

Cooking Corner



Vintage Recipe From A Trusted Brand Since 1868

(NAPSA)—A company that forever changed the way America bakes, takes bakers on a trip down memory lane by showing them how to prepare a delicious, vintage cake-like bread.

Fleischmann's Yeast turns 133 years young in March. To mark the anniversary, Fleischmann's Yeast Home Economists have scoured the company's voluminous recipe archives and antique cook-books, settling on a vintage recipe: Sally Lunn.

The recipe was recently test-baked in the company's test kitchens and was updated to include the time-saving benefit of Fleischmann's RapidRise Yeast. The recipe is certified by the Fleischmann's Yeast Test Kitchens: certified delicious!

Sally Lunn is a fluffy, sponge cake-like yeast bread thought to have been invented in Bath, England in the 1700s.

There are several accounts of the origin of the name Sally Lunn. In one account, it is attributed to the French phrase "soleil-lune" or sun and moon to symbolize the bread's golden top and white bottom.

Sally Lunn is made from a batter instead of a dough. Its delicious simplicity makes it a versatile bread appropriate for everything from Sunday brunch to informal supper.

Although normally served warm with butter or margarine; British traditionalists prefer it with orange marmalade.

Sally Lunn Makes One Loaf

Ingredients

- 4 cups all-purpose flour
- 1/3 cup sugar
- 1 envelope Fleischmann's Rapid Rise Yeast
- 1 teaspoon salt
- 1/2 cup water
- 1/2 cup milk



Although normally served warm with butter or margarine, British traditionalists prefer this vintage treat with marmalade.

- 1/2 cup butter or margarine,
cut into pieces
- 3 large eggs

In a large bowl, combine 1 1/3 cups flour, sugar, undissolved yeast, and salt. Heat water, milk, and butter until very warm (120° to 130°F); gradually stir into dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Cover; let rest 10 minutes.

Stir batter down; spoon into greased 12-cup tubepan. Cover; let rise in warm, draft-

free place until doubled in size, about 1 hour.

Bake at 325°F for 35 to 40 minutes or until done. Let cool 5 minutes in pan. Turn out onto wire rack to complete cooling.

Nutrition Information Per Serving: Serving size: slice (1/2 of recipe) Calories: 270; Total fat: 10 g; Saturated fat: 5 g; Cholesterol: 75 mg; Sodium: 220 mg; Carbohydrates: 38 g; Dietary Fiber: 1 g; Protein: 6 g

Fleischmann's Yeast program, Helping Baker's Bake, offers a toll-free line, 1-800-777-4959, and a Web site, www.breadworld.com, that features baking tips and recipes for both the beginner and experienced baker.