



**Ontario Home Economics Association**

# C O M M U N I Q U É

## *Ask a Professional Home Economist*

**For Immediate Release**

## **Hot New Sandwich Trends ~ Fresh from a Bread Machine**

by Donna J Washburn, P.H.Ec. and Heather L Butt, P.H.Ec.

Today's busy lifestyle means constantly eating on the run. Are you searching for healthy, homemade, handheld solutions? By using a bread machine to prepare the dough for filled breads, wraps and flatbreads, you can add excitement to your hurried menus.

**Pitas are fun and easy to make!** Enlist your kids and your bread maker, then follow these guidelines.

- The first thing that has to be done every time you work with dough is to divide it into equal portions. This is important to ensure consistency in baking and size of final product. To divide evenly, round the dough into a large, slightly flattened ball. Use a sharp French-style knife or a pizza wheel to cut the dough rather than pulling it into pieces. For 16 portions, divide the dough ball in half (to get 2), then each piece in half (to get 4), then each piece in fourths (to get 16). To make mini-pitas, divide each piece in half again to make 32 portions. The results will be a lot more even than if you simply hack off small amounts and hope you end up with the right size and number. Alternatively, if you have a kitchen scale, you could weigh the dough, divide it into the required number of pieces, then make sure all the pieces weigh the same amount.
- When you flatten the dough into balls, work in as much flour as possible with your hands as you form the pitas. This gives the typical texture and makes separating the layers of the baked pitas into pockets easier.

- Roll out each portion of the dough to no more than 1/8-inch (2 mm) thick. Pockets won't form if the dough is any thicker. However, when pockets don't form, just spread with your favourite filling and roll as a Greek-style pita for a quick, portable lunch.
- Don't forget to preheat the baking stone for at least 15 to 20 minutes on the bottom rack of a 450° F (230° C) preheated oven. Don't have a baking stone? Use a baking sheet instead.
- Baking time is critical. Don't let pitas brown or pitas will be crisp, not soft and pliable.
- Immediately upon removing from the oven, stack the puffed pitas. Wrap in a towel while cooling.

### **Pita Pockets**

Watch these pitas puff up in the oven right before your eyes.

1 ¼ cups	water	300 mL
1 ½ tsp	salt	7 mL
1 tbsp	granulated sugar	15 mL
¼ cup	shortening or vegetable oil	50 mL
2 ¼ cups	all-purpose flour or bread flour	550 mL
1 cup	rye flour	250 mL
½ cup	buttermilk powder	125 mL
2 ½ tsp	bread machine yeast	12 mL

1. Measure ingredients into baking pan of the bread machine in the order recommended by the manufacturer. Insert baking pan into the oven chamber. Select **Dough Cycle**.
2. Remove dough to a lightly floured board; cover with a large bowl and let rest for 10 to 15 minutes.
3. Divide the dough into 16 portions. Form into balls; flatten with fingertips working in as much flour as possible. Roll out into 5-inch (12.5 cm) circles, 1/8-inch (2 mm) thick.
4. Quickly place 3 or 4 on a preheated baking stone. Bake 3 minutes in a preheated 450° F (230° C) oven.

Other filled-breads such as stromboli, calzone, braid, muffaletta, toastie or focaccia are great to have in the freezer, ready to take with you to the cottage on weekends or to a family gathering. On busy Friday nights, these filled breads can make a meal for the whole family or a snack for hungry teens. For a nutritious lunch, simply add a crisp green salad.

## Sausage-Stuffed Stromboli

Stromboli, a specialty of Philadelphia, is a calzone-like sandwich of meat and cheese, usually pepperoni and mozzarella.

### Sausage Filling

1 lb	pork sausage, casings removed, meat crumbled	500 g
3	medium carrots, chopped	3
3	medium leeks, chopped	3
1 tbsp	dry rubbed rosemary	15 mL
¾ cup	sliced mushrooms	175 mL
2 tbsp	dry white wine	25 mL

### Dough

1 ½ cups	water	375 mL
1 ½ tsp	salt	7 mL
2 tbsp	granulated sugar	25 mL
3 ¾ cups	all-purpose flour or bread flour	925 mL
1 ½ tsp	bread machine yeast	7 mL

### Glaze

1	egg yolk	1
1 tbsp	water	15 mL

1. Filling: In a large frying pan, brown sausage meat; drain well and set aside. In the same frying pan, sauté carrots, leeks, mushrooms and rosemary. Add browned sausage meat and white wine. Mix gently and set aside to cool.
2. Measure ingredients into baking pan of the bread machine in the order recommended by the manufacturer. Insert baking pan into the oven chamber. Select **Dough Cycle**.
3. Remove dough to a lightly floured board; cover with a large bowl and let rest for 10 to 15 minutes. Roll out dough to a 16- by 13-inch (40 by 33 cm) rectangle. Place on lightly greased baking sheet. Cut 2-inch (5 cm) squares out of each corner. Spread cooled filling down the centre 6 inches (15 cm), omitting narrow ends.
4. Glaze: In a small bowl, whisk together egg yolk and water until smooth.
5. Brush the glaze around the cut corners. Fold short ends of dough over filling. Brush with glaze. With scissors, make cuts on the long side 1-inch (2.5 cm) apart, from the edge of the dough to within ¾-inch (2 cm) of the filling. Repeat on remaining side. Fold alternately into the centre, criss-crossing strips over the filling, at the same time stretching a little to bring the uncut dough up and over the filling. Cover and let rise in a warm, draft-free place for 20 minutes, but not until double in volume.
6. Brush the risen dough with the remaining glaze. Bake in a preheated 375° F (190° C) oven for 40 to 45 minutes, or until stromboli sounds hollow when tapped on the bottom. Cool for 10 minutes before slicing to serve. Refrigerate leftovers.

Recipes from "250 Best Canadian Bread Machine Baking Recipes" by Donna J Washburn, P.H.Ec. and Heather L Butt, P.H.Ec.

### **Tips for Preparing Fillings**

- Vegetables for fillings should be cut into pieces large enough to be recognized, but not so large that the filled breads fall apart when eaten.
- Ground-meat fillings must be completely cooked before enclosing in the dough since they do not cook as the bread bakes.
- To minimize the fat in fillings, and to prevent soggy bread crusts, also sauté vegetables and brown meats using a minimum of oil. Drain well before enclosing in dough.
- Quickly cool all fillings to room temperature before enclosing in dough. If the filling is too hot, it may kill the yeast, and the dough immediately surrounding the filling may be gummy.
- Spread the filling right to the ends of the dough so that the first and last slices have the same amount of filling as those in the middle.
- Cool meat or cheese-filled breads quickly and refrigerate following baking. Refrigerate leftovers. Serve warm or cold.

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Donna J Washburn, P.H.Ec. and Heather L Butt, P.H.Ec. are co-authors of “*250 Best Canadian Bread Machine Baking Recipes*”. Acknowledged experts in the field of bread machine baking, they have extensive recipe development expertise working with many bread machine manufacturers and yeast companies. Other cookbooks by the same authors are: “*Canada's Best Bread Machine Baking Recipes*” (Robert Rose Inc); “*More of Canada's Best Bread Machine Baking Recipes*” (Robert Rose Inc); “*125 Best Quick Bread Recipes*” (Robert Rose Inc); “*125 Best Gluten-Free Recipes*” (Robert Rose Inc.); and their latest release, “*The Best Gluten-Free Family Cookbook*” (Robert Rose Inc). For more information about Donna and Heather’s books, visit [www.bestbreadrecipes.com](http://www.bestbreadrecipes.com) or email them at [bread@ripnet.com](mailto:bread@ripnet.com)

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For further information, please contact:

Ontario Home Economics Association  
Box 45, R.R. #5, Dundalk, ON N0C 1B0  
Tel/Fax: (519) 925-9684  
E-mail: [meline.batten@sympatico.ca](mailto:meline.batten@sympatico.ca)  
Website: [www.ohea.on.ca](http://www.ohea.on.ca)

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