

Cooking Corner

Tips To Help You

For January, A Different Kind Of "Bowl" Game

(NAPS)—The arrival of January means not just college bowl games and the Super Bowl, but also the resurgence of the soup bowl. This January, Americans will consume more than 57 million gallons of soup, making it the biggest soup-eating month of the year.

That's why January is National Soup Month, a great time to complement your favorite soups with homemade bread creations, such as Fresh Bread Bowls.

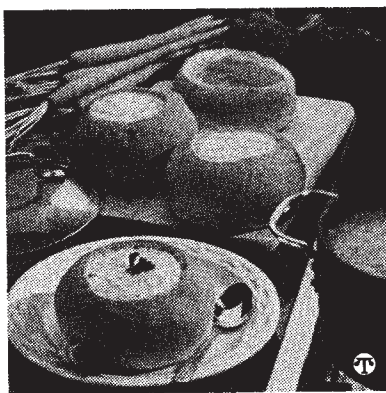
These warm, aromatic bowls go well with any soup, even French onion. The fresh brown crust forms a sturdy bowl that can usually hold even broth soups for up to 30 minutes. Fresh Bread Bowls are practical and delectable; as family and friends eat the soup, they also eat the bowl—from the inside out.

The recipe also offers the time-saving benefit of Fleischmann's RapidRise Yeast. The dough doubles in size in just an hour, making it easier to get a savory meal on the table quickly.

Fresh Bread Bowls

5½ to 6 cups all-purpose flour
2 tablespoons sugar
2 envelopes FLEISCHMANN'S RapidRise Yeast
1½ teaspoons salt
1 cup water
1 cup milk
2 tablespoons butter or margarine

In a large bowl, combine 2



Fresh bread bowls combine practicality and delectability. These sturdy bowls can hold even broth soups up to 30 minutes.

cups flour, sugar, undissolved yeast and salt. Heat water, milk and butter until very warm (120° to 130°F). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough into 4 equal portions; shape each into a ball. Place on greased baking sheets. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

With sharp knife, make four slashes (¼ inch deep) in criss-cross fashion on top of loaves.

Bake at 375°F for 20 to 25 minutes or until done. Remove from baking sheets; cool on wire rack.

Cut off one-third of loaf; hollow out loaf to form ¼-inch thick bowl. Fill bowl with soup.

Makes 4 large (6-inch) edible bowls.

Nutrition Information Per Serving: Serving size: 1 bowl; Calories: 370; Total fat: 4.5 g; Saturated fat: 2.5 g; Cholesterol: 10 mg; Sodium: 460 mg; Carbohydrates: 71 g; Dietary fiber: 3 g; Protein: 11 g.

Baking Tip:

Here's a tasty tip for when you hollow out the soup bowls: Use a serrated knife to cut out the insides. Carefully remove the large chunks; cut into ½-inch cubes to make croutons. Brush bread cubes with olive oil; place into a plastic bag with finely chopped herbs and grated Parmesan cheese. Seal bag; shake vigorously. Toss in a heavy skillet over medium heat for five minutes, or until golden brown. As an alternative, bake at 250°F on an ungreased baking sheet for 25 minutes, or until dry.

Fleischmann's Yeast was founded in 1868 by Charles and Maximillian Fleischmann, who developed a commercial yeast product with remarkable leavening power. Today, the company offers a complete line of yeast products and a line of bread machine mixes. To learn more, call 1-800-777-4959 or visit www.breadworld.com.