



Domestic Science Department

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THE INNER SECRET OF MIXING AND MAKING GOOD BREAD

Did you know that good bread is the most wholesome, most digestible as well as one of the cheapest foods, that you can serve? The more bread and flour you serve your family, the smaller your food bills. Bread furnishes the greatest amount of food value for the money expended, and is the most important article of food. Perhaps we never realized this until we were deprived of bread during the period of conservation. Considering its great value, it is surprising how few housewives understand how to make a good loaf of bread or pan of rolls. The process of making these yeast mixtures is most interesting, and a little careful study and practice will surely reward you for your time and trouble.

to distribute the gas evenly. Always make small loaves to insure bread being baked thoroughly; in large loaves the heat may fail to penetrate the center. If bread rises much after being put in the oven, the heat is not great enough, but if it begins to brown in less than fifteen minutes, the heat is too great. The first ten minutes the loaves are in the oven they should merely rise and perhaps begin to show a little brown in spots; the second period of ten minutes they should become a delicate brown all over their surface and cease to rise; the third period they should finish browning and the fourth they should shrink slightly from the pans.

again risen to double its bulk it will be ready to shape into loaves or rolls. Place loaves in well greased pans, having them about half full. Brush both bread and rolls with melted shortening; let rise again to double their size and bake in a hot oven about 45 minutes for medium-sized loaves and from 20 to 30 minutes for rolls, according to size.

This quantity of dough is for one large loaf of bread or pan of rolls. With one-half yeast cake used to each half pint measuring cup of liquid, bread can be made and completed if kept in a warm room in about five hours. If longer period be given to the rising process less yeast will be required. One-fourth yeast cake to each cup of liquid is sufficient if dough is set overnight. In either case the same method of preparation is used. The liquid is scalded to sterilize it, so as to avoid the presence of other organisms than the yeast. Of course the scalded liquid must never be used until lukewarm, otherwise it will kill the yeast plant.

Tea Rolls

Use white bread foundation. When dough is light knead slightly and cut in pieces about the size of a walnut. Brush with melted shortening and place close together in a well greased pan. One additional tablespoon of sugar for each cup of liquid improves these rolls.

Raisin Bread

Follow white bread foundation adding one more tablespoon sugar. When dough has risen once add half cup of seedless raisins for each cup of liquid and allow to double in bulk again when dough will be ready for loaves. Put in well greased pans, let double its size and bake in a hot oven 45 minutes for medium sized loaf. Another method of adding raisins is when shaping into loaves roll out dough for each loaf, cover with raisins and roll up like a jelly roll. Place in greased pans and proceed as directed.

Parker House Rolls

Use white bread foundation. After dough has risen to double its bulk the second time, roll into a sheet about one inch thick. Cut with a biscuit cutter, then with the handle of a knife dipped in melted shortening, fold over and place close together in a well greased pan. Set in a warm place until light, then bake in a hot oven. When baked brush over with melted shortening or the unbeaten white of an egg. The white of egg gives a high gloss.

Cloverleaf Rolls

Use white bread foundation. When dough is light shape into balls about the size of a large marble, place in groups of three on well greased muffin pans. Brush with melted shortening, allow to become very light and bake in a hot oven. When baked brush with unbeaten white of egg.

Helpful Suggestions About Making Bread

To keep the dough from cooling mix and knead it quickly. In cool weather the bowl containing the dough may be set in a pan of warm water. The longer the past is beaten the less kneading the dough will require. When dough can be lifted in a mass on a spoon it is ready to knead.

Dough is kneaded to mix the ingredients thoroughly; to make the gluten elastic and to work in the air. It is sufficiently kneaded when it can be left on the board for a minute or more without sticking.

Dough containing large bubbles has risen too long or too fast. It should be cut down and reknaded.

Heat Checks Growth of Yeast Organism

After the first ten minutes the oven heat can be decreased slightly, and as baking continues it may be lessened still more. The reason for the hotter oven at first is that the growth of the yeast plant must be checked early in the baking or the loaf will become too porous, and this can be accomplished only by a heat great enough to penetrate to the very center of the loaf.

When baking is completed the loaves will give forth a hollow sound when tapped and will shrink from the pan.

After baking remove the bread at once from the pans and allow to cool in fresh air, uncovered. Do not put away until perfectly cold.

DIRECTIONS FOR MAKING LIGHT BREAD AND ROLLS

Note—All measurements are level and flour is sifted once before measuring. A half-pint measuring cup is used.

White Bread

One cup boiling water or scalded milk; 1 tablespoon melted shortening; 1 tablespoon sugar; 1 teaspoon salt; 1/2 yeast cake dissolved in 1/4 cup lukewarm water; between 3 and 4 cups white flour.

Method of Preparation

Put shortening, sugar and salt in scalded liquid; let stand until luke-

warm; add dissolved yeast and flour gradually, beating well until too stiff to stir. Turn on moulding board and knead in remaining flour until the mixture is smooth, does not stick to hands or board and bubbles may be seen under the surface. Return to well greased bowl, brush dough over with melted shortening, cover and allow to rise in a warm place to twice its original size then knead down in a bowl and let rise again. This second kneading, after having risen once, gives a much finer grain to bread and should always be used. When dough has

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