

WHITE SODA BREAD

A true white soda, unlike a scone enriched with butter and sometimes egg, doesn't have much in it, and so our white soda tends to be sort of bland. Like everyone else, I nearly always prefer brown soda bread, because it's full of so much more flavor (and that's why you get it, with butter, accompanying nearly everything you order in a restaurant). White soda is more cake-like in texture. If it has raisins and a little sugar in it, it becomes a "fruit soda," and it's a little moister and more enticing.

I have noticed the soda breads made by the American-Irish are a very different product from white soda bread in Ireland. They often have caraway seeds, something you never see in Irish soda bread (although you do see them in Seedcake, p. 000) and they're enriched with all sorts of goodies, including orange zest and eggs and butter. I suspect the Irish immigrants of long ago got to this land of plenty and thought, Why are we eating this dull, plain bread? And so they began to make additions, and I say their bread is all the better for it! Here's a plain white soda, however, the classic version, and even I have to admit that buttered white soda is good with a cup of tea or a bowl of soup, and it's a nice accompaniment to a fry-up.

Makes 1 medium loaf, 6 to 8 servings

3½ cups all-purpose flour
2 to 3 tablespoons sugar

1½ teaspoons salt
1 teaspoon baking soda
1½ to 1¾ cups buttermilk

- 1 Preheat the oven to 425 degrees F.
- 2 In a large bowl, stir together the flour, sugar, salt, and baking soda.
- 3 Stir in enough buttermilk to make a stiff dough.
- 4 Lightly flour a rimless baking sheet and turn out the dough onto it. Shape it into a large round. Lift it onto a baking sheet and slash the surface with a sharp knife to make an X about an inch deep across the entire surface.
- 5 Bake for 35 to 45 minutes, until golden and crusty. A tester should have only a few crumbs clinging to it, and the bread should sound hollow when the bottom is tapped. (If it doesn't, remove it from the baking sheet and turn it upside down directly on the oven rack and bake for 5 to 10 minutes more.) Remove from the oven and wrap it in a clean tea towel and leave it, wrapped, to cool on a wire rack. (Wrapping it traps some of the escaping steam and keeps the exterior from being unpalatably hard.)

RHUBARB CRUMBLE

What we call "crumble" is what most Americans call a "crisp," and it's one of the desserts where we have a lot of common ground: sweetened fruit underneath a buttery topping of flour and sugar, maybe some oatmeal. Serve it warm with whipped cream, or a spoonful of custard, which we eat a lot in Ireland. I particularly love orange with rhubarb, but you can leave the orange, or stir in 1 to 2 cups sliced fresh strawberries. Melted butter in the topping makes bigger "clumps" of crumble. You can also use this crumble to top 6 cups peeled, cored, and thinly sliced apples tossed with a little sugar and cinnamon.

Makes 6 servings

8 cups sliced rhubarb (from about 2 pounds)
¾ cup sugar
Juice and zest of one orange

For the crumble topping:

1 cup rolled oats
1 cup all-purpose flour
1 cup light brown sugar
¼ teaspoon salt
½ cup (1 stick) butter, melted

- 1 Preheat the oven to 375 degrees F and butter a shallow 2-quart baking dish.
- 2 Spread the rhubarb slices in the dish and sprinkle with the sugar and orange zest and juice.
- 3 To make the crumble topping, in a medium bowl, place the dry ingredients, stirring to combine. Pour the melted butter over all and stir to distribute well. Then use your hands to pinch and squeeze the mix to make clumps.
- 4 Scatter the topping over the rhubarb and bake for 25 to 30 minutes, until the fruit is bubbling and the topping is golden.

CLASSIC BROWN SODA

This is the master recipe for basic "brown soda." If you lived in Ireland at any time over the last couple of centuries, you've eaten a basic brown soda like this, possibly even one cooked over a turf fire in a bastible. (Those who know say a turf smoke gives it an indefinable but necessary flavor. I've always managed fine with the oven.) It is usually served for breakfast, accompanying the rashers, sausages, and eggs. Served with butter, it's standard issue with a bowl of lunchtime soup, and it's a sandwich with sharp Irish cheese and a tangy relish (see Onion Marmalade, p. 300). A new loaf generally appears for afternoon tea, sliced thinner and eaten simply with butter, as a matter of course, before eating cake or sweets. But that's not all. Oysters wouldn't taste the same in Ireland unless they were followed by a bite of brown bread, and suffice it to say, it would be heresy to serve smoked salmon without a fresh-cut loaf.

Don't forget to cut a cross in the top. Some say it's to let the fairies escape, but whether you're concerned about spirits in your bread or not, the cross helps the bread bake evenly, and, after it has cooled, lets you break it into four even-sized "furls" for cutting.

Makes 1 medium loaf, 6 to 8 servings

- 3 cups coarse, stoneground whole-wheat flour**
- 1 cup all-purpose flour**
- 1 teaspoon baking soda**
- 1 teaspoon salt**
- 1½ to 1¾ cups buttermilk**

- 1 Preheat the oven to 425 degrees F.
- 2 In a large mixing bowl, stir together the flours, soda, and salt. Add enough of the buttermilk to make a stiff dough.
- 3 Sprinkle a little flour on a rimless baking sheet and turn out the dough onto the floured surface. Shape the dough into a round and use a sharp knife to slice a large X about an inch deep across the entire surface.
- 4 Bake for 30 to 40 minutes, until risen and golden-brown on top. The bottom should sound hollow when tapped and a tester should come out with a few crumbs clinging to it. Wrap in a clean tea towel and cool completely on a rack before slicing.

SHORTBREAD

"Real" shortbread is typically made with a little rice flour, which gives it that dry and delicate crunch. Instead of seeking rice flour, you can get an excellent result by using cornstarch to help achieve the classic texture. Sprinkle on a little green sanding sugar to celebrate "the day that's in it," as the Irish say.

Makes 1 8-inch round

- ½ cup (1 stick) butter, softened**
- ¾ cup flour**
- ¼ cup cornstarch**
- ¼ cup sugar**
- Pinch salt**
- ½ teaspoon vanilla**
- Green sanding or decorating sugar**

- 1 Preheat the oven to 325 degrees F and lightly grease an 8-inch round cake tin.
- 2 Put the butter in a medium bowl and use a hand mixer to beat until smooth. Add the remaining ingredients and mix to combine. Press into the bottom of the prepared pan, smoothing the surface with your fingertips, and chill for 10 minutes in the refrigerator.
- 3 Sprinkle generously with the green sugar and bake for 15 minutes, until just turning golden brown. While still warm, cut into 16 wedges with the tip of a paring knife. Let cool completely before removing from pan.

RAISING THE LID ON SELF-RISING FLOUR

The Irish often use self-rising flour for baking, although it's much less common in the US. If you're following a recipe from an Irish book or site that calls for self-rising flour, many American substitution charts will tell you to substitute 1 cup all-purpose flour plus 1 teaspoon baking powder. Do not do this! It's far too much baking powder and you'll end up with a cake or biscuits that taste like salty aluminum. A far better proportion is 1 teaspoon baking powder for every 2 cups of all-purpose flour.

What is it that makes this recipe so adored? Is it the quick prep, the cheery appearance or the delicious combination of pastry and fruit?

CHERRY SWIRL COFFEE CAKE

18 servings • Prep Time: 20 Minutes • Start to Finish: 45 Minutes

COFFEE CAKE

- 4 cups Original Bisquick mix
- ½ cup granulated sugar
- ¼ cup butter, melted
- ½ cup milk
- 1 teaspoon vanilla
- 1 teaspoon almond extract
- 3 eggs
- 1 can (21 oz) cherry pie filling

- 1 Heat oven to 350°F. Grease bottom and sides of one 15x10x1-inch pan or two 9-inch square pans with shortening or cooking spray. In large bowl, stir together all coffee cake ingredients except pie filling; beat vigorously with spoon 30 seconds.
- 2 Spread two-thirds of the batter (about 2½ cups) in 15x10-inch pan or one-third of the batter (about 1¼ cups) in each square pan. Spread pie filling over batter (filling may not cover batter completely). Drop remaining batter by tablespoonfuls onto pie filling.
- 3 Bake 20 to 25 minutes or until light brown. Meanwhile, in small bowl, stir together glaze ingredients until smooth and thin enough to drizzle. Drizzle glaze over warm coffee cake. Serve warm or cool.

1 Serving: Calories 240; Total Fat 8g (Saturated Fat 3g, Trans Fat 1g); Cholesterol 45mg; Sodium 360mg; Total Carbohydrate 39g (Dietary Fiber 1g); Protein 4g **Exchanges:** 1 Starch, 1½ Other Carbohydrate, 1½ Fat **Carbohydrate Choices:** 2½

GLAZE

- 1 cup powdered sugar
- 1 to 2 tablespoons milk

Here's a cake that serves up the best of both worlds—the lightness of angel food and the richness of a layer cake. This delicious favorite recipe first appeared in the 1950 edition of the cookbook.

LEMON CHIFFON CAKE

12 servings • Prep Time: 20 Minutes • Start to Finish: 3 Hours 35 Minutes

CAKE

- 2 cups all-purpose flour or 2¼ cups cake flour
- 1½ cups granulated sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¾ cup cold water
- ½ cup vegetable oil
- 2 teaspoons vanilla
- 1 tablespoon grated lemon peel
- 7 egg yolks (if using all-purpose flour) or 5 egg yolks (if using cake flour)
- 1 cup egg whites (about 8)
- ½ teaspoon cream of tartar

GLAZE

- ½ cup butter
- 1 teaspoon grated lemon peel
- 2 cups powdered sugar
- 2 to 4 tablespoons fresh lemon juice

- 1 Move oven rack to lowest position. Heat oven to 325°F. In large bowl, mix flour, granulated sugar, baking powder and salt. Beat in water, oil, vanilla, lemon peel and egg yolks with electric mixer on low speed until smooth.
- 2 Wash and dry mixer beaters. In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until stiff peaks form. Gradually pour egg yolk mixture over beaten egg whites, folding in with rubber spatula just until blended. Pour into ungreased 10-inch angel food (tube) cake pan.
- 3 Bake about 1 hour 15 minutes or until top springs back when touched lightly. Immediately turn pan upside down onto heatproof bottle or funnel. Let hang about 2 hours or until cake is completely cool.
- 4 Loosen sides of cake with knife or long metal spatula; remove from pan.
- 5 In 1½-quart saucepan, melt butter over low heat; remove from heat. Stir in lemon peel and powdered sugar. Stir in lemon juice, 1 tablespoon at a time, until glaze is smooth and has the consistency of thick syrup. Spread glaze over top of cake, allowing some glaze to drizzle down sides.

1 Serving: Calories 300; Total Fat 12g (Saturated Fat 2.5g, Trans Fat 0g); Cholesterol 125mg; Sodium 360mg; Total Carbohydrate 42g (Dietary Fiber 0g); Protein 6g **Exchanges:** 2 Starch, 1 Other Carbohydrate, 1 Fat **Carbohydrate Choices:** 2

It seems everyone's mother had a version of broccoli salad. And it's still a popular choice at deli counters. We love this recipe because it slashes the fat and calories of the original recipe without sacrificing flavor.

HEALTHIFIED LEMON-BROCCOLI SALAD

8 servings (½ cup each) • Prep Time: 20 Minutes • Start to Finish: 1 Hour 20 Minutes

- 3 tablespoons light mayonnaise or salad dressing
- 2 tablespoons plain Greek yogurt
- ¼ teaspoon finely grated lemon peel
- 2 teaspoons lemon juice
- ¼ teaspoon peeled, grated fresh ginger
- 4 cups small broccoli and/or cauliflower florets
- ½ cup finely chopped red onion
- ¼ cup dried cranberries
- 3 tablespoons roasted soy nuts

1 In a large bowl, stir together mayonnaise, yogurt, lemon peel, lemon juice and ginger. Add broccoli, red onion, and cranberries. Toss to coat. Cover and chill for 1 to 24 hours.

2 Just before serving, sprinkle with soy nuts.

1 Serving: Calories 60; Total Fat 2.5g (Saturated Fat 0.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 8g (Dietary Fiber 2g); Protein 3g
Exchanges: ½ Other Carbohydrate, ½ Vegetable, ½ Fat **Carbohydrate Choices:** ½

BLAST FROM THE PAST:

(Betty Crocker Picture Cook Book, 1950)

A Mother Can Give Her Family a Priceless Gift

Why are some mothers tired all the time and some children fighting colds all winter? Probably because they don't eat the right things. Food that abundantly nourishes can make the difference between a family that just lives and one that has enough and more of health and vigor. You probably know this if you and your family are eating the right foods: all of you have the extra vitality to meet health hazards and the extra enthusiasm to welcome challenges and opportunities.

In 18th-century Switzerland, fondue began as a way to use aged cheeses and day-old bread during the winter months, when it was hard to get fresh ingredients.

HAVARTI-CHEDDAR FONDUE

20 servings (2 tablespoons fondue) • Prep Time: 30 Minutes • Start to Finish: 30 Minutes

- 1½ cups shredded Havarti cheese (6 oz)
- 1 cup shredded sharp Cheddar cheese (4 oz)
- 2 tablespoons all-purpose flour
- ½ cup chicken broth
- ½ cup milk
- ½ cup sliced drained sun-dried tomatoes in oil
- 4 medium green onions, sliced (¼ cup)

Dunkers (such as 1-inch bread cubes and cut-up fresh vegetables), if desired

1 In large resealable food-storage plastic bag, place cheeses and flour. Seal bag and shake until cheese is coated with flour. In fondue pot, heat broth and milk just to a simmer over warm/simmer setting (do not boil).

2 Add cheese mixture, about 1 cup at a time, stirring constantly with wire whisk until melted. Cook over warm/simmer setting, stirring constantly, until slightly thickened. Stir in tomatoes and green onions.

3 Keep fondue warm over warm/simmer setting. Serve with dunkers of your choice for dipping.

1 Serving: Calories 70; Total Fat 5g (Saturated Fat 3.5g, Trans Fat 0g); Cholesterol 15mg; Sodium 130mg; Total Carbohydrate 2g (Dietary Fiber 0g); Protein 3g
Exchanges: ½ Medium-Fat Meat, ¼ Fat **Carbohydrate Choices:** 0

BETTY'S KITCHEN TIP

Serve with broccoli florets, bell peppers, zucchini, sourdough bread cubes, breadsticks or pretzels for dipping into this cheesy fondue.

A classic recipe from Betty's 1964 Bisquick Cookbook, these easy frosted muffins overflow with juicy, fresh raspberries.

RASPBERRY PEEK-A-BOOS

12 muffins • Prep Time: 20 Minutes • Start to Finish: 40 Minutes

MUFFINS

- 1 cup fresh raspberries
- 4 tablespoons granulated sugar
- 1 teaspoon lemon juice
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 2 cups Original Bisquick mix
- ¼ cup butter, softened
- ¾ cup milk

GLAZE

- 1 cup powdered sugar
- ½ teaspoon vanilla
- Pinch of salt
- 1 to 2 tablespoons milk

- 1 Heat oven to 400°F. Place paper baking cup in each of 12 regular-size muffin cups, or grease muffin cups. In small bowl, toss raspberries, 2 tablespoons of the granulated sugar, lemon juice, nutmeg and cinnamon. Set aside.
- 2 In medium bowl, combine Bisquick mix, remaining 2 tablespoons granulated sugar and butter. Add milk all at once; stir just until moistened.
- 3 Spread 1 tablespoon of dough in bottom of each muffin cup. Top each with 1 tablespoon raspberry mixture. Drop about 1 tablespoon dough onto berries.
- 4 Bake 13 to 15 minutes or until golden brown. Cool slightly; remove from muffin pans. Cool about 10 minutes.
- 5 Meanwhile, in small bowl, stir together glaze ingredients, adding milk 1 tablespoon at a time until drizzling consistency. Drizzle over muffins.

1 Muffin: Calories 190; Total Fat 7g (Saturated Fat 4g, Trans Fat 0g); Cholesterol 10mg; Sodium 290mg; Total Carbohydrate 28g (Dietary Fiber 0g); Protein 2g Exchanges: ¼ Starch, 1¼ Other Carbohydrate, 1¼ Fat Carbohydrate Choices: 2

Chicken Divan was a popular casserole served in the 1950s at the New York restaurant Divan Parisienne. The silky, rich sauce gave this dish its elegance.

TURKEY DIVAN

6 servings • Prep Time: 40 Minutes • Start to Finish: 40 Minutes

- 1½ lb fresh broccoli*
- ¼ cup butter
- ¼ cup all-purpose flour
- ¼ teaspoon ground nutmeg
- 1½ cups chicken broth
- 1 cup grated Parmesan cheese
- ½ cup whipping cream
- 2 tablespoons dry white wine or chicken broth
- 6 large slices cooked turkey or chicken breast, ¼ inch thick (¾ lb)

- 1 Cut broccoli lengthwise into ½-inch-wide spears. In 2-quart saucepan, heat 1 inch water (salted if desired) to boiling. Add broccoli. Heat to boiling. Boil uncovered 5 minutes; drain, remove from pot and keep warm.
- 2 In same saucepan, melt butter over medium heat. Stir in flour and nutmeg. Cook, stirring constantly, until smooth and bubbly; remove from heat. Stir in broth. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in ½ cup of the cheese, whipping cream and wine.
- 3 Place hot broccoli in ungreased 11x7-inch (2-quart) glass baking dish. Top with turkey. Pour cheese sauce over turkey. Sprinkle with remaining ½ cup cheese.
- 4 Set oven to broil. Broil with top 3 to 5 inches from heat about 3 minutes or until cheese is bubbly and light brown.

*Two packages (9 oz each) frozen broccoli spears, cooked and drained, can be substituted for the fresh broccoli.

1 Serving: Calories 350; Total Fat 22g (Saturated Fat 12g, Trans Fat 1g); Cholesterol 105mg; Sodium 690mg; Total Carbohydrate 9g (Dietary Fiber 3g); Protein 29g Exchanges: 2 Vegetable, 3 Lean Meat, 2 Fat Carbohydrate Choices: ¼