

Measuring flour

Guaranteed baking success starts with measuring flour the RIGHT way. A properly measured cup of flour weighs 4 1/4 ounces. Please follow the steps at right when measuring flour by volume.



English Muffin Toasting Bread

3 cups King Arthur Unbleached All-Purpose Flour
1 tablespoon sugar
1 1/2 teaspoons salt
1/4 teaspoon baking soda
1 tablespoon instant yeast
1 cup milk
1/4 cup water
2 tablespoons vegetable oil or olive oil
cornmeal, to sprinkle in pan

Whisk together the flour, sugar, salt, baking soda, and instant yeast in a large mixing bowl.

Heat the milk, water, and oil to between 120°F and 130°F. The liquid will feel very hot (hotter than lukewarm), but not so hot that it would scald you.

Pour the hot liquid over the dry ingredients in the mixing bowl. Beat at high speed for 1 minute. The dough will be very soft.

Lightly grease an 8 1/2" x 4 1/2" loaf pan, and sprinkle the bottom and sides with cornmeal. Scoop the soft dough into the pan, leveling it in the pan as much as possible. Cover the pan, and let the dough rise till it's just barely crowned over the rim of the pan. This will take about 45 minutes to 1 hour, if you heated the liquid to the correct temperature and your kitchen isn't very cold. While the dough is rising, preheat the oven to 400°F.

Remove the cover, and bake the bread for 20 to 22 minutes, till it's golden brown and its interior temperature is 190°F. Remove the bread from the oven, and after 5 minutes turn it out of the pan onto a rack to cool. Let the bread cool completely before slicing.

Chocolate Chip Cookies

2/3 cup light brown sugar, firmly packed
2/3 cup granulated sugar
1/2 cup unsalted butter
1/2 cup vegetable shortening
1/2 teaspoon salt
2 teaspoons vanilla extract
1/4 teaspoon almond extract, optional
1 teaspoon vinegar, cider or white
1 teaspoon baking soda
1 large egg
2 cups King Arthur Unbleached All-Purpose Flour
2 cups semisweet chocolate chips

Preheat the oven to 375°F. Lightly grease (or line with parchment) two (or more) baking sheets.

In a large bowl, combine the sugars, butter, shortening, salt, vanilla and almond extracts, vinegar, and baking soda, beating until smooth and creamy. Beat in the egg, again beating till smooth. Scrape the bottom and sides of the bowl with a spatula to make sure everything is thoroughly combined. Mix in the flour, then the chips.

Use a spoon (or a tablespoon cookie scoop) to scoop 1 1/4" balls of dough onto the prepared baking sheets, leaving 2" between them on all sides; they'll spread.

Bake the cookies for 11 to 12 minutes, till their edges are chestnut brown and their tops are light golden brown, almost blonde. Remove them from the oven, and cool on the pan till they've set enough to move without breaking.
Yield: 3 dozen cookies.

Blueberry Muffins

2 1/4 cups King Arthur Unbleached All-Purpose Flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup (4 tablespoons) softened butter
3/4 cup granulated sugar
2 large eggs
2 teaspoons vanilla extract
1/2 cup sour cream or plain yogurt
1 1/2 cups blueberries, fresh or frozen
coarse white sparkling sugar for garnish (optional)

Preheat the oven to 375°F. Line a muffin tin with papers, and grease the papers.

Whisk together the flour, baking powder, baking soda, and salt.

In a separate bowl, beat the butter and sugar until light, fluffy, and almost white in color. Scrape down the bowl, then add the eggs one at a time, beating well after each addition. Add the vanilla and sour cream or yogurt, and mix until incorporated. Add the dry ingredients and mix on low speed just until the batter is smooth, it will be thick. Fold in the berries by hand.

Scoop the batter into the prepared muffin cups, using a heaping 1/4-cup for each. Sprinkle with regular granulated or coarse white sugar, if desired.

Bake the muffins for 18 to 24 minutes, until a cake tester inserted in the center of one comes out clean. Remove them from the oven, cool in the pan for 5 minutes, then remove the muffins from the pan to finish cooling on a rack.

