

Banana-Wheat Quick Bread

Barbara Goldstein *New York, New York*
Bake-Off® Contest 24, 1973

You'll like the down-home goodness of this version of wholesome banana bread.

- 1 1/4 cups all-purpose flour**
- 1/2 cup whole wheat flour**
- 1 cup sugar**
- 1 teaspoon baking soda**
- 1 teaspoon salt**
- 1 1/2 cups (3 medium) mashed ripe bananas**
- 1/4 cup margarine or butter, softened**
- 2 tablespoons orange juice**
- 1/4 teaspoon lemon juice, if desired**
- 1 egg**
- 1/4 to 1/2 cup raisins**

Heat oven to 350° F. Grease and flour bottom only of 9×5- or 8×4-inch loaf pan.

In large bowl, combine all ingredients except raisins; beat 3 minutes at medium speed. Fold in raisins. Pour batter into greased and floured pan.

Bake at 350° F. for 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool on wire rack. Wrap tightly and store in refrigerator.

Yield: 16 servings (1 slice per serving)

High Altitude—Above 3,500 feet: Increase all-purpose flour to 1 1/2 cups. Bake as directed above.

Nutrition Per Serving: Calories 160; Protein 2g

Golden Sesame Loaves

Grayce Berggren *State College, Pennsylvania*
Bake-Off® Contest 33, 1988 Prize Winner

Reflecting the growing interest in more nutritious yeast breads in the 1980s, this rich, moist loaf also gets a flavor boost from the addition of oat bran, honey and toasted sesame seed.

- 5 to 6 cups all-purpose flour**
- 1/2 cup instant nonfat dry milk**
- 1/2 cup oat bran**
- 1/2 cup sesame seed, toasted***
- 1 1/2 teaspoons salt**
- 1 teaspoon sugar**
- 2 pkg. active dry yeast**
- 1 3/4 cups water**
- 1/4 cup oil**
- 1/4 cup honey**
- 1 egg**
- 1 egg white, beaten**
- 1 tablespoon sesame seed**

In large bowl, combine 2 cups flour, dry milk, oat bran, 1/2 cup toasted sesame seed, salt, sugar

and yeast; blend well. In saucepan, heat water, oil and honey until very warm (130° F.). Add warm liquid to 1 egg to flour mixture. Blend at medium speed until moistened; beat 2 minutes at medium speed. Stir in additional 2 3/4 to 3 1/2 cups flour until dough pulls cleanly from sides of bowl.

On floured surface, knead dough with remaining 1/4 to 1/2 cup flour until dough is smooth and elastic. Let rest 10 minutes. Place dough in greased bowl; cover loosely with plastic wrap and cloth towel. Rise in warm place (80° F.) until light and doubled in volume, 45 to 55 minutes.

Grease two 9×5- or three 8×4-inch loaf pans. Punch down dough several times to remove air bubbles. Divide dough in half. Shape into loaves by rolling each half into 12×8 rectangle. Starting with short side, roll up; pinch edges together to seal. Place seam side down in greased pans. Cover; let rise in warm place until dough fills

Original Autographs

The creative abilities of Bake-Off® finalists extend beyond the kitchen—they have a certain flair when asking for autographs as well!

- In 1960, Ivy Baker Priest, then the Treasurer of the United States, was the Bake-Off® Contest's guest of honor. She signed dollar bills for the finalists—since she was the only person legally allowed to do so.
- Television host Art Linkletter was the Bake-Off® Contest's emcee several times, making him the most frequent participant, except for the founder Philip Pillsbury. Linkletter got a big kick out of circulating his autograph on the Bake-Off® Contest floor, and was seen autographing everything from

and tops of loaves are about 1 inch above pan edges, 30 to 35 minutes.

Heat oven to 350° F. Uncover dough. Carefully brush loaves with egg white; sprinkle with 1 tablespoon sesame seed. Bake at 350° F. for 30 to 40 minutes or until loaves sound hollow when lightly tapped. Immediately remove from pans; cool on wire racks.

Yield: 32 servings (1 slice per serving)

***Tip:** To toast sesame seed, spread on cookie sheet; bake at 375° F. for about 5 minutes to until light golden brown, stirring occasionally. Or, spread in medium skillet and stir over medium heat for about 10 minutes or until light golden brown.

High Altitude—Above 3,500 feet: Decrease each rise time by about 15 minutes. Bake at 350° F. for 25 to 35 minutes.

Nutrition Per Serving: Calories 130; Protein 4g; Carbohydrate 22g; Fat 3g; Sodium 110mg

Whole Wheat Raisin Loaf

*Lanora Smith Harahan, Louisiana
Bake-Off® Contest 27, 1976 Grand Prize Winner*

As a grand prize winner in 1976, this hearty loaf introduced thousands to the joys of making their own whole-grain bread. You'll find the raisins and spices have a natural affinity with the nut-like flavors of rolled oats and whole wheat.

Recipe Swapping

Cookbooks were not always as common as they are today. In fact, most recipes were recorded on index cards and stored in boxes and drawers. Family cooks would get together and copy one another's cards. The Bake-Off® Contest sprung from this tradition. "Pillsbury's Bake-Off® is actually a 'back fence,' and over it America's best recipes and ideas are exchanged in a true neighbor-to-neighbor fashion," as described in the first Bake-Off® recipe booklet in 1949. Early entry forms were accompanied by text that advised, "All you have to do is swap your recipe. Don't miss out on the greatest cooking event and exchange of recipes in America." Nearly fifty years later, this recipe swapping is still going strong.

- 2 to 3 cups all-purpose flour**
- 1/2 cup sugar**
- 3 teaspoons salt**
- 1 teaspoon cinnamon**
- 1/2 teaspoon nutmeg**
- 2 pkg. active dry yeast**
- 2 cups milk**
- 3/4 cup water**
- 1/4 cup oil**
- 4 cups whole wheat flour**
- 1 cup rolled oats**
- 1 cup raisins**
- 1 tablespoon margarine or butter, melted**
- 1 teaspoon sugar, if desired**

In large bowl, combine 1 1/2 cups all-purpose flour, 1/2 cup sugar, salt, cinnamon, nutmeg and yeast; mix well. In medium saucepan, heat milk, water and oil until very warm (120 to 130° F.). Add warm liquid to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, stir in whole wheat flour, rolled oats, raisins and an additional 1/4 to 3/4 cup all-purpose flour until dough pulls cleanly away from sides of bowl.

On floured surface, knead in remaining 1/4 to 3/4 cup all-purpose

flour until dough is smooth and elastic, about 5 minutes. Place dough in greased bowl; cover loosely with greased plastic wrap and cloth towel. Let rise in warm place (80 to 85° F.) until light and doubled in size, 20 to 30 minutes.

Grease two 9x5- or 8x4-inch loaf pans. Punch down dough several times to remove all air bubbles. Divide dough in half; shape into loaves. Place in greased pans.

Cover; let rise in warm place until light and doubled in size, 30 to 45 minutes.

Heat oven to 375° F. Uncover dough. Bake 40 to 50 minutes or until deep golden brown and loaves sound hollow when lightly tapped. If loaves become too brown, cover loosely with foil last 10 minutes of baking. Immediately remove from pans; cool on wire racks. Brush tops of loaves with margarine; sprinkle with 1 teaspoon sugar.

Yield: 32 servings (1 slice per serving)

High Altitude—Above 3,500 feet: No change.

Nutrition Per Serving: Calories 160; Protein 5g; Carbohydrate 29g; Fat 3g; Sodium 210mg