BREAD

POINTS TO BE CONSIDERED IN BREADMAKING

Single Loaf: It has been found most satisfactory to bake the bread in single loaf tins instead of baking 3, 4 to 6 loaves in a single large tin. A pan with the dimensions 8 1/2 in. x 3 1/2 in. x 3 in. is quite satisfactory. A loaf to fit this tin will bake in 45 minutes.

Flour: Flour when in its best stage for baking (a few months old) should be granular in feel, creamy white in color and sweet in flavor.

Liquid: A moderately stiff dough gives the most satisfactory bread. Water produces an inelastic bread, fine in texture, sweet in flavor but one which dries out quickly on keeping.

Milk increases the elasticity of the crumb and keeping qualities.

Potato water increases the lightness and elasticity of the crumb and especially the keeping qualities of the bread.

Yeast: The yeast should be used while in a healthy, active, growing stage. When the yeast begins to lag the souring bacteria begin their work. It seems best to carry the liquid yeast in potato water.

Salt: The proper proportion of salt (1 t per c of liquid) improves the flavor of the bread and the tenderness, elasticity and the texture of the crumb. Too much salt makes the crumb tough and moist, gray in color and poor in flavor and texture.

Sugar: The proper proportion of sugar (2 t per c of liquid) improves the flavor, elasticity and moisture of the crumb. Too much sugar makes the crumb tough, moist, coarse in texture and poor in color.

Molding: The most satisfactory bread is produced by molding the dough lightly into a loaf with the least kneading possible.

Rising: Chilling the dough lessens the volume and gives a compact bread with a tough crumb and coarse texture.

BREAD TO BE SCORED SHOULD BE 24 HOURS OLD
**Points:**

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**The Characteristics of Good Bread** as set forth by the accepted English authorities, Owen Simmons and William Jago, are in general as follows:

Flavor

Odor, taste—a sweet nutty flavor of the wheat grain and a sweet odor.

Crumb

Texture—the gas cavities must be small and evenly distributed and the cell walls must be thin and elastic. Color—Creaminess rather than whiteness. Tenderness, elasticity—Crumb must be tender and elastic.

Moisture—The crumb must be neither dry and crumbly nor doughy. There must be absence of heavy streaks either along side or bottom or in the center of loaf.

General Appearance

Crust—A uniform golden brown, in thickness about \( \frac{3}{8} \) inch.
SHORT PROCESS BREAD

3 1/2 c (?) flour (varies with the flour)
1 c water (potato water preferred)
1/2 cake compressed yeast.
1 t salt
2 t sugar
1 t butter

Soak the yeast in 1/4 c of the water till soft. Place the sugar, salt and butter in a bowl, add the yeast and the remainder of the water. Next, add enough flour to make a soft batter; beat hard till all ingredients are thoroughly blended, then work in enough flour to make a soft dough. Gradually mold in the remainder of the flour, kneading until smooth and elastic. Set away to rise until the dough has doubled in bulk, knead for 5 min. Set away to rise a second time. When the dough has doubled in bulk, shape into a loaf with the least kneading possible. Place in a greased pan to rise until light. Bake 50 min. Remove from oven and place on a cooler, uncovered, to cool.

LONG PROCESS BREAD—Method 1.

In the making of long process bread, use the recipe given for Short Process bread. Instead of the 1/2 cake of compressed yeast, add only 1/4 cake, or 1/4 cake yeast foam.

Follow the directions for making, previously given under Short Process bread with one exception. In the first step in the method of manipulation make a soft sponge instead of making a stiff dough. Allow the sponge to rise until full of bubbles and of sweet alcoholic odor, then add the remainder of the flour and proceed as directed.

Note—Be careful never to chill bread during the process of making, nor again allow it to reach a temperature above 35 degrees centigrade.

LONG PROCESS BREAD—Method 2.

Potato Yeast.

Soak 1 cake yeast foam in 1/2 c water (lukewarm). Mash 3 medium sized boiled potatoes. Pour over them 1 pt water in which they were boiled. To this boiling potato water add flour to make a moderately stiff batter. When lukewarm add the yeast cake. Let stand until full of bubbles and of sweet alcoholic odor. This recipe will make 5 loaves of bread.

For long process bread, proceed as for short process bread. Instead of the 1/2 cake of compressed yeast, add the potato yeast.

All measurements level. c-cup; t-teaspoon; T-tablespoon.
WHITE NUT BREAD

1 c milk (rich) 3 t B. P.
2 eggs (beaten) 3/4 c chopped nuts
1/4 to 1/2 c sugar Flour (about 3 c)
1/2 t salt

Mix dry ingredients, add to egg and milk mixture. Mixture should be almost the consistency of baking powder biscuit dough. Let stand in pan 20 min. before baking.

BROWN NUT BREAD

2 c sour milk 1 c nuts
1/2 c sour cream 3 c Graham flour
1 t salt 1 c white flour
1 t soda 1/2 to 1 c sugar

Bake in a slow oven.

BAKING POWDER BISCUIT

2 t Baking powder 1 T butter and lard mixed
1 c flour 1/2 c (scant) milk or water
4 t salt

ELECTION CAKE

1 lb. fruit (citron
........................... raisins (2 kinds)
1 lb. butter currants
1 lb. sugar 2 1/2 lbs. flour
t milk 1/4 t cloves,
1/4 c fruit juice 1/4 t nutmeg
2 eggs 1/2 t cinnamon
1 1/2 cakes yeast 1 1/2 t salt

Make sponge first.

CURRANT TEA RING

2 cakes compressed yeast or Flour
1 cake yeast foam 6 T lard or butter
1 c milk scalded and cooled 1/2 c sugar
1 c lukewarm water 3 eggs
1 T sugar 1 t salt

Dissolve yeast and 1 T sugar in lukewarm liquid. Add enough flour to make a sponge, beat until smooth. Cover and set aside to
rise in a warm place. When light add lard or butter and sugar thoroughly creamed, eggs beaten until light, salt, and the remainder of the flour gradually or enough to make a moderately stiff dough. Turn on board and knead lightly. Cover, set aside in a warm place to rise until dough has doubled in bulk.

Roll out in oblong piece ¼ inch thick. Brush with melted butter, sprinkle with brown sugar, currants and cinnamon. Roll up lengthwise and place in a circle on a large shallow greased pan or baking sheet. Cut with scissors. Allow to rise again and then bake.

Note—It is not necessary to set a sponge in the beginning when compressed yeast is used, but a moderately stiff dough may be made and kneaded well in the first process.

SWEET FRENCH ROLLS

1 c milk
1 yeast cake soaked in
  ¼ c luke warm water
  ¼ c sugar

1 t salt
1 egg
Yolk 1 egg
¼ c melted butter

Flour

Scald milk; when lukewarm add dissolved yeast cake and ½ c flour; beat well, cover and let rise until light. Add sugar, salt, eggs well beaten, butter and enough more flour to knead. Knead, let rise again. Shape into rolls. Let rise, then bake in a hot oven.

Note—A few gratings from the rind of a lemon or ½ t lemon extract may be used for flavoring.

PARKER HOUSE ROLLS

2 c scalded milk
3 T butter
2 T sugar

1 t salt
1 yeast cake dissolved in
½ c water

Flour

Add butter, sugar and salt to milk. When lukewarm add dissolved yeast cake and 3 c flour. Cover and let rise until light. Cut down and add enough flour to knead. Let rise again. Toss on a lightly floured board and roll 1-3 inch in thickness. Shape with a biscuit cutter. With the handle of a case knife make a crease through the middle of each piece, brush over ½ with melted butter, fold and press edges together. Place in an oiled pan, cover, let rise and bake in a hot oven about 20 min.
I C scalded milk
1-3 c butter
¼ c sugar
½ t salt

GERMAN COFFEE BREAD

I egg
I-3 yeast cake dissolved in
¼ c lukewarm water
½ c raisins stoned and cut in pieces

Add butter, sugar and salt to milk; when lukewarm add dissolved yeast cake, egg well beaten, flour to make stiff batter; cover and let rise over night; in the morning add the raisins, then spread in buttered dripping pan. Before baking, brush over with beaten egg and cover with the following mixture; melt 3 T butter, add 1-3 c sugar and 1 t cinnamon. When sugar is partially melted, add 3 T flour.