

Bread Recipes - The Old Fashioned Way

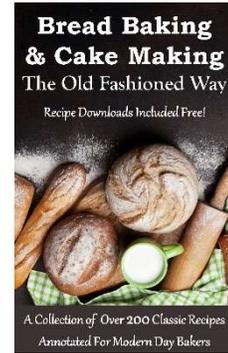


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WHEAT BREAD

Short or Straight-dough Process.

One Loaf.

- 1 cup lukewarm milk, water (or a mixture of the two), plus 1/2 cake compressed yeast.

Or

- 3/4 cup lukewarm milk, water (or a mixture of the two), plus 1/4 cup liquid yeast.
- 1 teaspoon salt.
- 1 tablespoon sugar.
- Fat, if used, 1 tablespoon, or less.
- 3 cups sifted flour.

Original bulk of dough, 1 pint; bulk when ready to be made into loaves, 2 to 3 pints.

Two Loaves

- 2 cups lukewarm milk, water (or a mixture of the two), plus 1 cake compressed yeast.

Or

- 1½ cups lukewarm milk, water (or a mixture of the two), plus 1/2 cup liquid yeast.
- 2 teaspoons salt.
- 2 tablespoons sugar.
- Fat, if used, 2 tablespoons, or less.
- 6 cups, or 3 pints, sifted flour.

Original bulk of dough, 1 quart; bulk when ready to be made into loaves, 2½ to 3 quarts.

Three Loaves

- 3 cups lukewarm milk, water (or a mixture of the two), plus 1 ½ cakes compressed yeast.

Or

- 2 ¼ cups lukewarm milk, water (or a mixture of the two), plus 3/4 cup liquid yeast.
- 3 teaspoons salt.
- 3 tablespoons sugar.
- Fat, if used, 3 tablespoons, or less.
- 9 cups, or 4 ½ pints, sifted flour.

Original bulk of dough, 3 pints; bulk when ready to be made into loaves, 3½ to 4½ quarts.

Four Loaves

- 1 quart lukewarm milk, water (or a mixture of the two), plus 2 cakes compressed yeast.

Or

- 3 cups lukewarm milk, water (or a mixture of the two), plus 1 cup liquid yeast.
- 1 ½ tablespoons salt.
- ¼ cup sugar.
- Fat, if used, ¼ cup, or less.
- 12 cups, or 3 quarts, sifted flour.

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Original bulk of dough, 2 quarts; bulk when ready to be made into loaves, 5 to 6 quarts.

Boil the water or scald the milk. Put the sugar and salt (and fat, if used) into a mixing bowl. Pour the hot liquid over it and allow it to become lukewarm. Mix the yeast with a little of the lukewarm liquid and add it to the rest of the liquid.

If convenient, set this aside in a warm place, not over 86° F., for one hour; if not convenient to set it aside, add the flour at once, putting in a little at a time and kneading until the dough is of such consistency that it sticks neither to the bowl nor to the hands. This requires about 10 minutes. Cover, and allow to rise 1 3/4 hours at a temperature of 86° F; it may be better to set it at a lower temperature, but the lower the temperature the longer the time required for the rising. Cut down the dough from the sides of the bowl; grease the hands slightly. Knead a little and set aside to rise again for one hour.

With a good bread flour, the dough would treble its bulk in each rising. With a soft wheat flour, it should not rise much beyond twice its volume. Divide into portions, mold, and place in greased pans of standard size (1 1/2 quarts). Allow to rise until a light touch will make a slight dent. With good bread flour this happens when the dough reaches the top of the pans. Bake 50 minutes. (See directions for baking)

Short Sponge Method

Bread can be made during the day by what is known as the "short sponge" method. All the ingredients are the same as for the "short or straight-dough" process, but only half of the flour is added at first. When this mixture, which is called a "sponge," is so light that it will fall at the slightest touch, it is ready for the addition of the rest of the flour.

Overnight Sponge Method

Use the same proportions as for the short process, except in the case of the yeast, which should be one-eighth cake of compressed yeast or 2 tablespoonfuls of liquid yeast for each loaf. Use water rather than milk. In the evening mix the yeast with water, salt, and half of the flour, and beat thoroughly. Cover and place at a temperature of 65° F to 70° F., or that of an ordinary room. In the morning add the sugar and the rest of the flour and proceed as in the case of the short process.

Overnight Straight-dough Method

Use the same ingredients as for the overnight sponge method, but put in all the ingredients at night.

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RAISED BISCUIT

Part of the dough prepared for wheat bread can be baked in the form of biscuits. Enough dough for one loaf, or that made from 1 cup of liquid, will make 24 small biscuits. Cut or pull small pieces from the dough and form them in the same way the loaves are formed. Hold the dough in one hand and shape it with the fingers of the other hand. The stroke should be light and from the outside inward, in order to stretch the bottom of the dough, which is to be the top of the biscuit. The biscuits may be placed either close together or some distance apart in the pan; in either case they should be rubbed over with melted butter. Allow them to treble their bulk and then bake them. The oven should be hotter than for baking bread, and they should begin to brown at the end of 5 minutes and should be done in 20 minutes.

Put the butter, sugar, and salt in a mixing bowl. Scald the milk and pour it into the bowl. When it is lukewarm add the yeast, mixing it with a little of the liquid first. Add 3 cups of flour, beat thoroughly, cover, and let the dough rise until it doubles its bulk. Cut down the dough and add flour gradually until the mixture can be molded without sticking either to the hand or to the bowl. Let it rise again until about twice its original bulk and roll it on a floured board and cut it with a biscuit cutter. Brush the pieces over with fat, crease each piece through the center with a knife and fold it over. Let it rise again and bake in a hot oven about 15 minutes.

Mix and sift the dry ingredients. Work in the fat with a fork or with the fingers. Add the liquid gradually, making a dough that is of the right consistency to roll out easily. Turn out on a floured board and roll to one-half inch in thickness. Cut with a biscuit cutter, place in a buttered pan, and bake in a hot oven about 15 minutes.

An easier way is to add so much liquid that the biscuits can be dropped from a spoon on the baking tin. This saves the use of board and rolling pin.

Baking-powder biscuits and many other kinds of bread that are served hot contain more fat than ordinary wheat bread does and are usually eaten with more butter. These facts should be taken into account.

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PARKER HOUSE ROLLS

- 2 cups milk.
- 3 tablespoons butter.
- 2 tablespoons sugar.
- 1 teaspoon salt.
- 1 cake compressed yeast.
- 3 cups Flour.

Put the butter, sugar and salt in a mixing bowl. Scald the milk and pour it into the bowl. When it is lukewarm add the yeast, mixing it with a little of the liquid first. Add 3 cups of flour, beat thoroughly, cover and let the dough rise until it doubles as bulk. Cut down the dough and add flour gradually until the mixture can be molded without sticking either to the hand or to the bowl.

Let rise again until about twice its original bulk and roll it on a floured board and cut it with a biscuit cutter. Brush the pieces over with that, crease each piece through the center with a knife and fold it over. Let it rise again and bake in a hot oven about 15 minutes.

BAKING-POWDER BISCUIT

- 2 cups pastry flour.
- 4 teaspoons baking powder.
- 1 ½ teaspoons salt.
- 2 tablespoons butter or other fat.
- About ¾ cup milk, water, or a mixture of the two.

Mix and sift the dry ingredients. Work in the fat with a fork or with the fingers. Add the liquid gradually, making a dough that is of the right consistency to roll out easily. Turn out on a floured board and roll to 1/2 inch in thickness. Cut with a biscuit cutter, place on a buttered pan, and bake in a hot oven about 15 minutes.

An easier way is to add so much liquid that the biscuits can be dropped from a spoon on the baking tin. This saves the use of board and rolling pin.

Baking powder biscuits and many other kinds of bread that are served hot contain more fat than ordinary wheat bread does and are usually eaten with more butter. These facts should be taken into consideration in planning meals, particularly those which are to be kept within a given fuel value.

MIXED WHEAT FLOUR BREADS

The recipes given above for white bread can be followed in making bread out of part graham and part white flour. The usual proportions are either one part of graham to two parts of white, or half graham and half white. In all cases, however, white flour should be used for making the sponge. In place of the sugar an equal amount of molasses may be used. Such bread will not rise quite as much as bread made of white flour only.

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WHOLE WHEAT OR GRAHAM BREAD

- 1 1/2 cups of lukewarm milk.
- 3 tablespoons brown sugar.
- 1 1/4 teaspoon salt.
- 3 cups whole wheat or graham flour.
- 1/2 yeast cake.

Scald the milk, together with the sugar and salt. When lukewarm, add the yeast, mixing it first with a little of the milk. Add the flour, beat well, and let it double its volume. Beat it thoroughly, put into a pan, and let it rise. In a pan of standard size, it should come nearly to the top.

The above recipe may be used in preparing bread from home-ground meal. There are many households, particularly in the country, where clean whole wheat can be obtained at moderate cost. If ground in the ordinary coffee mill, such wheat, makes a coarse bread, not very light in texture, but of such good flavor that it may well be used occasionally to give variety to the diet. It is useful, too, in places where good bran cannot be obtained easily and where coarse breads are desired as a means of preventing constipation.

In making such bread with a view to economy the housekeeper should compute what it will cost her per loaf, including labor and fuel, as compared with other breads she makes. Skim milk instead of whole milk can be used; homemade yeast, either liquid or dry cakes, is a possibility; and some might like the bread with less sugar or unsweetened. Another recipe which has been worked out follows:

Set a sponge at night, using half of the flour. In the morning add the rest of the flour, beat well, put into a greased pan, allow to rise until it doubles its bulk, and bake. (For particulars as to setting the sponge, etc., see directions for making wheat bread.)

HOME-GROUND WHEAT BREAD

- 1 1/2 cups water or skim milk.
- 1 1/4 teaspoons salt.
- 1 tablespoon sugar.
- 3 cups home-ground wheat flour (see preparation instructions).
- 1 cake dry yeast or 1 gill (4 oz.) of liquid yeast.

Set a sponge at night, using half of the flour. In the morning add the rest of the flour, beat well, pour into a greased pan, allowed to rise until it doubles its bulk, and bake. (For particulars as to setting the spines, etc., see directions for making wheat bread).

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SELF-RISING BREAD

This bread, which is commonly called by the misleading name of "salt-rising bread," has been known in one form or another for generations. It has been a particular favorite when and where it was difficult to get satisfactory yeast.

- 1 cup milk.
- 2 tablespoons white corn meal.
- 1 teaspoon salt.
- 1 tablespoon sugar.
- Butter (if used), 1 tablespoon.
- Flour (as needed – see below).

Scald the milk. Allow it to cool until it is lukewarm; then add the salt, sugar, and corn meal. Place in a fruit can or a heavy crock or pitcher and surround by water at about 120° F. Water at this temperature is the hottest in which the hand can be held without inconvenience, and can be secured by mixing nearly equal parts of boiling water and tap water (unless the tap water is unusually warm). Allow the mixture to stand for 6 or 7 hours, or until it shows signs of fermentation. If it has fermented sufficiently, the gas can be heard as it escapes.

This leaven contains enough liquid for one loaf. If more loaves are needed, add 1 cupful of water, 1 teaspoonful of salt, 1 tablespoonful of sugar, and 1 table-spoonful of butter for each additional loaf. Make a soft sponge by adding a cupful of flour for each loaf to be made. Beat thoroughly and put the sponge again at the temperature of about 120° F.

When it is very light, add more flour gradually until the dough is so stiff that it can be kneaded without sticking to the hands or to the board. Knead 10 or 15 minutes, put at once into the pans, allow to rise until about two and one-half times its original bulk, and bake. Self-rising bread is never so light as the bread raised with yeast. A loaf made with one cupful of liquid therefore will come not quite up to the top of a pan of standard size.

The following recipes for potato bread have been so made as to use a large amount of potato as compared with flour. Excellent bread can be made with less potato. In making recipes it should be remembered that a pound of mashed potato contains about 1 ¼ cupfuls of water and starch and other substances about equivalent for the purpose to those in 1 cupful of wheat flour.

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POTATO BREAD

Straight-dough Method.

FOUR 1-POUND LOAVES

- 3 pounds boiled and peeled potatoes (equivalent to about 3 3/4 pounds water and 3 cups flour).
- 2 1/4 pounds bread flour.
- 1 1/2 level tablespoons salt.
- 3 level tablespoons sugar.
- 2 cakes compressed yeast.
- 4 tablespoons water.

Clean thoroughly and boil, without paring, 12 potatoes of medium size, allowing them to become very soft. Pour off the water, peel and mash the potatoes while hot, being careful to leave no lumps. Take 3 pounds, or 5 solidly packed half-pint cupfuls of mashed-potato, and when at the temperature of lukewarm water add to it the yeast, rubbed smooth with 3 tablespoonfuls of lukewarm water.

Rinse the cup in which the yeast was mixed with another tablespoonful of water and add to the potato. Next add the salt, the sugar, and about 4 ounces of the flour, or 1 scant half pint of sifted flour. Mix thoroughly with the hand, but do not add any more water at this stage. Let this mixture rise until it has become very light, which should take about two hours if the sponge is at a temperature of about 86° F.

To this well-risen sponge, which will now be found to be very soft, add the remainder of the flour, kneading thoroughly until a smooth and elastic dough has been formed. The dough must be very stiff, since the boiled potato contains a large amount of water, which causes the dough to soften as it ferments. Therefore, add no more water to the dough unless it is absolutely necessary. Set back to rise until it has trebled (tripled) in volume, which will require another hour or two.

Divide the dough into four parts, mold them separately, and place in greased pans which have been warmed slightly. Allow the loaves to rise until they have doubled in volume and bake 45 minutes at a temperature of 400° F to 425° F.

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Sponge Method

FOUR 1 -POUND LOAVES

- 3 pounds boiled and peeled potatoes (equivalent to about 3 3/4 pounds water and 3 cups flour).
- 2 ¼ pounds bread flour.
- 1 ½ level tablespoons salt.
- 3 level tablespoons sugar.
- 1 cake compressed yeast.
- 4 tablespoons water.

Clean, boil, peel, and mash the potatoes as directed for the straight- dough method. In the evening take 1 ½ pounds, or 2 ½ solidly packed half-pint cupfuls, of the cool mashed potato, add to it the salt, 4 ounces of flour (or 1 scant half -pint cupful), and the yeast, rubbed smooth with water, reserving 1 spoonful to rinse the cup.

In the morning add the remainder of the potato, the sugar, and the rest of the flour. Knead thoroughly until a smooth and very stiff dough is formed. Set away at 80° F to 86° F for about two hours, or until the dough has trebled (tripled) in volume. Make into 4 loaves and proceed as in the straight-dough method.

POTATO ROLLS

Very palatable rolls can be made from a similar mixture of boiled potatoes and flour by adding fat and sugar. The following proportions will yield about 1 dozen small rolls:

- 8 ounces boiled and peeled potatoes.
- 6 ounces or 1 ½ cups sifted flour.
- 1/3 cake compressed yeast,
- 3/4 level teaspoon salt.
- 2 tablespoons lukewarm water, milk, or cream.
- 2 tablespoons sugar.
- 2 tablespoons butter.

Boil, peel, and mash the potatoes as directed for bread making. Add to this the salt, the yeast rubbed smooth and mixed with the water, or other liquid, and lastly 2 tablespoons flour. Set this mixture to rise at about 86 °F and allow it to rise until a touch will cause it to fall. Add to this sponge the butter, the sugar, and the remainder of the flour, and, if necessary, enough more flour to make a very stiff dough. Knead thoroughly until a smooth dough has been formed which is no longer sticky. Set back to rise again, and when the dough has trebled (tripled) in volume knead lightly, form into small balls, and place, not too close together, in greased pans. Let rise until double in volume and bake 20 minutes in a moderately hot oven (about 400° F).

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CORN-MEAL-AND-WHEAT BREAD

- 1 ½ cups milk, water, or a mixture of the two.
- 1/2 cake compressed yeast,

Or

- 1 ½ cups milk, water, or a mixture of the two.
- 1/4 cup liquid yeast.
- 1 ½ teaspoons salt.
- 1 tablespoon sugar.
- Butter (if used), 1 tablespoon.
- 1 cup corn meal.
- 2 cups wheat flour.

Pour 1 ¼ cupfuls of the water over the corn meal, salt, sugar, and fat (if used), and heat the mixture gradually to the boiling point or nearly to it and cook 20 minutes. This cooking can be done best in a double boiler. The water is sufficient only to soften the meal a little. Allow the meal to cool to about the temperature of the room and add the flour and yeast, mixed with the rest of the water, or the 1/4 cupful of liquid yeast: Mold thoroughly, let rise until it doubles its bulk, make into a loaf, place in a pan of standard size, allow to rise until it nearly fills the pan, and bake 45 or 50 minutes.

RICE BREAD

- 1 cup lukewarm water, milk, or a mixture of the two.
- 1 cup uncooked rice.
- 1 ¼ teaspoons salt.
- 1 tablespoon sugar.
- Butter (if used), 1 tablespoon or less.
- 1/2 cake compressed yeast.
- 2 cups wheat flour.

Steam the rice with one-half of the liquid until it is soft. This is done better in a steamer than in a double boiler, for the liquid is so small in amount that the rice does not become soft readily and the presence of the steam helps.

Put the sugar, salt, and fat (if used) into the mixing bowl and pour over them the remaining liquid (1/2 cupful). When the mixture has become lukewarm add the yeast and 1/2 cupful of flour. Allow this sponge to rise until very light.

Add the boiled rice, which should have been cooled until lukewarm, and the rest of the flour. This dough is so thick that some pressure is required to work in the last portions of the flour. Allow the dough to rise until it has doubled its bulk, form into a loaf, place in a pan of standard size, allow it to rise until it nearly reaches the top of the pan, and bake.

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RYE BREAD

- 1 cake compressed yeast.
- 3 cups flour (1 cup being wheat and the remainder rye).
- 1 quart milk.
- 2 tablespoons sugar.
- 4 teaspoons salt.
- 2 tablespoons butter.

Follow the directions for making wheat bread according to the short process until after the bread has been molded the second time. At this point the dough should be placed in a 6-quart bowl lined with a cloth into which flour has been rubbed. When the dough has risen to the top of the bowl turn out on a hot sheet iron (a dripping pan inverted will do), over which 1 tablespoonful of flour has been sprinkled, and put it immediately into a very hot oven. After 10 minutes lower the temperature somewhat and bake for 1 hour.

This recipe, which is used by permission of Mrs. Edith M. Thomas ([Mary at the Farm and Book of Recipes](#). By Edith M. Thomas. Norristown, Pa.: 1915, p. 171), is a modification of an old German household method of making rye bread.

NUT BREAD

- 1 egg.
- 1/2 cup milk.
- 1/2 cup sugar.
- 3 cups flour.
- 3 teaspoons baking powder.
- 1 teaspoon salt.
- 1 cup English walnut or pecan or hickory nut meats, cut into small pieces.

Sift together the flour, baking powder, salt, and sugar, and add the milk, the egg well beaten, and the nut meats. Place in a well-buttered pan and let rise one hour. Bake three-quarters of an hour in a moderate oven.

ROLLED-OATS BREAD

- 2 cups boiling water.
- 1/2 cup brown sugar.
- 2 teaspoons salt.
- 1 yeast cake.
- 1/4 cup lukewarm water,
- 1 1/2 cups rolled oats.
- 5 cups flour.

Dissolve the yeast cake in the lukewarm water. Pour the boiling water over the rolled oats, salt, and sugar, and let stand until lukewarm; add the dissolved yeast and flour. Let rise until very

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light, beat thoroughly, and turn into two buttered bread pans. "When the loaves have doubled their volume bake them an hour in a moderate oven.

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