

## CLASSIC RECIPES - FROM CAROL'S COOKING CLASSES

### MONSTER DOUGH STARTER

2 c warm water	Mix all the ingredients together until smooth. Cover with a cloth and set in a warm place for 5 days. Refrigerate.
2 c fresh ground wheat flour	
2 t sugar	Pour off as required for your recipe. Replenish with 2 c flour, 2 c warm water and 1/4 c sugar. Store in refrigerator.

### CINNAMON BUNS DOUGH

1/3 c oil	In Bosch mixer bowl with dough hook attached, add monster dough starter, oil and egg. Beat well on speed 1. Add remaining ingredients and mix well. If dough is sticky, add more flour.
1 egg	
2 c wheat flour	Knead on speed 2 for 2 minutes. Remove dough and roll out on well floured surface. Spread with butter, cinnamon, sugar or your favourite cinnamon roll filling. Roll up and cut into 3/4" slices.
2 t baking powder	
1 t baking soda	Place in baking tray and bake in 400 deg oven for 15 – 20 mins

### MONSTER MUFFINS

#### **Dry Ingredients:**

1<sup>1/2</sup> c wheat flour  
1/2 c brown sugar  
1/2 c rye flour (or rolled oats)

#### **Wet Ingredients:**

1 egg, lightly beaten  
1/2 c buttermilk  
1/2 c oil

Add dry ingredients to Bosch mixer bowl with cookie whisks attached. Beat on speed 1 until ingredients are well mixed. In a separate bowl mix the wet ingredients together. Add wet ingredients to Bosch bowl and beat on speed one until just mixed. Fill greased muffin tins 3/4 full. Bake at 375 deg for 20 – 25 mins.

### MONSTER BISCUITS

2 c wheat flour	1/2 c shortening
1/2 t baking soda	1 c Monster Dough Starter
2 t baking powder	2 t honey

In Bosch mixer bowl with cookie whisks attached, combine flour, soda, baking powder, salt and shortening. Mix on speed one until blended. Add monster dough starter, milk and honey. Mix on speed one for one minute. Remove dough from bowl and pat into rectangle 1/2" thick. Cut biscuit shapes and bake on greased baking sheet at 400 deg for 20 mins.

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