

# A Taste Of Tradition

## Make Memories A Part Of Your Holidays

(NAPSA)—Here's a taste of good news: those wonderful, traditional, aromatic baked goods from holidays past can be more than a memory. With today's appliances, old-fashioned goodies can be made with minimum time and effort—if you know a few tips for success.

For example, if using a bread machine, open the lid after five minutes of kneading to see if the dough is off the sides and bottom of the pan and has formed a soft, somewhat tacky ball. If it's too dry, add a bit more liquid; if too wet, add a little more flour.

A secret of using the mixer method is to know when the dough is kneaded enough. After about five minutes, take off a small ball and stretch it out. If it stretches easily and doesn't tear, it's been kneaded sufficiently. Kneading makes dough elastic, but too much and the dough won't rise well. Also, don't work too much flour into the dough as you are kneading. Firm dough does not stretch as easily as soft dough.

Use these tips when making Grandma's Tea Ring:

### Grandma's Tea Ring

#### Dough Ingredients

- 1 egg
- ½ cup milk
- ¼ cup water
- 2 tablespoons butter
- ¼ cup sugar
- ¾ teaspoon salt
- 3 cups bread flour
- 1 packet (¼ ounce) Red Star® Active Dry Yeast

#### Egg Wash Ingredients

- 1 egg
- 1 tablespoon water

#### Filling Ingredients

- ½ cup sugar



You can delight your circle of friends and family when you ring in the holidays with an easy-to-make traditional yeast dough tea ring.

- 2 teaspoons cinnamon
- ½ cup dried cranberries or raisins
- 1 cup peeled, chopped apple (approximately 1)

#### Bread Machine Method

Have liquid ingredients at 80°F and all others at room temperature. Place ingredients in pan in order listed. Select DOUGH cycle.

#### Mixer Method

In a mixing bowl, combine 1½ cups of flour, sugar, salt, and yeast. Combine milk, water and butter; heat to 120° to 130°F (butter does not need to melt). On low speed, add liquid ingredients to dry. Beat 2 to 3 minutes on medium speed. Add egg; beat 1 minute. By hand or with dough hook, stir in enough remaining flour to make a soft dough. Knead 5 to 7 minutes or until smooth and elastic. Use additional flour if necessary. Place dough in lightly oiled bowl and turn to grease top. Cover; let rise about 40 minutes.

#### Shaping and Baking

Turn dough onto lightly floured surface. Pat into a 15-x 12-inch rectangle. Mix egg wash and brush dough. Spread with filling. Starting with longer side, roll up tightly, pressing dough into roll. Pinch edges to seal. Form ring; overlap ends into each other; press to seal.

Place ring seam-side down on baking sheet lined with parchment paper (or greased sheet). With scissors, make cuts one inch apart through all layers on the outside of ring to one inch from center of ring. Turn each slice on its side. Cover; let rise until indentation remains after touching. Brush top with remaining egg wash. Bake in preheated 350°F oven 25 to 30 minutes. Remove from cookie sheet; cool. Drizzle with powdered sugar icing and decorate with candied fruit.

For more recipes and tips, visit [www.redstaryeast.com](http://www.redstaryeast.com).