Allie B. Stuart 7 November 19/41

700.184 NOV 24 REC'D

945 words

Breads.

Type

Since the World's War bread making in American families in Rosalli Co. is almost a lost art. During the war substitutes for wheat flour was hard for some people to use so they turned to the bake shops and now one gets bakery bread in all hotels and restraunts It does make nice toast but lacks the goodness of home made bread.

The first bread made in Montana was Sour Dough Bread — No! the very first was called "frying pan" bread, water, flour, salt and saleratus (if you had it) made into a soft dough, put into the pan where bacon had been fried cooked over hot coals and eaten hot.

Then there was the flap jacks

made with flour and water with a little salt and fried in bacon grease.

When life became settled as the white trappers and prospectors remained in one place for a month or two at a time the sour dough bread and hot cakes came into vogue. For this there must be a "starter" that is about a quart of batter broken pieces of pan-cake the water set in a warm place until it soured. Take a pint of this starter in flour enough to make a batter. Set in a warm place until it raised to the top of the pan add a little soda and flour and kneed into loaves let this set until it raised Then kneed it down again and let it raise until thrice its original size then bake in a dutch oven or covered bread pan set in hot

ashes and coals and let bake for an hour.

The sour dough pancake is made in the same way only just add enough flour to make a thin batter and cook them over hot coals in a well greased frying pan.

The sour dough hot cakes are still popular in families where hot breads are served for breakfast. The receipt is somewhat unrefined. For a starter mix salt buttermilk, a teaspoon of baking powder and a teaspoon of soda 1 egg two table spoons melted butter, stir in flour enough to make a thick batter baked on a hot smokeless griddle. serve with butter and warm maple syrup. These are delicious but if you are reducing you must leave them out. They are

very flattering and you will not want to stop at three.

What batter is left save for a starter each morning add a little better milk and flour.

Salt-Rising Bread

An old Maine lumber man brought this bread to the Bitter Root valley – He married a young girl from Alabama and first after the honey moon informed his wife that he did not like her hot corn bread griddle cakes and muffins: they gave him dyspepsia.

He wanted some good salt-rising bread and he went home to his mother for her receipt-and here it is. – One pint warm water blood heat – (if you get it too hot defeat is certain) In a perfectly clean bowl stir up a thick batter, adding a teaspoon salt: a thorough beating if the batter is important

Set in a pan of warm water to secure uniformity of temperature; in from two to four hours it will begin to rise. The rising is much more sure if coarse flour or "shorts" is used instead of fine flour.

When your "rising" is nearly light enough, take a pint of milk and a pint of boiling water, mix the sponge in a bread pan, and when cooled to blood heat, stir in the rising; the sponge thus made will be light in about four hours with good warmth. The dough requires less kneading than yeast raised dough. The bread is simpler but not so certain of rising.

It must be made more frequently as it dries faster than yeast bread.

When the receipt arrived the young Alabama girl studied it carefully.—Flour, salt, water.—Don't let it get hot.—don't let it get cold

That was simple enough, and she tacked the receipt on the wall above the kitchen table and proceeded to set the rising. Just before time to get dinner the rising was all up ready to overflow the pitcher in which she had made it. She mixed the salt water and cup of milk as instructed and formed in the rising and set it in a nice warm place near the stove. Her husband came in to dinner and she showed him her bread and he congratulated her on its fine appearance. He went to his work and she washed the dishes and tidied up the kitchen about that time she began to get a very disagreeable odor. She wondered if there could be a dead cat about a search through the house and out to the kitchen and to the bread pan - there it

was,'- her bread light as a feather but smelled like Limberger cheese.

She put on her sunbonnet and walked a mile over to Bowmans to consult with Mrs Brown, a motherly old soul who knew about every thing. Mrs Brown said salt-rising bread did smell terrible but the worse it smelt the surer she would be of having nice sweet bread. It was only the result of acetous fermentation. I'll run home with you right now and mix it into loaves for you and you will have it nice and light and warm for supper. Mrs Brown hitched up her little bay mare to the buckboard and they were soon home and the bread in nice plump rolls sat by the warm stove to rise again. Marion kept saying over and over to herself water and flour and salt and smells like that!