

A History of a Family Tradition

I have a big local family that gets together for all holidays. My niece says that you could look at a picture of our buffet table for any of the last 40 years and nothing would change. Each family member has a particular dish that they bring to the holiday celebration. Mine is "KATHY BUNS." There is a tie in to sewing. My sewing specialty is to find fast ways to sew better! I applied this same logic to creating the recipe for KATHY BUNS. My grandmother passed away. She was the one who made delicious yeast dough concoctions for our holiday celebrations. I decided to take her place. In the early 70's I received a blender as a gift. My mind said to me, you could use the blender to activate the yeast and eliminate the need for kneading the dough. And Kathy Buns were born! Our family loves sweet things. The dough for Kathy Buns is the same used to make cinnamon rolls. Next, I decided that the blender could activate the yeast instead of me kneading the dough. So all you have to mix is the ingredients until even. NO KNEADING! YEA! So here goes with my original way to make yummy dinner croissant rolls. I usually make 4 or 5 times this recipe. In 1990, for our first daughters wedding "1200 invited" I cooked Kathy Buns in the high school cafeteria with the help of the cheer staff that I coached for 8 years that won two national titles at cheer competitions in Nashville, Tennessee.

"Kathy Buns" Recipe

¼ c. hot water (115 degrees)

The hot water makes the yeast activate quicker

1 T. Dry yeast

Put water and yeast in blender and let sit for 5 minutes.

4 ½ c. sifted bread flour

1 t. salt

3 eggs

½ c. sugar

6 T. Margarine

¾ c. warm milk *I heat it in the microwave but be careful. Any ingredient over 120 degrees will kill the yeast.*

While the yeast is sitting add the dry ingredients to a large bowl. I use a 20 qt. pot to mix my big recipes. Get the wet ingredients ready to add to the blender.

Blend the yeast/water mixture on liquefy (or highest setting) for 20 seconds. This gets the yeast so excited that you do not need to knead the dough to activate the yeast. Add the eggs sugar margarine and milk and blend for five seconds on a medium setting. Add liquids to flour and mix until just evenly distributed. *(For multiple recipes, you can add the milk to the flour.)* Transfer dough to a plastic see-thru garbage can bag. Secure with a tie. Put in a safe place to rise. I use the microwave or regular oven just to get the dough out of the way.

(These days, for really big recipes, I have my grand daughter, Alexa, stomp on the bag like "grapes in wine making" to mix the ingredients as my wrist have old "Art" arthritis and it hurts to mix).

When double in size, roll the dough onto a floured surface (I have granite counters now. They are wonderful for this recipe. You can work directly on the counter)

Knead and add sifted flour until dough is no longer sticky. Roll into a big circle. Cut dough into wedges about 2 ½" at big end. *(I make a pattern with wax paper. A circle that I fold in half and again until I have a perfect wedge pattern to place onto my dough circle).*

Spray pans with cooking oil spray like "Pan" (I use cookie sheets or jelly roll pans) Roll the triangles from big to little end. Place on the pan. Cover with plastic wrap and set aside until double in size.

Whip two eggs. Brush egg mixture over buns just before baking using a pastry brush. Bake at 400 degrees for 7 minutes until buns are lightly browned.

Kathy's Holiday Bun Making Schedule is as follows: Morning of day before, mix dough, night of day before, roll into buns, morning of the holiday, bake buns. Alexa is six this year. I told her that when grandma gets to old to make the buns, Lexi will have to do them and then they will be called Lexi Buns. She said to me, **Grandma, you will have to write the recipe down so I don't forget!**

