# Bierock History

Both the bierock and the runza sandwich have German-Russian roots going back to the 18th century. The term "bierock" comes from the Russian word "pirogi" or "pirozhki" and is the name for any food consisting of a filling stuffed into dough. The recipe was passed down from one generation to the next, and was brought to the Midwest of America, and particularly to the states of Kansas and Nebraska, by the Volga Germans. Originally bierocks were served to ranch and field workers for lunch. In 1949, Sarah "Sally" Everett and her brother, Alex Brening, opened the first "Runza Drive-Inn" in Lincoln, Nebraska. The trade name and trademark of Runza Restaurants now belong to Donald R. Everett, Sarah's son.

# Bierrocks Bread Dough

- 1 package RED STAR® Active Dry Yeast
- 1 cup lukewarm water (105-115 degrees F)
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons margarine
- 3 cups all-purpose flour (may be part whole wheat)

## **Traditional Bierrock Filling**

1 pound lean ground beef

2 cups finely shredded cabbage

1/2 cup finely chopped onion

1/2 teaspoon ground black pepper

1/2 teaspoon salt

Bottled hot pepper sauce (to taste)



- 1 For dough, dissolve yeast in water in large mixing bowl. Allow to set 3 to 5 minutes.
- 2 Stir in sugar, salt, margarine and enough flour until dough comes together in a ball. Knead dough 6 to 8 minutes or until smooth and elastic.
- 3 Let dough rest, covered, 30 minutes. Punch down dough. Cover; let rest 10 minutes. Grease baking sheet with shortening. Lightly grease counter with shortening and roll dough into  $12 \times 8$ -inch rectangle. Cut into six, 4-inch squares.
- 4 Place1/2 cup filling in center of each square. Pick up corners of each square and pinch together. Pinch each diagonal seam so square is sealed well.
- 5 Turn each square seam side down on greased baking sheet. Bake in preheated 400 degrees F oven 15 to 18 minutes. Serve warm or freeze and reheat.

### Traditional Bierrock Filling

1 Brown ground beef and thoroughly drain. Add remaining ingredients. Cook on low, covered, until vegetables are tender. Cool slightly, portion onto dough squares and seal.

**Nutrition information per serving** (one bierrock): 425 cal, 12 g fat, 28 mg chol, 681 mg sodium, 55 g carbo, 3 g fiber, 23 g pro, 143 mcg folate.

## Cheese and Beef Snack Bread

An easy no-rise snack bread for hors d'oeuvres or lunch. This recipe makes 15x10 -inch snack bread

3 cups Bread Flour

2+1/4 tsp Active Dry Yeast

2 TBSP Sugar

1 TBSP Instant minced onion

1 tsp Salt

1 tsp Caraway seed

1 cup Milk

1/4 cup Water

3 TBSP Shortening

1 Egg, separated

1 pkg (3 oz.) Smoked sliced beef or corned beef, snipped

1+1/2 cups Shredded Cheddar cheese

#### **Directions**

In large mixer bowl, combine 2 cups flour, yeast, sugar, onion, salt and caraway seed; mix well. In saucepan, heat milk, water and shortening to 120-130°F (shortening does not need to melt); add to flour mixture. Add egg yolk. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually stir in remaining flour to make a stiff batter. Spread evenly in greased 15x10-inch jelly roll pan. Brush with slightly beaten egg white. Sprinkle with beef and shredded cheese. Bake at 375°F for 25 to 30 minutes until golden brown. Serve warm.

**Nutrition Facts per serving**: 320 calories, 13 gm fat, 50 mg cholesterol, 630 sodium, 35 gm carbohydrates, 1 gm fiber, 15 gm protein. Also a good source of calcium and iron. Nutrition information based on 10 servings, cut into smaller pieces and the calories will lower.

# Apple Kuchen

Yield: 1 (13 x 9-inch) coffee cake

A fluffy batter bread topped with apple slices and cinnamon mixture, this sweet cake-like treat is made perfect when served warm with ice cream.

2-1/4 cups all-purpose flour
1/3 cup sugar
1 envelope Fleischmann's® RapidRise Yeast
1 teaspoon salt
1/2 cup water
1/4 cup milk
1/3 cup butter OR margarine
1 egg, large
3 cups sliced fresh cooking apples
Cinnamon Topping (recipe follows)

#### **Directions**

Combine 3/4 cup flour, sugar, undissolved yeast, and salt in a large mixer bowl. Heat water, milk, and butter until very warm (120o to 130oF). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Turn into greased 13 x 9-inch pan. Arrange apple slices evenly over batter; sprinkle with Cinnamon Topping. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 375°F for 25 minutes or until done. Cool in pan on wire rack, or serve warm with vanilla or cinnamon ice cream.

**Cinnamon Topping**: In a small bowl, combine 2/3 cup sugar, 1-1/2 teaspoons ground cinnamon. Cut in 2 tablespoons butter or margarine with pastry blender until mixture resembles coarse crumbs.

Nutritional Information: Per Serving: Serving Size: 1 slice (1/12 of recipe)
Calories: 240; Total Fat: 8g; Saturated Fat: 4.5g; Cholesterol: 35mg; Sodium: 270mg;
Carbohydrates: 39g; Dietary Fiber: 2g; Protein: 3g

## Dill Casserole Bread

Makes 1 loaf

2 cups all-purpose flour

2 tablespoons sugar

1 envelope Fleischmann's® RapidRise Yeast

2 teaspoons instant minced onions

2 teaspoons dill seed

1 teaspoon salt

1 / 4 teaspoon baking soda

1 / 4 cup water

1 cup cream-style cottage cheese

1 tablespoon butter or margarine

1 large egg

1 / 4 cup shredded mozzarella cheese

2 teaspoons butter or margarine, melted

1 / 4 teaspoon coarse salt, optional

#### **Directions**

In a large bowl, combine 2/3 cup flour, sugar, undissolved yeast, minced onions, dill seed, salt, and baking soda. Heat water, cottage cheese, and 1 tablespoon butter until very warm (1200 to 1300F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg, mozzarella cheese, and 1 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make a stiff batter. Cover; let rest 10 minutes.

Turn batter into greased 1-1 / 2-quart casserole; smooth top with floured hands. Cover; let rise in warm, draft-free place until doubled in size, about 45 minutes to 1 hour.

Bake at 375oF for 35 minutes or until done. Remove from casserole to wire rack. Brush with melted butter; sprinkle with coarse salt, if desired.

Nutritional Information: Per serving: Serving size: 1 slice (1 / 12 of recipe) Calories 130; Total fat 3.5g; Saturated fat 2g; Cholesterol 25mg; Sodium 320 mg; Carbohydrates 19g; Dietary fiber less than 1g; Protein 6g

# Perfect Pizza Dough

1 package active dry yeast or quick-rise yeast

1 cup warm water (105-115 degrees F)

1/2 teaspoon salt

2 tablespoons olive or vegetable oil

3 cups all-purpose or bread flour (may be half whole-wheat flour)

cornmeal

olive oil

In medium bowl, dissolve yeast in water; let stand 5 minutes. Stir in salt, oil and 2 cups flour. Mix 2 minutes.

Gradually add enough remaining flour to make a soft dough. Knead dough 6-8 minutes or until dough is smooth and soft. Place in a greased bowl, turning once to coat. Cover; let rise in a warm (85 degrees F) place until doubled. Punch down, cover and let rest 10 minutes.

Divide dough in half. Lightly oil two 12-inch or 14x2-inch pizza pans. Sprinkle with cornmeal, if desired. Roll out dough or press into pans, forming a collar around edges of pans.

For a thin crust, prick thoroughly with a fork and bake in a preheated 450 degrees F oven for 5 minutes. For a thick crust, cover and let rise in warm place 20-30 minutes. Prick thoroughly with a fork; bake in a preheated 450 degrees F oven 5 minutes.

Remove crust from oven and cover with favorite sauce and toppings. Bake 15-20 minutes until crust is brown and cheese melts. Makes two 12-inch crusts or 14-inch deep dish crusts, or one 16-inch crust.

Tip. Crusts may be partially baked and frozen. Prick dough with fork and bake in a preheated 450 degrees F oven for 10 minutes. Cool, then wrap and freeze. Crust will keep for 6 weeks. When ready to use, thaw, top and bake.

**Nutrient Analysis**. One-eighth of a 12-inch crust provides: 101 Kcal, 2.6 g protein, 18 g carbohydrates, .8 g dietary fiber, 2 g fat, 0 cholesterol, 33.6 mg potassium and 67.8 g sodium.