



At The Stove

with Don Dickey

Not for Sale

***Breads & Soups
Class Recipes***

BREAD STICKS

1½ C	354 g	Warm Water (120°~130°F)
2 TBS	25 g	Sugar
4¾ C	570 g	All-Purpose Flour (approx)
1 TBS	9 g	Instant Yeast
1 TBS	9 g	Salt (DC kosher)
4 TBS	57 g	Butter, softened (½ stick)
2 TBS	21 g	Semolina for dusting pans
½ tsp	3 g	Garlic Salt (optional)



- Measure warm water into a large mixing bowl.
- Mix in sugar and 2 C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt and butter; mix in 2 C of flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Shape dough into a tight ball.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Fold dough on itself a few times and knead briefly.
- Preheat oven to 400°F while you continue with the recipe.
- Prepare sheet pan with parchment (optional); sprinkle pan with semolina.
- Using bench scraper, divide dough into 16 equal pieces.
- Roll each piece into a ½-inch diameter rope and place on prepared pan.
- Space ropes about ½-inch apart so they won't rise into each other.
- Spray ropes lightly with oil (PAM).
- Rise, covered, until almost but not quite doubled.
- Bake 15~18 minutes until golden and just done; do not over-bake.
- Optionally, brush with melted butter and sprinkle with garlic salt.
- Enjoy warm or cool on a wire rack before storing.

Recipe Tips

- Add roasted garlic to the dough for added flavor
- without the bite of regular garlic. Try roasted garlic
- slices pulverized with mortar and pestle or purchase
- granulated roasted garlic from your favorite purveyor.



MINESTRONE SOUP

Vegetarian

1	Sweet Onion, chopped
1 TBS	Extra Virgin Olive Oil
2~4 cloves	Garlic, minced
2 stalks	Celery, chopped
2	Carrots, peeled and chopped
¼ #	Italian Green Beans, cut
15-oz can	White Beans, drained
28-oz can	Diced Tomatoes
2~3 C	Vegetable Stock
1 tsp	Oregano (dried)
1 tsp	Basil (dried)
2 whole	Bay Leaves
1 C	Macaroni (ditalini or other small shape)
	Salt & Pepper to taste
	Grated Italian Cheese garnish

- In a large pot, saute onion in EVO oil until translucent.
- Add garlic, celery, and carrots; saute briefly to soften.
- Add beans, tomatoes, stock, and seasonings; bring to boil.
- Reduce heat and simmer about 20 minutes.
- Add pasta; simmer until pasta is cooked; don't overcook.
- Taste and adjust seasonings as required.
- Portion, garnish and serve.

Recipe Tips

- Seasoning - The amount of salt needed will depend on the nature of your stock. I normally use home-made stocks which are essentially salt-free. Most store-bought stocks, however, contain significant amounts of salt.
- Pasta - Optionally, you can cook the pasta separately to prevent it from being overcooked in the soup and turning mushy. Either mix it into the soup at the last moment before serving or ladle hot soup over a serving of pasta in each bowl.

HAWAIIAN STYLE SWEET ROLLS

12 oz	370 g	Evaporated Milk (1 can)
½ C	113 g	Butter/Margarine (1 stick)
¾ C	150 g	Sugar
1 tsp	4 g	Vanilla Extract
1 TBS	6 g	Zest of 1 Lemon
4 large	200 g	Eggs, beaten
1 TBS	10 g	Instant Yeast (SAF Gold preferred)
1 TBS	10 g	Salt (DC kosher)
6½ C	780 g	All-Purpose Flour (approx)



- Warm eggs in hot tap water while you continue.
- Heat milk in a saucepan or microwave; do not burn.
- Add butter/margarine to hot milk; stir to melt.
- Dissolve sugar in milk mixture; mix in vanilla, lemon, and beaten eggs.
- Check temperature; re-warm liquids to 120°F if necessary.
- Transfer liquids to a large (warmed) mixing bowl.
- Mix in 3 C of flour; beat well by hand or with mixer.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt and then 3 C additional flour, one cup at a time.
- Mix in up to ¼ C more flour until dough starts to release from bowl.
- Dust top of dough and counter with last ¼ C flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Lightly grease the sides of two 9-inch round cake pans.
- Line the bottoms of the pans with parchment cut to fit.
- Fold dough on itself a few times; knead briefly; divide in half.
- Divide each half into 12 equal size pieces (~ 65g each).
- Shape dough into round balls; place into prepared pans.
- Allow dough to rise, covered, until almost but not quite doubled.
- Preheat oven to 350°F while dough rises.
- Bake 25~30 minutes until golden and done.
- Tent tops with foil if they appear to be browning too rapidly.
- Brush hot rolls with melted butter (optional); serve warm.

Recipe Tips

- Using evaporated milk makes this recipe authentic.
- To stretch the recipe add up to ½ C water to liquids
- plus ~ 1¼ C additional flour making 15~18 rolls to
- rise and bake in a 9 x 13 inch rectangular pan.

CORN & POTATO CHOWDER

2~3	Sweet Potatoes (1 #)
2 stalks	Celery, chopped
1 medium	Sweet Onion, chopped
1 medium	Shallot, minced
1 small	Red Bell Pepper, finely chopped (optional)
3 C	Stock (chicken or vegetable)
1 whole	Bay Leaf
1 TBS	Tomato Paste (optional)
1 tsp	Thyme leaves or ½ tsp dried
4 C	Sweet Corn (1 # bag frozen or 2 cans, drained)
1 C	Water
1~2	Red Potatoes (½ #)
2 TBS	Parsley, minced fresh
½~1 C	Milk
	Extra Virgin Olive Oil as required
	Salt & Pepper to taste

- Set oven for pre-heat to 425°F.
- Line a sheet pan with aluminum foil and spray lightly with release (PAM).
- Peel and cut the sweet potatoes into ½-inch dice.
- Toss sweet potatoes with EVO oil and spread out on prepared pan.
- Season sweet potatoes with salt and pepper.
- Roast sweet potatoes ~20 minutes until tender, turning after 10 minutes.
- Continue with the recipe while the sweet potatoes roast.
- Chop aromatics: celery, onion, shallot, and pepper.
- In a large pot, saute aromatics in EVO oil until soft.
- Add stock, bay leaf, tomato paste, and thyme; bring to simmer.
- Measure out 1 C of corn and reserve kernels for adding whole later on.
- Put rest of corn into a food processor or blender.
- Process corn with water until completely smooth.
- Add pureed corn to pot and return to simmer.
- While chowder heats, dice the red potato and add to pot.
- Simmer, covered, until red potato is tender, 15~20 minutes.
- Remove and discard bay leaf.
- Add reserved corn kernels, roasted sweet potatoes, and parsley.
- Return chowder to a simmer and adjust seasonings.
- Finish chowder with milk to desired consistency just before serving.

Recipe Tip

- Kick this recipe up with a pinch of cayenne pepper and/or a dash of liquid smoke.

ONION RYE DINNER ROLLS

1¼ C	305 g	Milk, scalded
4 TBS	57 g	Butter (1/2 stick)
2 TBS	42 g	Honey
½ C	118 g	Water
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
2 TBS	18 g	Caraway Seeds
⅓ C	60 g	Onion, minced
1½ C	180 g	Rye Flour
3¼ C	390 g	Bread Flour (approx)
1 TBS	11 g	Semolina for dusting pans
Wash	optional	Egg beaten with 1 TBS Water



- Scald milk in saucepan or microwave to 180°F; do not burn.
- Add butter to hot milk; stir to melt.
- Mix in honey and water; adjust temp to 120°F as required.
- Transfer liquids to a large (warmed) mixing bowl.
- Mix in 2½ C of bread flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, seeds (if desired), and onion.
- Mix in rye flour.
- Mix in bread flour (~ ½ C) until dough starts to release from bowl.
- Dust dough and counter with last ¼ C bread flour and turn dough out.
- Knead until dough forms a smooth ball, adding flour only as necessary.
- Rise, covered, in an oiled bowl until doubled in bulk.
- Fold dough on itself a few times; divide in half.
- Prepare sheet pan with parchment (optional); sprinkle pan with semolina.
- Roll dough into ropes; cut each rope into 12 equal size pieces.
- Shape dough into smooth round balls; place onto prepared pans.
- Allow dough to rise, covered, until almost but not quite doubled.
- Preheat oven to 400°F while dough rises.
- Optionally, brush rolls with egg wash just before baking.
- Bake 18~20 minutes until nicely browned and done.
- Transfer to a wire rack; serve warm.

Recipe Tip

- Caraway seeds aren't for everyone!
- If you don't like them, leave them out.

LEEK & POTATO SOUP

1~2	Leeks (2 C), chopped
1 TBS	Extra Virgin Olive Oil
1 C	Mushrooms, diced (optional)
4 C	Stock (Chicken or Vegetable)
1 C	Instant Potato Flakes
1 C	Milk (optional)
	Salt & Pepper to taste
	Chives or chiffonade of Chervil garnish

- In 3 qt saucepan, sweat leeks with EVOO until just tender.
- If stock is unseasoned, season leeks with salt & pepper.
- Add mushrooms if desired; saute 1~2 minutes.
- Add stock and bring to a simmer.
- Whisk in potato flakes, stirring continuously, and cook 1~2 minutes.
- To finish, stir in milk if desired, taste and adjust seasonings.
- Portion, garnish with chives or chervil, and serve.

based on techniques by Jacques Pepin

SAUSAGE & POTATO SOUP

1 large	Sweet Onion, chopped
2 TBS	Extra Virgin Olive Oil
2 TBS	Butter
2~4 cloves	Garlic, minced
2 stalks	Celery, chopped
2	Carrots, peeled and chopped
2 C	Cabbage, shredded
2 QT	Chicken Stock
½ tsp	Marjoram (dried)
2 C	Red Potatoes (unpeeled), cubed
½ C	Instant Potato flakes
2 C	Polish Kielbasa (¾ #), sliced
	Salt & Pepper to taste
	Parsley, minced, for garnish

- Saute onion in EVO oil until translucent.
- Add butter, garlic and vegetables; saute 5 minutes.
- Add stock and seasonings; bring to boil, reduce heat, simmer ~ 15 minutes.
- Add potatoes and sausage; cook ~ 15 minutes until potatoes are soft.
- Taste and adjust seasonings, portion into servings, garnish with parsley.

QUICK & EASY OATMEAL BREAD

1½ C	120 g	Rolled Oats (or 1 C + 1 TBS Oat Flour)
1¾ C	413 g	Warm Water (130°F)
⅓ C	107 g	Molasses (or honey)
4 TBS	26 g	Milled Flax Seed (optional)
4 tsp	13 g	Instant Yeast
⅓ C	75 g	Oil (or melted butter)
4 tsp	13 g	Salt (DC kosher)
⅓ C	23 g	Instant Dry Milk (optional)
5 C	600 g	Bread Flour (approx)
½ C	39 g	Rolled Oats for outside



- Use food processor to mill oats into flour.
- Combine water and molasses in a large mixing bowl.
- Mix in oat flour, flax seed, and 1½ C of bread flour; beat well.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in oil, salt, milk, and 3 C of bread flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Fold dough on itself a few times; knead briefly; divide in half.
- Shape into loaves; tightly rolled and sealed logs work well.
- Roll each loaf in oats to coat evenly.
- Place loaves in non-stick or lightly oiled loaf pans.
- Rise, covered, until almost but not quite doubled.
- Preheat oven to 375°F while dough rises.
- Bake 35~40 minutes until done.
- Remove from pans; cool on a wire rack before cutting or storing.



Recipe Tip

- Since oats do not contain the
- proteins that produce gluten,
- this recipe contains bread flour
- to help with gluten development.

BROCCOLI & SQUASH SOUP

1 large	Sweet Onion, chopped
2 TBS	Butter or Extra Virgin Olive Oil
1 clove	Elephant Garlic (or 4 regular cloves), chopped
20 oz bag	Frozen Cubed Butternut Squash
3 C	Chicken or Vegetable Stock
16 oz bag	Frozen Chopped Broccoli
1 C	Diced Cooked Ham or ¼ C Cooked Bacon Pieces
1 C	Whole Milk or Half & Half
	Salt & Pepper to taste

- In a large pot, saute onion in butter or oil until translucent.
- Add garlic, saute briefly.
- Add squash and stock, bring to simmer, cook, covered, 10 minutes.
- Remove from heat; puree in blender or food processor until smooth.
- Return to saucepan; add broccoli and bacon or ham.
- Cook another 3~5 minutes until broccoli is tender.
- Finish with milk or half & half; heat to serving temperature.
- Taste and adjust seasonings before serving.

ROAST PUMPKIN SOUP

2~4 #	Pumpkin
1 large	Sweet Onion
2~4 TBS	Extra Virgin Olive Oil
2~3 C	Chicken or Vegetable Stock
1~2 tsp	Cinnamon, ground (optional)
½ C	Heavy Cream
	Salt & Pepper to taste



- Set oven for preheat to 425°F.
- Line 2 rimmed sheet pans with foil and spray lightly with release (PAM).
- Cut pumpkin into 1½-inch wide wedges; remove ends and seeds.
- Place wedge on side; cut off skin; cut wedge into 1½-inch cubes.
- Toss cubes with olive oil in a plastic bag and dump onto prepared pans.
- Halve onion, coat with olive oil, place on prepared pan with pumpkin.
- Season pumpkin and onion as desired with salt & pepper.
- Roast until pumpkin flesh is tender, about an hour.
- Puree pumpkin and onion in blender or food processor with stock as required.
- Heat puree with remaining stock; add cinnamon if desired.
- Finish with cream and adjust seasonings before serving.

CHEDDAR & CHIVE MUFFINS

1½ C	180 g	All-Purpose Flour
½ C	60 g	Whole Wheat Flour
1 tsp	3 g	Salt (DC kosher)
½ tsp	3 g	Baking Soda
2 tsp	9 g	Baking Powder
2 large	100 g	Eggs, beaten
2 TBS	42 g	Honey or Sugar
1 C	244 g	Buttermilk (or sour milk)
⅓ C	75 g	Vegetable Oil
¼ C	12 g	Chives (fresh), chopped
1¼ C	140 g	Sharp Cheddar Cheese, shredded
¼ C	28 g	Parmesan cheese, freshly grated

Recipe Tip

- To make sour milk
- (substitute for buttermilk):
- Put 2 TBS lemon juice in a
- measuring cup; Add milk to
- make 1 C total and stir.

- Preheat oven to 400°F while you proceed with the recipe.
- Combine flours, salt, baking soda and powder in a large bowl.
- In a small bowl, beat eggs; mix in honey, buttermilk, and oil.
- Mix enough wet ingredients into dry ingredients to make a thick batter.
- If batter is too wet (pourable), add some flour to thicken.
- Mix chives and cheddar cheese into batter.
- Spoon batter into paper-lined muffin cups to ¾ full.
- Top each muffin with a pinch of Parmesan cheese.
- Bake 15~18 minutes until done (test with toothpick).
- Cool on a wire rack (so muffin will release from liner) before enjoying.

