



Mmmmm
Bread!

OUTPOST
CO-OP SINCE 1970



Slow-Cooker Whole Wheat Bread

Servings: 10 slices (1 loaf). Prep time: 3 hours, 30 minutes; 20 minutes active.

- 1 ½ cups lukewarm water
- ½ teaspoon instant dry yeast
- 1 tablespoon honey
- 2 cups whole wheat flour
- 2 cups unbleached flour
- 1 teaspoon salt

1. Place a piece of parchment paper in the cooker, covering the bottom and at least part way up the sides.
2. In a large bowl, stir the water, yeast and honey. Let the yeast bubble a bit; it should be foamy in about 5 minutes. Add the flours and salt and stir with a wooden spoon until the dough is stiff, then switch to kneading with your hand. In the bowl or on a lightly floured counter, knead the dough for about 5 minutes.
3. Form the dough into a round ball and place in the slow cooker on the parchment paper. Cover and let stand for 1 hour to rise.
4. Turn the cooker on high and cook for 2 hours. Use an instant-read thermometer to test the temperature of the middle of the loaf; it is baked through at 180-200°F. If the loaf has not reached that temperature, cover and cook for another 15 minutes, until it reaches 180°F.
5. Use the parchment to lift the finished loaf out of the cooker, and cool on a rack.



Irish Soda Bread

Servings: 12 slices (1 loaf). Prep time: 1 hour; 20 minutes active.

- 1 ½ cups all-purpose flour
- 1 cup whole wheat pastry flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon caraway seeds
- 6 tablespoons cold butter
- ¾ cup buttermilk, plus 2 tablespoons for brushing the top
- ¼ cup honey
- ½ cup raisins or currants

1. Heat oven to 375°F. Mix flour, baking soda, salt and caraway seeds in large bowl. Use the large holes of a grater to grate the cold butter into the dry mixture, then toss until it resembles coarse crumbs.
2. Add ¾ cup buttermilk and honey to flour mixture; stir to make soft dough. Press the dough together; it will be dense like biscuit dough. If some of the mixture is too dry to incorporate into the dough, sprinkle in an extra tablespoon or so of buttermilk just to moisten loose flour. Stir in raisins.
3. Shape into rounded disk about 8 inches across and place on greased cookie sheet. Brush top with the reserved buttermilk. If desired, cut an "X" in the top with a sharp knife. Bake for 40 to 50 minutes, until golden brown and crusty. Keeps tightly wrapped at room temperature for three or four days.

No-boil Whole-grain Bagels

Servings: 8 bagels. Prep time: 2 hours; 15 minutes active.

- 1 cup water
- 2 tablespoons vegetable oil
- ¼ teaspoon rice vinegar
- 1½ cups whole wheat bread flour
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons quick-rise yeast
- 1 teaspoon salt
- 1 large egg
- Optional toppings: 2 tablespoons poppy seeds, sesame seeds or everything spice

1. Heat water in a small pot over high heat until it starts to bubble. Measure the temperature with an instant-read thermometer, adding cool water until the temperature drops to 130°F. Pour 1 cup of the water into a measuring cup and add the vegetable oil and vinegar.
2. In a large bowl, mix the whole wheat flour, all-purpose flour, sugar, yeast and salt. Stir in the warm water mixture until it becomes a shaggy mass (lumpy yet well-mixed), then switch to kneading with your hands. Knead until it forms a soft dough.

3. Oil a large mixing bowl and scrape the dough into the bowl. Cover tightly with plastic wrap and let rise in a warm place for at least 45 minutes or until dough has doubled in size.
4. Line two sheet pans with parchment paper. Heat the oven to 375°F. Divide the dough into 8 even portions.
5. To form bagels, roll each portion under your palm on the counter to make a 6-inch long rope. Coil the rope around two of your fingers and press the ends together to seal, then roll between your fingers to make a smooth circle where the joint is sealed. Place each on the prepared sheet pan, leaving 2 inches between the bagels. Cover lightly with a damp kitchen towel and let rise in a warm spot for at least 30 minutes or until the dough has again doubled in size.
6. Just before baking, whisk the egg with 1 teaspoon of water and brush the bagels with egg, then sprinkle the bagels with any desired toppings. Bake for 15 minutes at 375°F. Slide the bagels off the pan onto a rack to cool.



SUPPORT LOCAL GRAINS

The Midwest was once America's breadbasket, and a regional grains movement is seeing a renaissance of farmers invested in growing diverse grains for many reasons, including better water quality and soil health. But for diverse grains to work for local and regional farms, they need to be able to sell those staple crops, such as buckwheat, rye, dry beans, and more.

Throughout March, **look for Grains Grown Here shelf tags and signs in Outpost stores** to find products from local farmers and grain-focused food businesses working in our communities.

Find more ways to dig into local grains: recipes, stories about the relationships among farmers and makers growing and using these crops, and more details about specific grains. Check out bit.ly/grainsgrownhere.

Grains Grown Here is brought to you by the Artisan Grain Collaborative—a network of Midwest farmers, makers, advocates and eaters that are striving to strengthen this local grain movement.



MARCH SOUP MENU

ALL OF OUR CO-OP MADE SOUPS ARE MADE FROM SCRATCH USING OUR FROM-SCRATCH STOCK, FRESH ORGANIC OR ALL-NATURAL INGREDIENTS

YOU'LL TASTE THE DIFFERENCE!

- 01 CHEF'S CHOICE
- 02 GINGER CHICKEN NOODLE
- 03 INDIAN VEGETABLE SOUP | WF
- 04 CHEESY POTATO SOUP | WF
- 05 PERUVIAN QUINOA | V + WF
- 06 CHICKEN MULLIGATAWNY
- 07 MUSHROOM MISO | V + WF
- 08 CHEF'S CHOICE
- 09 GINGER CHICKEN NOODLE
- 10 POTATO FLORENTINE | WF
- 11 GOLDEN SPLIT PEA | V + WF
- 12 CHICKEN WILD RICE | WF
- 13 BROCCOLI CHEDDAR CHEESE | WF
- 14 CORN + SWEET POTATO CHOWDER | V + WF
- 15 CHEF'S CHOICE
- 16 GINGER CHICKEN NOODLE
- 17 IRISH POTATO SOUP | WF
- 18 RED LENTIL COCONUT CURRY | V + WF
- 19 CHICKEN MULLIGATAWNY
- 20 SPINACH COCONUT | V + WF
- 21 PUMPKIN MINISTRONE | V
- 22 CHEF'S CHOICE
- 23 GINGER CHICKEN NOODLE
- 24 BEAN + BARLEY | V + WF
- 25 INDIAN VEGETABLE SOUP | WF
- 26 CHICKEN WILD RICE | WF
- 27 BROCCOLI CHEDDAR CHEESE | WF
- 28 TOMATO PARMESAN | WF
- 29 CHEF'S CHOICE
- 30 GINGER CHICKEN NOODLE
- 31 PERUVIAN QUINOA | V + WF

MAMA'S VEGGIE CHILI SERVED DAILY

WF = WHEAT FREE | V = VEGAN



Less Plastic. More To Love.

Bring your own jar. Buy a little or a lot.

Stock up on spices, grains, nuts, coffee, flour +

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LET'S OWN A GROCERY STORE TOGETHER

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