



NEWS RELEASE

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Bake a loaf of love

*By Kay Blakley,
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FORT LEE, Va. – It’s the season of good cheer and best wishes, you know. Regardless of how stressful your corner of the world might be, a slice of homemade banana nut or pumpkin bread can soothe jangled nerves like no other medicine on earth. It’s not really medicine, of course, it’s just a little loaf of love.

These flavorful loaves are called “quick breads” because you typically just stir ingredients together quickly, and pop the batter straight into the oven. No lengthy rising time and no kneading is required, as with yeast breads. Baking powder, baking soda, steam, or air, rather than yeast cause quick breads to rise as they bake.

After baking, turn breads out of the pan onto a wire rack to cool, then wrap tightly in foil or plastic wrap and let them rest overnight before serving. The overnight “cure” does wonders for flavor development. If the loaf cracks down the center, don’t worry about it, that’s typical. Serve nut breads cut in very thin slices with simple spreads like butter, cream cheese or jelly, if you like.

Come to Kay’s Kitchen at <http://www.commissaries.com> and choose from our collection of holiday favorite quick bread recipes to bring some cheer to your own home or bake several loaves to give as gifts. All the necessary ingredients are ready and waiting for you at your local commissary.

- DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*