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## Mark's favorite Quadrotrriticale

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Hillary Place  
Logan, Utah  
November 2018

## **“Mark’s favorite Quadrotriticale”**

### **Foodways**

**Informant:** Mark Sneddon is my husband. He is 24 years old and is a proud pet parent to our cat, Luna. He is originally from southern Idaho. He loves to go to comic conventions and loves to play video games. He is an amazing story teller and has an active imagination. He “DM’s” our weekly Dungeons and Dragons group. His favorite television series is Star Trek and likes to try to get me, his wife, to recreate things in the kitchen that he sees on screen.

**Context:** While Mark was serving his mission for the Church of Jesus Christ of Latter-Day Saints in Indiana, he met a fellow missionary named Scott. Scott became Mark’s missionary companion shortly thereafter. There’s a Star Trek cookbook and Scott had one with him. He had a lot of time on his hands because it wasn’t the most productive area. For down time on “P-day” they would play with different recipes from episodes they were most familiar with and he credits these experiments to helping grow their friendship.

### **Text:**

Here is my personal favorite! It's a thick bread and crumbly bread and we had to adjust the recipe out of the cookbook since we don't have an automatic bread maker and only one bread pan. But hey it's fun! So it makes 1 loaf of Tribble Food!

1/8 cup of Sugar (plus a Tablespoon of Sugar for testing yeast)

2/3 cup of Rye Flour

2/3 cup of Whole-Wheat Flour

2/3 cup of All Purpose Flour

1 teaspoon of Salt

1 Tablespoon of Vegetable oil (you can use olive oil too)

2 eggs

1 Tablespoon of Honey

1 cup of water

1 package of Active Dry Yeast (about .3 grams. I don't know how much that is measuring sorry)

Cinnamon

Pre-heat your oven to low or about 100 degrees. Then take warm water up your water and put in yeast stir gently until yeast is wet and let it sit. In a separate bowl mix your dry ingredients.

Then add the honey, the oil, eggs and your yeast. Knead with spatula until all the dry ingredients are wet. If it's too sticky at some more of the flours to make it more doughy. It should be somewhat sticky though when you put it in your already greased bread-pan (we use vegetable oil). Put in oven with a cloth to cover it and put a pan of water underneath it. Close the oven and turn off oven and let the dough rise until it reaches the top of the pan. (about 30 to 40 min) (you may need to turn oven back on for a short while to keep it warm depending on how many times you check on it but then turn it off again)

Take it out and heat oven to 400 degrees. Add Cinnamon according to preference on top. Then put back in oven for 18min. (leave the pan of water in there). Take out and Enjoy!

**Texture:** Mark spoke with a happy tone about this recipe and said that he really liked it. Mark said it was a very thick and dense bread but that he prefers it that way. He wants to make it again with a hearty helping of cinnamon. Well, he wants me to make it.

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