



The Mini Blue

This dish is like a little Cordon Blue in a wheat bead cup. It takes some time, but it's easy to do - and tasty.

INGREDIENTS: Honey Wheat Bread w/ Craisins

5-6 cups	Whole Wheat Flour
2 packs	Dry Yeast
2 tsp	Salt
1/2 cup	Non-Fat Dry Milk
2 1/4 cup	Hot Water (120°)
1/4 cup	Honey
2 Tbs	Butter soft
1 cup	Coarsely Chopped Walnuts
1 cup	Craisins

INSTRUCTIONS:

- 1 Blend 3 cups of flour, yeast, salt, and dry milk. Add hot water, honey, and butter. Stir vigorously for 75 strokes or in mixer with beater bar.
- 2 Add 1 cup flour. Work in well. Add flour 1/4 cup at a time until the batter is forms a moist sticky mass. Let rest for 5 minutes.
- 3 While mixing, add a little at a time until the dough is a shaggy mass. Add nuts and craisins and knead for 8 minutes or until soft and elastic.
- 4 Cover and let rise for 1 hour or until double.
- 5 Punch down and rest for five minutes. Cut off small portions and roll into discs large enough to line the cup of a muffin tin.

MINI BLUES:

Line muffin tins with Honey Wheat Bread. Fill the cups with thin sliced ham, thin sliced chicken, and shredded Swiss cheese. Season to taste. Bake at 350° until bread is cooked (approx 12 - 15 minutes) Remove from muffin tins immediately. Serve hot or cold.