingredients into wet mixture. Stir in raisins and carrots.
5. Drop by teaspoonful on greased baking sheet.
6. Bake 12 to 15 minutes until golden brown.
7. Store in airtight container.

Basic Skills Level 2: Let's Bake Corn Bread from Baking 2, page 37

Ingredients

1 cup sifted all-purpose flour	¾ tsp. salt
1 cup yellow cornmeal	¼ cup butter or margarine, melted
¼ cup granulated sugar	2 eggs, beaten
4 tsp. baking powder	1 cup milk

Directions

1. Preheat oven to 400 degrees F.
2. Assemble all ingredients and equipment
3. Grease bottom and sides of a 9-by-9-by-2 square baking pan.
4. In large mixing bowl, stir together flour, cornmeal, sugar, baking powder, and salt; set aside.
5. In a small mixing bowl, combine eggs, milk, and cooled melted butter or margarine. Add egg mixture all at once to dry mixture. Stir just until moistened.
6. Pour batter into baking pan.
7. Bake for 18 – 20 minutes or until lightly browned. Place on wire cooling rack. Cut into squares. Serve warm.

Makes 10-12 biscuits.

Basic Skills Level 3: Cool Rise White Bread from Baking 3, page 23

Ingredients

8 1/2 – 9 cups flour
3 Tbls. sugar
2 packages active dry yeast
1/3 cup margarine, softened
2 2/3 c very warm tap water (120 – 130 degrees F.)

Directions

1. In a large bowl, thoroughly mix 3 cups flour, sugar and undissolved yeast. Add softened margarine.
2. Gradually add warm tap water to dry ingredients and beat two minutes at medium speed of electric mixer, scraping bowl occasionally. Add ½ cup flour. Beat at high speed two minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic; about 10-12 minutes. Cover with plastic wrap, then a towel and let rest 20 minutes.
3. Divide dough in half. Roll each half into a 14-by-9-inch rectangle. Shape into loaves. Place in two greased 9-inch by 5 inch by 3 inch loaf pans. Brush lightly with oil. Cover loosely with plastic wrap.
4. Refrigerate two to 12 hours.
5. When ready to bake, remove from refrigerator. Uncover dough carefully. Let stand 10 minutes. Using a greased toothpick or metal skewer, carefully puncture any gas bubbles that may have formed.
6. Bake at 400 degrees F for 35-40 minutes or until done. Remove from baking pans and cool on wire racks.

Makes 2 loaves.

Advanced Skills Level 4: Busy Day Oatmeal Cake from Baking 4, page 17

Ingredients

1 cup oatmeal, quick	1 tsp. vanilla
1 ¼ cup boiling water	1 tsp. cinnamon
1 cup sugar	1 tsp. nutmeg
½ cup shortening	1 tsp. allspice
2 eggs	1 tsp. soda
1 ½ cup plain flour	

Directions

1. Pour water over oats and let stand while mixing the rest of the ingredients.
2. Preheat oven to 350 degrees F.
3. Cream sugar and shortening. Add eggs; beat.
4. Add flour, oatmeal, vanilla, and spices.
5. Pour into floured 9-inch by 13-inch pan.
6. Bake at 350 degrees F. for 30-35 minutes or until done.

Makes 1 cake; 12 servings.