

Feeding the Family

By ZOLA VINCENT
Food Editor

Good Cooks Still Enjoy Baking Bread: Here Are Fine Recipes Using Batter Method

Few things are more satisfying to a homemaker than the art of baking bread. And it is not in danger of becoming a lost art because more and more women are finding pleasure and satisfaction in baking quick breads. Their reward is in the family's compliments. Batter breads are quick and easy; kneading and shaping steps are eliminated.

Batters with their higher proportion of liquid to flour are mixed quickly; allowed to rise once, either in the bowl or in the baking pan. Fermentation of batters is so important that recipe directions should be carefully followed. When doubled in bulk, the batter looks moist and somewhat rough with small bubbles just under the surface. The top is not tightly stretched as in dough but slightly rounded and soft.

Elsewhere in our columns to-day we talk about yeast. Modern recipes call for either packages or cakes of yeast, active dry or compressed. No worry about not having the "right kind" of yeast on hand.

Casserole Bread

Increasing in popularity right along, casserole bread actually can be baked in 1½ quart casserole, in a square pan 8x8x2 inches or in an eight-ounce tube pan. Mighty good eating. Recipe makes one loaf. If more desired, make it a loaf at a time; bake all together. Scald one cup of milk; stir in three tablespoons sugar, one tablespoon salt, 1½ tablespoons shortening. Cool to lukewarm.

Measure into bowl, one cup warm (not hot) water. Cool to lukewarm for compressed yeast, sprinkle or crumble in, two dry or compressed. Stir until dissolved. Stir in lukewarm milk mixture.

Add 4½ cups sifted enriched flour; stir until well blended, about two minutes. Cover. Let

rise in warm place, free from draft, about 40 minutes or until more than doubled in bulk. Stir batter down. Beat vigorously, about one-half minute. Turn into greased 1½ quart casserole, a square pan or eight-inch tube as indicated above. Bake uncovered in moderate oven at 375 degrees about one hour.

Raisin Casserole Bread

Casserole makes one loaf of wonderful home-made bread enriched with seedless raisins.

Mix together two-thirds cup hot water, one-half cup sugar, 1½ teaspoons salt and one-fourth cup shortening. Cool to lukewarm. Measure into bowl, one-half cup warm (not hot) water. Cool to lukewarm for compressed yeast. Sprinkle or crumble in, two packages or cakes yeast, active dry or compressed. Stir until dissolved. Stir in lukewarm water mixture.

Add one beaten egg, 3¼ cups sifted enriched flour and one cup seedless raisins. Stir until well blended, about two minutes. Let rise in warm place, free from draft, about 50 minutes or until more than doubled in bulk. Stir down. Beat vigorously about one-half minute. Turn into greased 1½ quart casserole, an 8x8x2 inch pan or an eight-inch tube pan. Bake uncovered in hot oven at 400 degrees about 45 minutes.

Super Coffee Cake

Another batter method recipe that is superb for breakfast, lunch, supper or late evening enjoyment with plenty of coffee. In pan 8x8x2 inches, melt three tablespoons butter; spread evenly two tablespoons dark brown sugar, one-half cup shredded coconut Arrange one-third cup pineapple tidbits on this.

Scald in saucepan, one-third cup milk; stir in one-third cup sugar, three-fourths teaspoon salt, one-fourth cup shortening; cool to lukewarm. Measure into bowl, one-fourth cup warm (not hot) water. Cool to lukewarm

for compressed yeast. Sprinkle or crumble in, one package or cake yeast, active dry or compressed. Stir until dissolved. Stir in lukewarm milk mixture. Add one beaten egg, one-half teaspoon vanilla, two cups sifted enriched flour.

Stir until well blended, about one minute. Turn batter into prepared pan. Let rise in warm place, free from draft, until doubled in bulk, about one hour and 15 minutes. Bake in moderate oven at 375 degrees about 35 minutes. Turn out of pan immediately. Serve warm.

Orange Coffee Cake

Proceed as above for Coconut Pineapple coffee cake, substituting these items for the butter-brown sugar-coconut-pineapple combination: Melt three tablespoons margarine or butter in pan and spread evenly one-fourth cup dark brown sugar. Arrange two oranges, peeled and sectioned.

White Rolls Easy

Few things are more satisfying than hot-from-the-oven dinner rolls. You'll be surprised how easily these are made. Twelve rolls, so figure accordingly.

Scald 1¼ cups milk; stir in 2½ tablespoons sugar, 1½ teaspoons salt, one-fourth cup shortening. Cool to lukewarm. Measure into bowl, one-fourth cup warm (not hot) water. Cool to lukewarm for compressed yeast.

Sprinkle or crumble in, two packages or cakes yeast, either the active dry or compressed. Stir until dissolved. Stir in lukewarm milk mixture. Add 3¼ cups sifted enriched flour. Stir until well blended, about one minute.

Cover. Let rise in warm place, free from draft, until doubled in bulk; about 30 minutes. Stir batter down. Beat vigorously for about half a minute. Fill greased muffin pans two-thirds full. Bake in hot, 400 degree oven about 35 minutes.

Pork-Potato Filler-Upper

Father and the growing boys of the family will think this fine fare! Pork chops and potatoes! Brown six rib, loin or shoulder pork chops, cut three-quarters to one inch thick in frying pan. Season with salt and pepper. Combine coarsely grated peeled



QUICK YEAST BREADS—Here are tantalizing new quick yeast breads to challenge the home baker; delight the family. They are quick and easy because they are made from batters rather than doughs. There's Casserole Bread, Raisin Casserole Bread, Coconut Pineapple Coffee Cake and other good things, all yours for the baking.

potatoes, two tablespoons grated onion, two tablespoons flour, 1½ teaspoons salt, one-fourth teaspoon pepper and 1½ cups milk in order given and arrange in shallow baking dish.

Place pork chops on top; bake in moderate, 350 degree, oven for one hour or until done. Six servings.

Get Better Acquainted With Yeast Varieties

If you're a novice at baking, you'll find this very interesting. Once you realize how easy it is to make and bake hot breads, you'll do it often and always with praise from the family who properly think hot bread pretty wonderful.

Yeast is a living plant, so small that if four thousand yeast plants or cells were placed side by side, they would measure about an inch. Naturally, we can't see

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MEDFORD (OREGON) MAIL TRIBUNE—THREE

in the ground and on fruits and leaves of many plants.

From the great variety of yeasts in nature some are especially suited to breadmaking. Today these yeasts are cultivated and scientifically grown in manufacturing plants. They are called bakers' type yeast and are produced in huge quantities. The American baking industry alone uses as much as a million tons of bakers' yeast each year to produce billions of pounds of breads, rolls, coffee cakes and Danish pastries.

Compressed yeast produced principally for baking is prepared by thoroughly mixing washed and pressed yeast and forcing it through a rectangular nozzle. When it comes out, it is cut into blocks, wrapped and labeled. And since it is perishable, it is refrigerated immediately and must be kept refrigerated until used. One way to tell when compressed yeast is usable is to crumble it between the fingers. If it crumbles easily, even when there is slight browning at the edges due to drying, it is still good.

Active dry yeast is also produced principally for baking. This recent development came about when it was discovered that the life of compressed yeast could be extended by drying it under proper conditions without affecting its ability to make bread rise. The secret of the process is that the yeast cells go into a resting state and remain that way even without refrigera-

tion until the yeast is mixed in warm, not hot, water. Then it is again active and able to make dough rise.

Reminder: For best results, dissolve compressed yeast in lukewarm water and active dry yeast in warm, not hot, water.

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