

Multicultural Bread Recipes*

Scotland - Sweet Scones

2 cups all-purpose flour
2 tsp. baking powder
2 Tbsp. sugar
1/4 tsp. salt

3 Tbsp. butter or margarine
1/2 cup milk
1/4 cup currants or raisins



1. Preheat to 400°F. Grease cookie sheet.
2. Sift flour, baking powder, sugar, and salt into a large mixing bowl. Grate the butter or margarine into the bowl with a cheese grater and mix well with a fork.
3. Add the milk and the raisins. Stir with a wooden spoon.
4. Dust hands with flour then form dough into a ball. If it is too dry, add 1 tablespoon of milk. If it is too wet, add 1 tablespoon of flour.
5. Sprinkle counter surface with flour. Roll out dough to about 1/4-inch thick with a rolling pin. Using a round cookie cutter or open end of a glass, cut scones into circles. Place on the cookie sheet.
6. Bake for 12 to 15 minutes, or until they turn tan. Remove from the oven with pot holders. Let cool for 5 minutes, then serve.

Makes 1 dozen scones.

NUTRITION FACTS (per serving) - Calories 120 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 120 mg ~ total carbohydrate 19 g

Syria – Pita Bread

1 Tbsp. yeast
2 cups warm water
1 Tbsp. honey

2 tsp. salt
6 cups all-purpose flour



1. Dissolve yeast in warm water and stir in honey. Add the salt and the flour, one cup at a time. Stir until you can't mix the dough anymore.
 2. Turn the dough onto a lightly floured countertop. Knead for 10 minutes, or until the dough is elastic. Place the dough in a buttered bowl, turn to coat all sides, and cover with a damp cloth or plastic wrap. Let dough rise until it doubles in size, about 2 hours.
 3. Punch dough down and shape into 10 balls. Let balls rest for 15 minutes, then shape them into 7-inch rounds.
 4. Preheat oven to 450°F and bake the rounds on a cookie sheet set on the lowest rack in oven for 10 – 12 minutes.
 5. Wrap pita bread in cloth napkin until ready to serve.
- Makes 10 rounds of pita bread.

NUTRITION FACTS (per serving) - Calories 280 ~ fat 1 g ~ calories from fat 8 ~ sodium 470 mg ~ total carbohydrate 59 g

South Africa – Mealie Meal Bread

1 cup cornmeal	1/2 tsp. salt
1 cup all-purpose flour	1/2 cup butter or margarine, melted
1/2 cup sugar	1 egg, beaten
1 Tbsp. baking powder	1 1/2 cups milk



1. Preheat oven to 375°F. Grease a 9-inch square pan.
 2. Mix cornmeal, flour, sugar, baking powder, and salt in a large mixing bowl.
 3. Stir in melted butter or margarine, egg and milk.
 4. Spoon batter into pan. Bake for 25 minutes, or until a fork comes out clean when poked in the center.
 5. Cool and cut into 3-inch squares.
- Makes 9 squares.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 12 g ~ calories from fat 110 ~ sodium 440 mg ~ total carbohydrate 35 g

India – Chapatis (Flatbread)

2 cups whole wheat flour	2 tsp. vegetable oil
2/3 cup warm water	pinch of salt



1. Place the flour in a large mixing bowl. Add water, oil, and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
 2. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
 3. Roll the ball into a 12-inch log and cut into 6 chunks. Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle - just try to get it as thin as you can.
 4. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapatti in the skillet and cook for 30 seconds. Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
 5. Wrap the cooked chapati in a cloth napkin while cooking the rest. Eat them right away with a little butter or margarine, or use as scoops for eating other dishes.
- Makes 6 flatbreads.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 50 mg ~ total carbohydrate 29 g

*Recipes adapted from: “The Kids’ Multicultural Cookbook”, Deanna F. Cook, Williamson Kids Can!© Williamson Publishing Co., 1995, \$12.95, #800-234-8791.



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