

# Primitive Bread

By *WholeFood Chef* brought to you by *The Market Place* [www.TomahMarketPlace.com](http://www.TomahMarketPlace.com)

## Recipe Details

### Level of Difficulty:

Medium

### Ingredients:

Sourdough bread dough

Plenty of green leaves (maple, aspen, bay, magnolia, birch, etc.)

Hot coals

### Directions:

Allow the bread dough to rise once. Pat the dough into a 1/2-inch-thick cake. Place the dough on several thicknesses of leaves. Scrape coals and ashes to one side. Place the leaves and dough on the hot fire base. Cover the dough well with more green leaves. Then cover with ashes, followed by a layer of hot coals. Let the bread bake under the ashes and coals about 10 to 15 minutes. Test after 10 minutes by poking the bread with a long, thin twig. If it comes out clean, the bread is done.

## SPICED TEA

### Ingredients

- 4 tbs lemon juice
- 1 tsp whole cloves
- Sugar syrup (equal parts sugar and water boiled together until syrup forms)
- 1 tsp whole allspice
- 6 tsp tea
- 1 small piece cinnamon
- 6 cups boiling water
- Mint sprigs
- 6 tbs orange juice

### Directions:

1. Pour boiling water over the allspice, cloves, and cinnamon. Cover and let boil 3 minutes.
2. Add tea, and let steep about 3 minutes. Strain.
3. Cool and add orange and lemon juice.
4. Sweeten to taste with sugar syrup.
5. Serve in tall glasses with cracked ice.
6. Garnish with a sprig of mint.

## **CHICKEN ROLY-POLY (A very old recipe)**

### **Ingredients:**

- One quart of flour
- two teaspoonfuls of cream of tartar mixed with the flour
- one teaspoonful of soda dissolved in
- a teacupful of milk
- a teaspoonful of salt;
- (do not use shortening of any kind)

### **Directions:**

1. Roll out the mixture half an inch thick,
2. lay minced chicken, veal, or mutton onto rolled batter.
3. The meat must be seasoned with pepper and always salt and be free from gristle.
4. Roll the crust over and over and put it on a buttered plate and place in a steamer for half an hour.
5. Serve with gravy over each slice.

## **MOLASSES DOUGHNUTS**

### **Ingredients:**

- 1/2 cup molasses
- 1/4 cup sugar
- 1/2 cup sour milk
- 1 egg
- 1 tsp. Soda
- 1/2 tsp ginger
- 1 tsp. salt
- 1/2 tsp nutmeg
- 2 cups flour or just enough to handle easily

### **Directions:**

1. Fry in hot fat (380). Turn once.
2. Makes about 2 dozen donuts.