

IN THE PANTRY QUICK BREADS

Fresh Fruit Quick Breads

Quick Bread Sampler



Cookbook Series by Joyce:

In the Pantry Baking Standards

In the Pantry Classics

In the Pantry Quick Breads

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PREFACE

I LOVE to bake... in fact I have been cooking since I was in grade school. That's when I was introduced to quick breads and all the wonderful things you could do with them. They're so easy to make and can be used in so many different ways.

As many women, I became even more interested in cooking in the 60s when Julia Child published her masterpiece, *Mastering the Art of French Cooking*, Volumes 1 and 2. I couldn't put the book down and I couldn't stop cooking. I decided I would have a career in cooking, but then there was that little problem of not being adept at all in chemistry...

My very first cooking class in college turned out to be just like a chemistry class. I'm sure I'm making more out of this than is actually true, but I started to wonder how I would survive in a career that would depend on measurements, ratios, flavor and textures. In my mind, I would be spending the rest of my life in chemistry! I eventually changed direction in college, but never lost my interest in cooking as a hobby and as a stress buster.

This is a short eBook to introduce you to quick breads. The full series has much more information, tips, and recipes.

[In the Pantry Quick Breads](#)

Fresh Fruit Quick Breads - Volume 1

Decadent, Sinful Quick Breads – Volume 2

Savory Quick Breads - Volume 3

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IN THE PANTRY COOKBOOKS

Before writing my first cookbook, I reviewed my cookbook collection (which is vast) and thought about how I have cooked and baked over the years. Although I have many cookbooks, I haven't really made a lot of the recipes in these books. As I was raising my son, I had two sources that were my "go to" recipes. Many of the "gourmet" recipes I made for special occasions, such as birthdays and holidays and many others I made when I had people over.

This made me think back and examine what was so special about these recipes and the answer was simple... they all contained ingredients that I had in my pantry. And that's because you can't run to the market and buy all the special ingredients needed for gourmet recipes on a weekly basis. The food budget just isn't that expansive!

Day-to-Day Cooking and Baking

Most of us are busy with work, raising a family and trying to maintain a social life. So, when it comes to feeding the family, we want something that is fast, convenient and healthy.

For instance, did you know there is a big difference between foods labeled "natural" and "organic?" Foods labeled natural are not regulated which means, you could be consuming just about any chemical that can be put in food to make it last longer and taste better. On the other hand, organic food is regulated by the federal government and prevents the inclusion of these toxic ingredients.

When it comes to providing food for the family, it may be convenient to purchase pre-made food, but you're actually spending more from your food budget than if you had made the food yourself. Why spend more, when you can control what your family consumes when you cook it yourself with just a little time management.

When I was cooking for the family, I planned ahead to make many of the meals in advance. I then stored them in the refrigerator to be re-heated that week or put them in the freezer for a later time or when I was short on meals. Most of your cooking can be reserved and used later.

The other way I cook and bake is when I am inspired. This usually means I want to create something now; using what I have in the pantry and the refrigerator – not having to run to the store. If I don't have an ingredient, I'll usually find a way to modify the recipe to what I do have. Sometimes, I'll even choose another recipe to get started cooking.

Planning Ahead

Planning ahead isn't really that difficult. I have always kept a prepared pantry of essentials to facilitate my need to cook. You see, cooking and baking for me isn't just to prepare meals, but it's also a hobby and a stress reducer. Some people read; some people cook; some of us bake!

Once you have your pantry and refrigerator [properly stocked](#), all you have to do is keep a running grocery list in the kitchen (or on your device) and once you use the last of an ingredient, add it to your shopping list.

Today, it's fashionable to have every cooking and baking pan and utensil that comes out, but it's not really necessary. Besides not having enough space to put all those items, you will find that you rarely use all of them. There are a few basics that you will use all the time and others that you can find new uses for to do double duty.

For instance, one of the recipes in this book was just another quick bread baked in a loaf pan. I decided I wanted a different shape and decided to use the bread as a cake. I found a lovely Polish stoneware bowl that was perfect. All I had to do was make sure I [prepared the bowl](#) so the bread wouldn't stick and adjust the baking time. Voila – something new!

My First Cookbook

I had collected a lot of quick bread recipes over the years; remember, I started early. Being from California, many of these recipes contained fruit and I started thinking about how expensive fruit is, especially when you purchase it just to make a recipe.

Unfortunately, most people just throw fruit away when it's going bad, but I make quick bread. I try to not waste anything, including vegetables. They may not be good enough to eat raw, but add them to a recipe and you have a whole new entrée, bread, or dessert.

[Fresh Fruit Quick Breads, Volume 1](#) contains recipes for seasonal fruit throughout the year. It's sorted by fruit so you can go directly to the related recipes when you're ready to bake.

The Basics of Baking

Not an experienced baker? Then you may need to learn about [baking terms](#). Vintage recipes may use different terms and measurement abbreviations from newly published recipes.

If your baking does not produce the desired result, it may be due to one or more of the following:

- Measuring the ingredients

- Measuring cup (measuring by weight is more accurate)
- Wrong temperature for the type of pan used
- Over-mixing
- One or more of the ingredients are old, such as eggs, oil or baking powder
- Too long or too short baking time
- Inaccurate oven temperature

More baking tips are included in the rest of the series, [*In the Pantry Quick Breads.*](#)

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RECIPES



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Cherry Bourbon Coconut Bread

Servings: 1 9x5 Loaf

Prep Time: 20 Minutes

Bake Time: 50-55 Minutes

Preheat Oven to 350 degrees F

This moist bread has a punch of bourbon, which is a tasty combination with the cherries and toasted coconut. If you would rather use bourbon extract or no bourbon at all, just increase the milk to one cup. If you decide not to use the coconut, use the full two cups of cherries. If you use frozen cherries, defrost them and squeeze out most of the moisture or your bread will be soggy.

Ingredients

1 ¼ cup shredded coconut

2 cups all-purpose flour

1 1/3 cup granulated sugar

1 tablespoon baking powder

½ teaspoon salt

2 large eggs

2/3 cup milk

1/3 cup bourbon

¼ cup vegetable oil

2 teaspoons vanilla extract

1-2 cups dark cherries, roughly chopped

Instructions

1. Preheat oven to 350 degrees F and grease a 9x5 bread or loaf pan. Reduce the temperature 25 degrees if you're using a Pyrex pan.
2. Once the oven reaches 200 degrees F, put the coconut on a cookie sheet and toast in the oven for 3-6 minutes. Shake or turn the coconut one or twice during baking. Cool.
3. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
4. In a small bowl, whisk the eggs. In a medium bowl, whisk together the milk, bourbon, oil, and vanilla; add the eggs and mix well.
5. Add the liquid ingredients to the dry ingredients and fold a few times. Add the chopped cherries and toasted coconut to the batter and fold together until just mixed; do not over-mix.
6. Pour batter into prepared loaf pan. Bake for 50-60 minutes or until a knife inserted into the center of the bread comes out clean.
7. Cool on a wire rack for 15 minutes. Remove loaf from the pan and continue to cool on the wire rack.

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Lemon Strawberry Bread

Servings: 1 8x4 Loaf

Prep Time: 20 Minutes

Bake Time: 45-55 Minutes

Preheat Oven to 350 degrees F

Lemon adds a nice zest to strawberries and this stiff batter holds up the strawberries and produces a nice moist loaf. I like this bread topped with sifted confectioner's sugar.

Ingredients

½ cup vegetable oil
1 cup granulated sugar
1 small lemon, juiced and zested
1 teaspoon vanilla
2 large eggs
¼ cup milk
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon salt
2 cups strawberries, sliced

Instructions

1. Preheat oven to 350 degrees F and grease an 8x4 bread or loaf pan. Reduce the temperature 25 degrees if you're using a Pyrex pan.
2. In large bowl, whisk the oil and sugar until smooth. Add lemon juice, zest, and vanilla and whisk. Add eggs, one at a time and whisk. Add the milk and whisk until combined.
3. Mix together flour, baking soda, cinnamon and salt; add to sugar mixture and fold lightly.
4. Fold in the sliced strawberries; do not over-mix.
5. Pour batter into prepared loaf pan. Bake for 50-60 minutes or until a knife inserted into the center of the bread comes out clean.
6. Cool on a wire rack for 15 minutes. Remove loaf from the pan and continue to cool on the wire rack. If you're topping it with confectioner's sugar, sift about ½ cup over the bread after it has cooled about 15 minutes.

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Strawberry Banana Bread

Servings: 1 8x4 Loaf

Prep Time: 15 Minutes

Bake Time: 50-60 Minutes

Preheat Oven to 350 degrees F

This is a delicate loaf of bread as it has less flour than most other recipes. I sprinkle sugar over the top of the loaf before baking for a nice crunch, which is a nice contrast to the moist bread. The combination of the lemon and almond extract provide a lovely backdrop to the bananas and strawberries.

Ingredients

3 or 4 small, ripe bananas; mashed

1/3 cup melted butter, cooled

1/2 cup sugar

1 egg, beaten

1/4 teaspoon almond extract

1 tablespoon lemon juice

1 cup sliced or diced strawberries

1 teaspoon baking soda

Pinch of salt

1 1/2 cups of all-purpose flour

Instructions

1. Preheat oven to 350 degrees F. Grease one 8x4 inch loaf pan. Reduce the temperature 25 degrees if you're using a Pyrex pan.
2. With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl.
3. Mix in the sugar, egg, and almond extract.
4. Add lemon juice and strawberries to the bowl and mix lightly.
5. Sprinkle the baking soda and salt over the batter and mix in.
6. Add the flour last, mix – DO NOT over mix.
7. Pour batter into prepared loaf pan. For a crunchy top, sprinkle granulated sugar on top of the loaf. Bake for 50-60 minutes, until a knife inserted in the center of the loaf comes out clean.
8. Cool on a wire rack for 10 minutes. Remove loaf from the pan and continue to cool on the wire rack.

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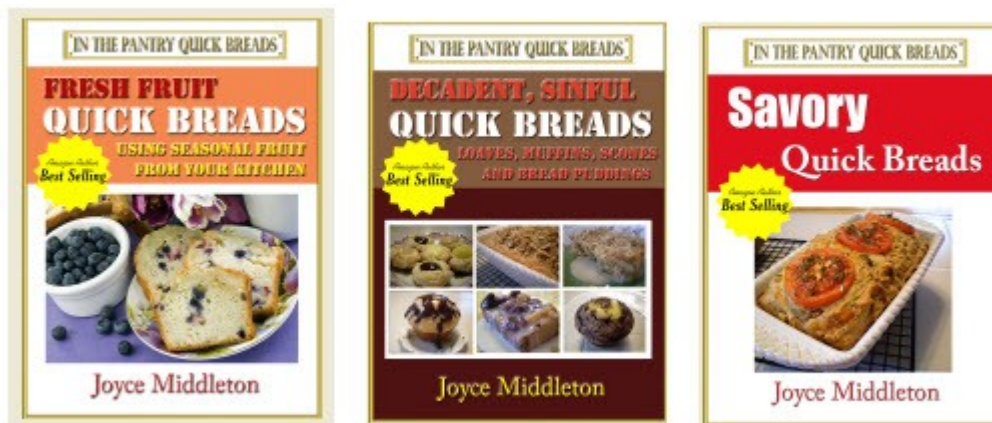
CONCLUSION

Leave a Review

Thanks for purchasing this Sampler Edition which provides a view into my Quick Bread series. I would love for you to leave a review as your comments will assist others looking for information and will assist me in the development of future books. Return to where you purchased this book to leave a review.

In the Pantry Quick Breads Series

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