



# Come for Coffee

## CANDY CRUNCH COFFEE CAKE

2 cups (500 mL) flour	1 cup (250 mL) chopped pecans
1 cup (250 mL) packed golden brown sugar	1 tsp (5 mL) baking soda
1/2 cup (125 mL) sugar	1 cup (250 mL) buttermilk
1/2 tsp (2 mL) salt	1 egg
1/2 cup (125 mL) butter, softened	1 1/2 tsp (7 mL) vanilla
2 Skor bars (39 g each), crushed	

Combine flour, brown sugar, sugar and salt in a bowl. Cut in butter with a pastry blender until coarse crumbs form. Transfer 1/2 cup (125 mL) crumb mixture to a bowl. Stir in crushed Skor bars and pecans; set aside for topping. Stir soda into remaining crumb mixture. Whisk together buttermilk, egg and vanilla. Stir into crumb mixture just until combined. Spoon batter into a greased 9x13 inch (23x33 cm) baking pan, spreading evenly. Sprinkle topping over batter. Bake at 350°F (180°C) for 35 - 40 minutes or until golden brown and cake tests done. Serve warm or at room temperature. Serves 12 - 14.

## QUICK CINNAMON BUNS

*These cinnamon buns are faster to make than traditional ones that are prepared with yeast. They do not require a rising time.*

3/4 cup (175 mL) packed dark brown sugar	2 tbsp (25 mL) sugar
1/2 cup (125 mL) chopped toasted pecans	1 1/4 tsp (6 mL) baking powder
1/4 cup (50 mL) sugar	1/2 tsp (2 mL) baking soda
2 tsp (10 mL) cinnamon	1/2 tsp (2 mL) salt
1/4 tsp (1 mL) ground ginger	1 1/4 cups (300 mL) buttermilk
1/8 tsp (0.5 mL) salt	1/3 cup (75 mL) butter, melted
2 tbsp (25 mL) butter, melted	Flour
2 1/2 cups (625 mL) flour	2 tbsp (25 mL) butter, melted

To prepare filling, combine brown sugar, pecans, 1/4 cup (50 mL) sugar, cinnamon, ginger and 1/8 tsp (0.5 mL) salt in a bowl. Stir in 2 tbsp (25 mL) melted butter; filling will be crumbly. Set filling aside. To prepare dough, combine 2 1/2 cups (625 mL) flour, 2 tbsp (25 mL) sugar, baking powder, baking soda and 1/2 tsp (2 mL) salt in a bowl. Stir in buttermilk and 1/3 cup (75 mL) melted butter just until combined. Dough will be soft and slightly sticky. Turn dough out onto a lightly floured surface. Knead dough gently 5 times, adding additional flour if dough is too sticky. Roll out dough into a 10x12 inch (25x30 cm) rectangle. Brush dough with 2 tbsp (25 mL) melted butter. Sprinkle filling evenly over dough, leaving a 1 inch (2.5 cm) border on one long side of dough. Beginning at opposite long side, roll up dough jelly-roll fashion. Pinch seam to seal. Cut dough into 8 pieces. Place one piece, cut side down, in centre of a greased deep 9 inch (23 cm) round baking pan with 2 inch (5 cm) sides. Place remaining pieces in pan, cut sides down, spacing evenly around centre piece. There will be spaces between pieces as buns will expand during baking. Bake at 425°F (220°C) for 25 - 30 minutes or until browned and filling is bubbly. Cool buns in pan on a rack for 5 minutes. Invert onto a serving plate. Serve warm or at room temperature. Makes 8.

*Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.*

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### MORNING GLORY BREAD

3 cups (750 mL) flour	3/4 cup (175 mL) buttermilk
2 tsp (10 mL) baking soda	2 tsp (10 mL) vanilla
2 tsp (10 mL) cinnamon	2 cups (500 mL) shredded carrots
1/2 tsp (2 mL) salt	1 can (8 oz/227 mL) crushed pineapple, drained
1 3/4 cups (425 mL) sugar	1 1/4 cups (300 mL) sweetened medium coconut
3/4 cup (175 mL) oil	1 cup (250 mL) chopped pecans
3 eggs	

Combine flour, baking soda, cinnamon and salt in a bowl; set aside. Whisk together sugar and oil in a large bowl. Whisk in eggs, one at a time. Whisk in buttermilk and vanilla until blended. Stir in carrots and pineapple. Stir in flour mixture just until blended. Fold in coconut and pecans. Spoon batter evenly into two greased 8 1/2 x 4 1/2 inch (21x11 cm) loaf pans. Bake at 350°F (180°C) for 65 - 70 minutes or until a cake tester inserted in centre comes out clean. Cool in pans on racks for 10 minutes. Invert loaves onto racks and cool completely. May be frozen. Makes 2.

### MANGO AND RAISIN BREAD

2 mangoes, peeled and sliced	1/4 tsp (1 mL) nutmeg
1 3/4 cups (425 mL) flour	1/2 cup (125 mL) butter, softened
1 tsp (5 mL) baking soda	1 1/4 cups (300 mL) sugar
1 tsp (5 mL) cinnamon	3 eggs
1/2 tsp (2 mL) ginger	1 tsp (5 mL) vanilla
1/2 tsp (2 mL) salt	3/4 cup (175 mL) golden raisins

Puree mangoes in a food processor or blender until smooth. Measure out 1 cup (250 mL) of mango puree; set aside. Reserve any remaining mango puree for another use. Combine next 6 ingredients (flour through nutmeg) in a bowl; set aside. Using medium speed of an electric mixer, beat together butter and sugar until fluffy. Beat in eggs, one at a time, until blended. Beat in vanilla and mango puree. Stir in flour mixture just until blended. Fold in raisins. Spoon batter into a greased 8 1/2 x 4 1/2 inch (21x11 cm) loaf pan. Bake at 350°F (180°C) for 1 1/4 hours or until loaf tests done. Cool in pan on a rack for 10 minutes. Invert loaf onto rack and cool completely. Makes 1 loaf.

### BLUEBERRY BRAN BREAD

1 cup (250 mL) shredded bran cereal	2 cups (500 mL) flour
3/4 cup (175 mL) hot water	1 cup (250 mL) sugar
1/4 cup (50 mL) fresh orange juice	1 tsp (5 mL) cinnamon
1 tbsp (15 mL) grated orange peel	1 1/2 tsp (7 mL) baking powder
1 tsp (5 mL) vanilla	1/2 tsp (2 mL) baking soda
1 egg, lightly beaten	1/2 tsp (2 mL) salt
2 tbsp (25 mL) oil	1 cup (250 mL) fresh or frozen blueberries

Combine first 5 ingredients (bran cereal through vanilla) in a bowl; let stand for 10 minutes or until cereal is softened. Stir in beaten egg and oil. Combine next 6 ingredients (flour through salt); stir into bran mixture just until blended. Fold in blueberries. Do not overmix. Spoon batter into a greased 9x5 inch (23x13 cm) loaf pan. Bake at 350°F (180°C) for 1 1/4 hours or until loaf tests done. Cool in pan on a rack for 10 minutes. Invert loaf onto rack and cool completely. Makes 1.

**Cook's Note:** The ATCO Blue Flame Kitchen used Post 100% Bran Cereal in this recipe.