

LINDA'S  LOAVES

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This collection of quick bread loaves was developed by Linda Thompson, Director of the Martha White Test Kitchen. Thorough testing resulted in a variety of fruit, nut and cheese breads that are easy to prepare.

Serve these nutritious breads buttered and toasted for breakfast; sliced and wrapped for a lunch box treat; or spread with butter or cream cheese for party sandwiches. They also make thoughtful gifts.



## BANANA NUT LOAF

A classic—especially good with fruit salads; a lunch box favorite.

- 2/3 cup sugar
- 1/3 cup soft shortening
- 2 eggs
- 3 tablespoons buttermilk
- 1 cup mashed ripe bananas (2 or 3)
- 2 cups sifted Martha White Self-Rising Flour
- 1/4 teaspoon soda
- 1/2 cup chopped nuts

Heat oven to 350 degrees. Grease an 8 1/2 x 4 1/2 x 2 1/2 - inch loaf pan. Mix together thoroughly sugar, shortening and eggs. Stir in buttermilk, mashed bananas and flour; then stir in soda and fold in chopped nuts. Turn batter into prepared pan. Bake 50 to 60 minutes. Cool in pan for 10 minutes. Remove and cool completely.

NOTE: If using Martha White Plain Flour, use 1/2 teaspoon soda and 1/2 teaspoon salt.

For best results, Linda offers the following suggestions:

- (1) *Pans*—Bake in the recommended size loaf pan for a full high loaf with an appetizing split in the crust. If using a glass pan, reduce oven temperature 25 degrees.
- (2) *Storing*—These breads usually taste and slice better the day after baking. Cool, wrap and store in a cool place overnight. They also freeze nicely.
- (3) *Slicing*—For even slices, use a bread knife with a serrated edge. Cut with a gentle sawing motion.

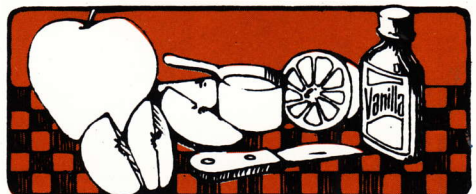
## APPLE BREAD

Moist and flavorful—a delicious coffee bread.

- 1/2 cup shortening
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 tablespoon buttermilk
- 2 cups sifted Martha White Self-Rising Flour
- 1 teaspoon grated lemon rind
- 1 1/2 cups peeled, chopped tart apples
- 1/2 teaspoon cinnamon
- 1 tablespoon sugar

Heat oven to 350 degrees. Grease an 8 1/2 x 4 1/2 x 2 1/2 - inch loaf pan. Cream shortening, sugar, and vanilla together until fluffy. Blend in remaining ingredients, except cinnamon and 1 tablespoon sugar. Pour into prepared pan and sprinkle with cinnamon and sugar. Bake 1 hour. After cooling this bread may be wrapped and frozen.

NOTE: If using Martha White Plain Flour, sift 3 teaspoons baking powder and 3/4 teaspoon salt with flour.



## WHOLE WHEAT HEALTH BREAD

Old fashioned whole grain flavor for snacktime or mealtime—a “natural” with fruit and cottage cheese.

- 1 cup Martha White Whole Wheat Flour
- 1 cup sifted Martha White Self-Rising Flour
- 1/4 cup sugar
- 1/4 teaspoon soda
- 1/2 teaspoon salt
- 1 egg, beaten
- 1 1/2 cups buttermilk
- 1/4 cup honey
- 1/4 cup melted butter or margarine
- 1/2 cup chopped walnuts
- 1/2 cup raisins

Heat oven to 375 degrees. Grease an 8 1/2 x 4 1/2 x 2 1/2 - inch loaf pan. In mixing bowl stir together flours, sugar, soda and salt. Combine egg, buttermilk, honey and butter and add to dry ingredients, stirring just until moistened. Fold in nuts and raisins. Turn into greased pan and bake 45 to 50 minutes. Let cool in pan 10 minutes. Remove from pan and cool thoroughly.

This loaf will be more compact and will not rise as high as many quick loaf breads.

NOTE: If using Martha White Plain Flour, stir in 1 teaspoon soda, 1 teaspoon baking powder and 1 teaspoon salt with flours.



## SOUR CREAM COFFEE LOAF

Try this rich loaf for a special breakfast or company brunch.

- 1/2 cup butter or margarine
- 1 1/4 cups sugar
- 3 eggs
- 1 cup dairy sour cream
- 1 teaspoon grated lemon rind
- 2 cups sifted Martha White Self-Rising Flour
- 1/2 cup chopped nuts
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon

Heat oven to 350 degrees. Grease and lightly flour a 9 x 5 x 3 - inch loaf pan. Cream butter and sugar together until light and fluffy. Add eggs, one at a time, beating until well blended. Fold in sour cream and lemon rind. Fold flour gradually into creamed mixture, but do not beat. Spoon half the batter into prepared pan. Blend the brown sugar, cinnamon and nuts together. Sprinkle half over the batter. Spoon on remaining batter, and top with remaining nut mixture. Pat down gently. Bake for 55 to 60 minutes. Cool in pan 10 minutes. Turn out on cake rack and cool completely.

NOTE: If using Martha White Plain Flour, sift 2 teaspoons baking powder and 1/4 teaspoon salt with flour.

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## SOUTHERN SWEET POTATO BREAD

This delightfully moist loaf is even better with orange cream spread.

- 1/4 cup butter
- 1/2 cup firmly packed brown sugar
- 2 eggs, beaten
- 1 cup mashed, cooked sweet potatoes, fresh or canned
- 3 tablespoons milk
- 1 teaspoon grated orange rind
- 2 cups sifted Martha White Self-Rising Flour
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/2 cup chopped nuts

Heat oven to 350 degrees. Grease a 9 x 5 x 3 - inch loaf pan. Cream butter; add brown sugar and beat until light and fluffy. Add eggs, sweet potatoes, milk and orange rind. Beat with mixer until thoroughly combined. Add flour, nutmeg and allspice to sweet potato mixture with nuts. Mix thoroughly until smooth. Turn batter into prepared pan. Bake for 45 to 50 minutes. Let cool in pan 10 minutes. Remove to cake rack. Cool before slicing.

NOTE: If using Martha White Plain Flour, sift 3 teaspoons baking powder and 1 teaspoon salt with flour.

## QUICK CHEESE BREAD

Serve sliced, buttered and toasted with a green salad, soup or chili. Also makes delicious croutons.

- 2 packages Bixmix
- 3/4 cup water
- 2 eggs, beaten
- 2 teaspoons dry mustard
- 1 1/2 cups grated sharp cheese
- 2 tablespoons butter or margarine

Heat oven to 350 degrees. Grease an 8 1/2 x 4 1/2 x 2 1/2 - inch loaf pan. Empty Bixmix into large bowl. Stir in water and beat with wooden spoon until smooth. Add remaining ingredients except 1/2 cup cheese and butter. Mix thoroughly. Pour into pan. Sprinkle with remaining cheese and dot with butter. Bake 40 to 45 minutes. Cool in pan 10 minutes. Remove from pan and cool on rack before slicing.

## LEMON TEA BREAD

Spread thin slices of this refreshing bread with ginger cream spread.

- 1/3 cup butter or margarine
- 3/4 cup sugar
- 2 eggs, lightly beaten
- 3 teaspoons grated lemon rind
- 2 cups sifted Martha White Self-Rising Flour
- 3/4 cup milk
- 1/2 cup chopped walnuts
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons sugar

Heat oven to 350 degrees. Grease an 8 1/2 x 4 1/2 x 2 1/2 - inch loaf pan. Cream together butter and 3/4 cup of sugar until light and fluffy. Add eggs and lemon rind; beat well. Add flour to creamed mixture alternately with milk, beginning and ending with flour. Stir in walnuts. Pour into prepared pan. Bake for 55 minutes to 1 hour.

Combine lemon juice and 2 tablespoons sugar. Spoon over hot bread immediately after removing from oven. Cool in pan 10

minutes. Turn out of pan and allow to cool completely on wire rack.

NOTE: If using Martha White Plain Flour sift 2 1/2 teaspoons baking powder and 1 teaspoon salt with flour.



## SPREADS

For tea sandwiches, spread thin slices of bread with softened butter, cream cheese or one of these spreads.

### CREAM SPREADS:

**Orange:** Into one 3-ounce package cream cheese, blend in 1 tablespoon orange juice and 1 teaspoon grated orange peel.

**Ginger:** Soften one 3-ounce package cream cheese with 1 teaspoon milk, blend in 2 tablespoons finely chopped crystallized ginger and 2 tablespoons finely chopped almonds.

**Honey:** Whip one 3-ounce package cream cheese, blend in 1 tablespoon honey and 1 teaspoon lemon juice.

**Fruit Cream:** Blend one 3-ounce package softened cream cheese with 2 tablespoons of your favorite jam, jelly or preserves or 2 tablespoons drained crushed pineapple.

### BUTTER SPREADS:

**Almond:** Mix 1/2 cup softened butter or margarine with 1 tablespoon finely chopped almonds and 1/2 teaspoon almond extract.

**Orange:** Mix 1/2 cup softened butter or margarine with 1 tablespoon orange juice and 1 tablespoon grated orange peel.

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