

JUNE 2010

DOWNTOWN BAKERY & CREAMERY

SHARING RECIPES AND BAKING TIPS



JOE AND HIS DAD IN A PHOTOBOOTH, 1982

VOL.6

FIG NEWTONS

DONUT MUFFINS

HEALDSBURG, CA

FIG NEWTONS

YIELDS 32 MAGNIFICENTLY LARGE FIG NEWTONS

SELDOM DOES A DAY PASS WHEN I DO NOT HEAR "WHOA! LOOK AT THE SIZE OF THAT FIG NEWTON!" I SUPPOSE YOU COULD MAKE THEM SMALLER, BUT WHERE'S THE FUN IN THAT?

DOUGH:

2 1/2 CUPS (1 LB 4 OZ) ALL PURPOSE FLOUR
3/4 CUP (6 OZ) UNSALTED BUTTER AT WARM ROOM TEMPERATURE
2 TBSP WHIPPING CREAM
1 1/4 CUPS (10 OZ) GOLDEN BROWN SUGAR
4 EGGS
2 TSP BAKING POWDER
1 TSP BAKING SODA
1/2 TSP CINNAMON
1 TSP SALT

CREAM BUTTER UNTIL FLUFFY. BEAT IN CREAM AND SUGAR. BEAT IN EGGS ONE AT A TIME. STIR DRY INGREDIENTS TOGETHER IN A SEPARATE BOWL. STIR DRY INGREDIENTS TO FORM A **SOFT** DOUGH. DIVIDE INTO FOUR PIECES, PAT INTO FLAT RECTANGLES, WRAP IN PLASTIC AND CHILL THOROUGHLY, AT LEAST 4 HOURS. EACH BLOCK WILL MAKE 8 PIECES. IF 32 NEWTONS IS A BIT MORE THAN YOU NEED, FREEZING THE DOUGH AT THIS POINT FOR AS LONG AS A MONTH IS A VIABLE ALTERNATIVE.

FILLING:

4 CUPS DRIED BLACK MISSION FIGS
COLD WATER TO COVER 2/3 CUP GRANULATED SUGAR
1 TBSP LEMON ZEST
1/2 TSP SALT

CUT HARD STEMS OFF FIGS. PUT FIGS AND WATER IN A LARGE POT AND LET STAND 15 MINUTES. ADD SUGAR, LEMON ZEST AND SALT. BRING TO A BOIL, REDUCE HEAT TO LOW AND SIMMER UNCOVERED FOR 30 MINUTES. COOL, THEN PUREE IN FOOD PROCESSOR.

FIG NEWTONS, CONT.

SHAPING AND BAKING

PREHEAT OVEN TO 350 DEGREES.

ROLL EACH CHILLED PIECE OF DOUGH INTO A RECTANGLE ABOUT 5" X 12". PLACE DOUGH RECTANGLE ON PARCHMENT-LINED COOKIE SHEET. PUT 1 1/2 CUPS FILLING DOWN THE CENTER, COVERING LESS THAN HALF THE WIDTH. FOLD LONG SIDES OVER THE FILLING SO THEY BARELY OVERLAP. FOLD NARROW ENDS OVER LIKE A BURRITO AND PINCH TO SEAL. ROLL FILLED RECTANGLE OVER SO THAT THE SEAM IS ON THE BOTTOM AND RUN FINGERS DOWN THE SIDES TO STRAIGHTEN.

BAKE AT 350 DEGREES UNTIL GOLDEN BROWN, 20 TO 25 MINUTES.

COOL BEFORE SLICING INTO BARS.



MAYA AND HER DAD GOIN' FISHIN' 1977

DONUT MUFFINS

YIELDS APPROXIMATELY 36 MUFFINS

FOR BATTER:

ONE POUND (2 CUPS) SWEET BUTTER AT ROOM TEMPERATURE

2 3/4 CUPS (19 OZ) SUGAR

6 EGGS

8 CUPS (2 1/2 POUNDS) ALL PURPOSE FLOUR

2 TBSP & 1 TSP BAKING POWDER

1 TSP BAKING SODA

2 1/2 TSP SALT

1 1/2 TSP NUTMEG

2 1/3 CUP MILK

1/3 CUP BUTTERMILK

FOR DIPPING:

1 CUP (8 OZ) MELTED SWEET BUTTER

FOR ROLLING:

5 CUPS SUGAR

4 TBSP CINNAMON

CREAM BUTTER AND SUGAR UNTIL FLUFFY IN A MIXER. ADD EGGS ONE AT A TIME UNTIL JUST MIXED IN. SIFT TOGETHER FLOUR, BAKING POWDER, BAKING SODA, SALT AND NUTMEG. COMBINE MILK AND BUTTERMILK. STARTING WITH THE DRY INGREDIENTS, ALTERNATE ADDING THE DRY WITH THE MILK MIXTURE TO THE SUGAR-BUTTER-EGG MIXTURE. MIX UNTIL WELL-COMBINED AND SMOOTH BUT DO NOT OVER-MIX AS THE RESULT WILL BE A LESS TENDER MUFFIN.

A GOOD RULE OF THUMB IN ALTERNATE ADDITIONS OF WET AND DRY INGREDIENTS INTO A BATTER IS TO MENTALLY DIVIDE DRY INTO FOUR ADDITIONS, WET INTO THREE, STARTING AND ENDING WITH DRY INGREDIENTS. THESE SMALL ADDITIONS ADDED GRADUALLY AND EVENLY PREVENT OVER-MIXING.

KEPT IN AN AIR-TIGHT CONTAINER, THE BATTER AT THIS POINT STORES WELL IN YOUR REFRIGERATOR FOR UP TO THREE DAYS AND IN YOUR FREEZER FOR A MONTH.

PREHEAT OVEN TO 350 DEGREES.

SCOOP A GENEROUS QUARTER-CUP INTO EACH WELL OF A GREASED MUFFIN TIN- A # 16 ICE CREAM SCOOP WITH A SWEEP WILL SERVE YOU WELL FOR THIS TASK. BAKE ON MIDDLE SHELF OF OVEN FOR 20-25 MINUTES UNTIL FIRM TO THE TOUCH AND GOLDEN BROWN. WHEN JUST COOL ENOUGH TO HANDLE, DIP INTO MELTED BUTTER AND ROLL IN CINNAMON SUGAR.