



THE SUGAR, FLOUR,
EGGS & MILK
COOKBOOK





RECIPES FROM MY
BAKERY





it started small

Back in 2000, I had just graduated from baking school and was trying to figure out what my next move should be. Should I head off to Paris to learn from the pros? Or take a year off and learn techniques from around the world? I had spent years learning my craft, but wasn't ready to practice it. It was a friend from University that changed everything for me. She worked for a small marketing company, and they wanted to send fresh baked bread to their clients as a thank you, and as a way to promote their hands on approach. She asked if I could fulfill the orders. That was my aha moment. I didn't need to start all at once. I could do it little by little, while trying to figure out the next . Then little by little turned into a lot by a lot, and before long, I was running a full blown bakery out of my kitchen. The next steps felt like a dream running by at high speed. First a commercial kitchen, a storefront, then two, three, then across the state, then an online shop. Each time we grew, we hired more passionate and talented bakers just like me, that had come out of school and wanted desperately to get their hands in the flour.

Now it's your turn to get your hands dirty.
Enjoy it, and don't sweat the small stuff!

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CAKES





Fall apple cake

Prep time: 55 minutes

Oven: 350

3 1/4 cups flour	3 eggs plus 2 egg whites (or 4 eggs)
2 tsp. baking powder	1 cup sugar
1 tsp. baking soda	1/2 cup canola oil
2 tsp. ground cinnamon	1 cup liquid honey
1/4 tsp. ground ginger	3/4 cup cold tea
2 medium apples, peeled and cut in chunks	1/4 cup brandy

Steel Blade: Process flour, baking powder, baking soda, cinnamon and ginger for 10 seconds, until blended. Transfer to large mixing bowl. Process apples until finely minced, 8 to 10 seconds. Measure 1 cup firmly packed and set aside.

Process eggs and egg whites, sugar, oil and honey for 2 to 3 minutes, until light. Do not insert pusher in feed tube. Add dry ingredients to batter alternately with tea and brandy. Process with quick on/off pulses, just until blended. Do not over-process. Add apples and process with quick on/off pulses, just until mixed.

Pour batter into sprayed 12-cup fluted tube pan (Bundt pan). Bake for 1 hour and 10 minutes, until cake tests done. A wooden skewer inserted into the center should come out dry. If necessary, cover top of cake with foil to prevent over-browning. Let cake cool in pan for 20 minutes. Carefully loosen with a flexible spatula; invert cake onto a serving plate.

With Rosh Hashanah coming up, I turned to our friend Norene Gilletz from Gourmania.com for a great holiday recipe. She suggested her Apple Honey cake from "The NEW Food Processor Bible" (whitecap books). You won't be disappointed by this recipe – it's a moist and delicious treat that's perfect any time!



These are a fave at easter, but to be fair, they deserve to be made anytime you crave something special. Trying adding walnuts and candied orange peel to give them a rustic twist. They are great served at breakfast, but equally good in the afternoon with English tea.

Hot cross buns

Prep time: 1 hour, plus rising time

Oven: 350

4-4 1/2 c. all purpose flour

1 pkg active dry yeast

1 tsp ground cinnamon

1/4 tsp ground nutmeg

Dash ground cloves

2 eggs plus 1 yolk

3/4 c. milk

1/2 c. butter

1/3 c. granulated sugar

3/4 cup currants

(1/4 cup candied orange zest and 1/4 cup candied ginger, cut into small cubes)

1 egg white

1/2 cup icing sugar

1 tsp milk (or more if needed)

1. In a large mixing bowl combine 2 c. flour, yeast, cinnamon, nutmeg, and cloves. In a pan heat and stir milk, butter, sugar, and 1/2 tsp salt until warm (120°-130°) and butter almost melts.

Add milk mixture to dry mixture. Add eggs. Beat with an electric mixer on low to medium speed 20 sec. scraping bowl. Beat on high 3 minutes. Stir in currants and orange peel and ginger (if desired), and as much remaining flour as you can.

2. Turn onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough (3 to 5 minutes total). Shape into a ball. Place in a greased bowl, turning once. Cover; let rise in a warm place until double (about 1-1 1/2 hrs).

3. Punch dough down. Turn onto floured surface. Cover; let rest 10 minutes. Divide dough into 20 portions. Shape portions into smooth balls. Place balls 1-1/2 inches apart on greased baking sheet. Cover; let rise till nearly double. (45-60 minutes)

4. Using a sharp knife, make a crisscross slash across top of each bun. In small bowl combine beaten egg white and 1 tbsp water. Brush mixture of egg white and water over rolls. Bake in a 375° oven for 12-15 minutes or until golden brown. Cool slightly. For icing, in a mixing bowl combine powdered sugar, vanilla, and milk or juice. Stir in additional milk or juice, 1 tsp at a time, until icing is of drizzling consistency. Drizzle icing into slashes atop each bun. Serve warm.

Leslie's orange cake

Prep Time: 1 hour 30 minutes

Oven: 350

Cake:

1/2 cup soft butter
1 cup sugar
2 eggs
1/4 cup orange marmalade
1 tbsp grated orange rind
1 1/2 cup flour
1 1/2 tsp baking powder
1/2 tsp salt
1/2 cup shredded coconut

Glaze:

1/2 cup sugar
1/4 cup orange juice

Preheat oven to 350 degrees.

Cream sugar and butter. Add eggs, one at a time. Add marmalade, stir until combined.

Sift dry ingredients together. Mix in.

Bake until slightly under cooked- about 45 min in a bundt pan.

Cover with parchment after 30 minutes.

Bring sugar and orange juice to a boil in a saucepan. Cook about 10-15 minutes, until clear and slightly thickened.

Poke holes in cake and pour hot glaze over cake.



Banana napoleon

Prep time: 15 minutes

Yield: 4 servings

1/4 package of frozen puff pastry
4 ripe bananas
1/2 cup Dulce de Leche

1 tsp rum (optional)
1/2 cup whipping cream, whipped
1/4 cup sugar

Thaw puff pastry, roll out, and cut into 2" squares. Bake according to package instructions. Let cool completely.

Cut bananas into slices or quarters. Place in a saucepan with Dulce de Leche and rum. Heat until boiling, and let boil 3 minutes.

Whip cream until almost stiff. Add sugar and continue whipping.

To assemble Napoleons, pull one puff pastry square in half. Layer warm bananas, whipped cream, and pastry top. Top with more whipped cream and drizzle caramel sauce over top.

Hint: Puff pastry makes a wonderful topping for a meat pie. I often use it when I'm making leftover chicken or turkey pot pie...

Decadent molten chocolate cake

Prep Time: 50 minutes



6 oz good quality baking chocolate (dark, not milk)
2/3 cup sugar
2/3 cup butter
3 eggs
1/2 cup all purpose flour

Preheat oven to 320. Grease and flour an 8 or 9" pan.
Melt the chocolate over a double boiler. Add butter and stir until melted.
Beat egg yolks with sugar until soft ribbon forms. Add to chocolate mix and stir. Add flour and mix.
Beat egg whites until smooth. Gently fold egg whites into chocolate mixture.
Bake 40 minutes, or until just set.

Oven: 325

Warm upside down caramel apple cake

Prep Time: 2 hours

Pastry:
8 oz flour
6 oz butter
1 tbsp oil
1 1/2 oz brown sugar

Fruit:
5 1/2 oz butter
5 1/2 oz brown sugar
2 1/2 lb fruit- apples or
pears, peeled, cored and
sliced.

For pastry:

In blender, or with fork, mix all ingredients together. Add enough water to form a ball. Do not over mix. Refrigerate 1-2 hours.

For fruit:

Put butter, sugar, cinnamon if desired in bottom of an oven/cooktop proof heavy pan. (Cast iron is ideal).

Add cut fruit in a nice layer first, then loosely arranged. Pack down.

Cook about 15 minutes over low heat, until butter and sugar mixture rises above fruit.

Roll out pastry. Cut into a circle, and place over fruit.

Cook 10-15 minutes, until pastry is done.
Serve warm with cold cream.

Oven: 375