

on oven rack; pour hot water into larger pan to a depth of 1 inch. Bake uncovered for 60-65 minutes, or until firm and beginning to brown and knife inserted in the center comes out clean. Serve slightly warm or chilled. Serves 9.

**Nutrition Analysis.** One serving provides 174 calories, 6 g protein, 38 g carbohydrates, 2 g dietary fiber, 1 g fat, 126 mg calcium, 350 mg potassium and 171 mg sodium.

**Optional Lemon Sauce:** In a heavy saucepan, combine 1 cup water,  $\frac{1}{3}$  cup sugar and  $1\frac{1}{3}$  tablespoons cornstarch. Cook and stir until boiling and thickened. Remove from heat and stir in 1 tablespoon butter or margarine,  $\frac{1}{2}$  teaspoon grated lemon zest and  $1\frac{1}{2}$  tablespoons lemon juice.

**Note:** Zest is the grated peel of citrus fruit.

\*Leave peeling on apples for extra fiber; 1 medium red and 1 medium yellow apple give extra color.

\*\*Sugar substitute may be used instead of brown sugar.

Add dry mixture to wet mixture, stirring just until dry ingredients are moistened.

Pour batter into prepared pan. Bake 60-65 minutes or until a toothpick inserted in center comes out clean.

Let cool 15 minutes, remove from pan and cool completely on a wire rack. Makes 1 loaf with 32 1-ounce servings.

**Nutrition Analysis.** One serving provides 81 calories, 1 g protein, 15 g carbohydrates, 1 g dietary fiber, 2 g fat, 7 mg cholesterol, 18 mg calcium, 67 mg potassium and 63 mg sodium.

## Bohemian Kolache (Ceske Kolace)

### Dough:

- 1 package active dry yeast
- $\frac{1}{4}$  cup warm water, 110°-115°F
- 1 cup warm skim milk, 110°-115°F
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup shortening, margarine or butter
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon grated lemon or orange zest
- $\frac{1}{4}$  teaspoon mace, optional
- 1 egg

- 4-4 $\frac{1}{4}$  cups bread or all-purpose flour, divided
- 1 egg yolk
- 1 tablespoon water or milk

### Filling:

- 1 6-ounce package dried apricots, chopped
- 1 medium cooking apple cored, peeled and chopped
- $\frac{3}{4}$  cup water
- $\frac{1}{3}$  cup sugar
- $\frac{1}{4}$  teaspoon ground nutmeg

In a large bowl, dissolve yeast in warm water; let stand 5 minutes. Stir in

## Champion Refrigerator Potato Rolls

- 1 package active dry yeast
- $\frac{1}{4}$  cup warm water, 110°-115°F
- $\frac{2}{3}$  cup shortening or butter
- $\frac{1}{2}$  cup sugar
- 2 teaspoons salt
- 1 cup hot mashed potatoes\*
- 1 cup hot potato water
- 3 eggs, beaten
- 7-7 $\frac{1}{2}$  cups bread flour, divided\*\*
- $1\frac{1}{2}$  teaspoons grated lemon zest

Dissolve yeast in water; set aside. In a large bowl, combine shortening or butter, sugar, salt, potatoes and potato water; let cool to lukewarm (110°-115°F).

Add yeast, eggs, 2 cups of flour and lemon zest; beat 2 minutes. Gradually add enough remaining flour to make a soft dough. Knead until smooth and elastic, 15 minutes by hand or with a dough hook.

Place in lightly oiled bowl, turning to coat.\*\*\* Cover; let rise in a warm (80°F) place until double. Punch down, cover, and let rise again.

Punch down dough, cover and let rest 10 minutes. Shape into Flip 'em Rolls