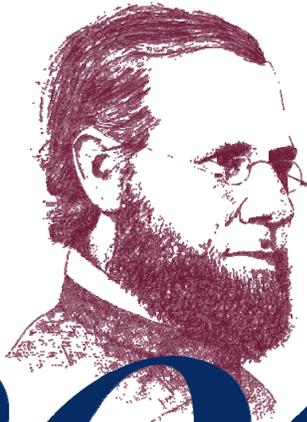


The Father Hecker Cookbook



Servant of God
Isaac Hecker
Founder of the Paulist Fathers



Recipes from Hecker Flour Co.

WHOLE WHEAT APPLE MUFFINS WITH STREUSEL TOPPING

(Yield: 12)

1 cup Heckers Unbleached All-Purpose Flour
1 cup Heckers Whole Wheat Flour
1 tsp. baking Soda
1 tsp. baking Powder
1/4 tsp. Salt
1 Tbsp. Cinnamon
1/2 cup Margarine, softened (may substitute spread, if suitable for baking) 1/2 cup Granulated Sugar
1/4 cup Brown Sugar, packed
1 Egg, slightly beaten
1 cup sour cream (non-fat works fine)

1 Apples (Jonathan or Granny Smith) peeled, cored and chopped

Preheat oven to 400°.

Prepare muffin tin: Grease and flour – or spray w/ cooking oil – or use muffin/cupcake papers.

Mix together both flours, baking soda, baking powder, salt and cinnamon, set aside. In separate bowl, cream margarine then add granulated sugar and brown sugar. Beat until light and fluffy. Add egg and mix well. Add sour cream, mixing lightly. Fold in dry ingredients. Stir in apple chunks by hand.

Divide batter evenly into prepared muffin cups. Make Streusel topping (see recipe below). Sprinkle Streusel Topping evenly over each muffin. Bake at 400° for 20-25 minutes or until toothpick inserted into center of muffin comes out clean. Slightly cool muffins in tin, then turn out onto wire rack to cool completely.

Streusel Topping

3 Tbsp. Ceresota Unbleached Flour
3 Tbsp. Brown Sugar
1/4 tsp. Cinnamon
4 tsp. Margarine softened (may substitute spread, if suitable for baking) 1/8 cups Chopped Pecans

In small bowl, mix flour, brown sugar and cinnamon. Cut in margarine until mixture resembles coarse crumbles. Add chopped pecans.

Soft Pretzels

1 cake (5/8oz.) compressed yeast or 1 package active dry 1 1/2 cups lukewarm (80-85°F.) water

3/4 tsp. salt

1 1/2 tsp. sugar

4 cups sifted Heckers or Ceresota Unbleached Flour 1 egg, beaten

Coarse Salt

Preheat Oven to 425°F.

Dissolve yeast in water (use warm, 105-115°F., for active dry yeast). Add salt and sugar. Blend in flour and knead until smooth and elastic. Cut into small pieces, and roll into ropes; twist. Place on paper-lined baking sheets. Brush with beaten egg; sprinkle with salt. Bake in 425°F. oven for 12 – 15 minutes, or until browned. Serve immediately. (Best when fresh.)

CHALLAH

(TWO 1-POUND BRAIDS)

1 package active dry yeast 1-1/2 cups warm water
1 tablespoons sugar
2 tablespoons oil

2 teaspoons salt
5 cups sifted Ceresota or Heckers' Flour (about) 3 eggs
1 tablespoon water

Soften yeast in water. Measure sugar, oil and salt into large bowl. Blend in yeast mixture. Beat in 2 cups flour until smooth. Blend in 2 whole eggs plus 1 egg yolk. Stir in remaining flour to make a moderately stiff dough. Turn onto lightly floured surface and knead until smooth and satiny (5 to 8 minutes).

Shape into ball and place in lightly greased bowl, turning to grease all sides. Cover and let rise in warm place (80-85°) until doubled, about 1-1/2 hours.

Punch down; divide into 8 equal pieces. Cover; let rest 10 minutes. Shape each piece into a 14-inch rope. Braid three ropes together for each loaf; place on greased baking sheets. Place one rope down center of each loaf; tuck ends under. Cover and let rise in warm place until doubled, about 45 minutes.

Combine slightly beaten egg white and water. Brush on loaves. Bake in pre-heated 350-degree oven 30 minutes or until deep golden brown. Remove immediately from sheets and cool.

Honey Rolls

(Yield: 1 dozen medium size rolls)

2 cups sifted Heckers or Ceresota Unbleached Flour 1/2 tsp. salt
3 tsp. baking powder (double action)
5 tbsp. butter

2/3 cup milk
1/2 cup honey)
4 tbsp. butter) melt together; cool 1 1/2 tsp. cinnamon

Preheat oven to 400° Grease muffin tins

Sift together flour, salt and baking powder. Cut in butter. Add milk, stirring to make a soft dough. Turn out onto lightly floured board; knead a few times; roll out to about 1/4" thickness. Spread with honey mixture. Roll up as for cinnamon roll. Cut into slices 1" thick; place in muffin tins, cut side down. Bake for about 15-20 minutes, or until rolls test done. Turn out of pan while warm

CINNAMON STREUSEL BREAD

(Makes 3 loaves)

1 cake (1 oz.) compressed yeast
1/2 cup lukewarm (80-85°F.) water
1-1/2 cups lukewarm milk
1/4 cup sugar
1 tablespoon salt
3 eggs
1/4 cup soft butter
7-1/2 cups sifted Ceresota or Heckers Unbleached Flour

In large mixing bowl, dissolve yeast in water. Add all other ingredients and 1/2 the flour; mix well. Add the remaining flour and mix well. Turn out onto floured board and knead until smooth and elastic. Place in greased bowl; let rise in warm (80-85°F.), draft-free place for 1 hour. Punch down; let rest 30 minutes. Divide into 3 pieces. Shape each into a loaf and place in well-greased 9x5x3-inch loaf pans. Brush tops with milk. Sprinkle Streusel* over tops. Let rise again in warm place for 45 to 50 minutes. Bake in 425°F. oven 15 minutes; reduce heat to 375°F. and bake 30 minutes longer, or until tests done. Remove from pans and cool on rack.

*STREUSEL: Blend together 1/3 cup Ceresota or Heckers Flour; 1/3 cup brown sugar; 3 tablespoons soft butter until mixture resembles coarse meal.

Pastry

Apple Pie (Makes 2 Crusts)

2 cups Heckers or Ceresota Unbleached Flour 1 tsp. salt
2/3 cup butter
4 - 5 Tbsp. water

Mix flour and salt together. Cut in butter until it resembles coarse meal. Sprinkle water over the surface, mix gently. Press dough into a ball. Divide in half. Roll one piece into a circle 1" larger than pan. pressing into place. Moisten edge.

Preheat oven to 425°

Filling:

*3/4 cups sugar
2 Tbsp Heckers or Ceresota Unbleached Flour 1/8 tsp salt
1/4 tsp cinnamon
6 cups sliced apples (Pared & cored)
3 Tbsp butter

*Use 1 cup sugar, if apples are very tart.

Transfer to pan,

Mix sugar, flour, salt and cinnamon together. Sprinkle 3 Tbsp. mixture on bottom crust. Add apples, then pour remaining dry ingredients over apples. Dot with butter. Roll out top crust; cut several gashes to let steam escape. Place over filling. Trim and press down edge, fluting with fingers. Bake for about 30-40 minutes or until apples are tender and crust is browned.