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Breadmaking in the home

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BREAD MAKING IN THE HOME

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Bread in some form is a standard food three times a day for most American families. It would seem that any food used as often as three times a day should be of excellent quality.

The art of breadmaking is within the reach of all homemakers who would like to master this art. Bread making is a scientific piece of cookery. For this reason it is important that all fundamental procedures be closely followed.

Bread is not only an essential food but is an economical food. Bread made from whole grain flours is an excellent food because it is rich in minerals, particularly iron and phosphorus, and several of the B vitamins. It is also a good source of protein and carbohydrates. Enriched white bread has some of the same food elements as whole grain bread but not in the same amounts.

INGREDIENTS USED IN BREAD

The essential ingredients for making yeast breads are flour, liquid, yeast and salt. It is customary also to use sugar and fat. Eggs, nuts, dried fruits, and spices are added occasionally to give variety by changing flavor. These additions also increase food value.

FLOUR—Flour is the chief ingredient of all breads. Of all the grains, only wheat contains the proteins in the right proportion and quality to form gluten when liquid is added. The purpose of gluten in the dough is to form a sort of elastic network in which the tiny gas bubbles formed by the yeast are captured. Flours are divided into two basic kinds: those made from hard wheat which are high in gluten and those made from softwheat which are low in gluten and high in starch. "All purpose flour" is a blend of hard and soft wheat and is the flour in general use at the present time. "All purpose flour" contains enough of gluten for making yeast bread of good quality and starch enough for fair quality pastry products.

LIQUID—Milk and water are the two liquids generally used in making yeast dough. They may be used singly or in any proportions of the two, but water is generally used to soften the yeast. An all-water dough produces a bread or roll with a wheatier flavor and a crisper crust. All milk in the mixture results in a finished product with a more velvety grain and creamy white crumb.

YEAST—Yeast for baking may be bought in several different forms—dry yeast in cake or granular form in packages, or compressed yeast in cake form. Dry yeast needs no refrigeration and stays fresh for weeks. Compressed yeast cakes may be kept for about two weeks in the refrigerator.

SALT—Salt gives flavor to bread, helps control fermentation, and helps condition the gluten.

SUGAR—Yeast plants grow quickly in the presence of a small amount of sugar. It adds flavor to breads, and it is partly responsible for the golden color of the crust.

SHORTENING—The fat in bread improves flavor, makes the bread tender, makes a velvety soft crumb, improves keeping quality and affects browning.

EGGS—Eggs help to make the texture fine and delicate and gives extra flavor, richness, color and add nutrients to the product.

METHODS OF MIXING

There are several methods, in general use, for preparing yeast breads. Any standard method is easy to use. So select the method which best fits into your home-making schedule.

THE STRAIGHT-DOUGH METHOD is probably the one most often used for making a standard loaf of bread. It is a method in which the dough is mixed in one operation. This method takes about four hours from start of preparation until the baked product comes out of the oven.

THE SPONGE METHOD requires the longest period of preparation of any of the methods because it has three risings instead of two. In mixing, the yeast, sugar, part of the liquid and flour are combined to make a thick batter. This batter is called a sponge because it rises in the bowl until it is full of bubbles and has a spongelike appearance. When the sponge has risen sufficiently, the remaining liquid, sugar, salt, shortening and additional flour are added to make a dough that can be kneaded.

THE QUICK-ACTION METHOD similar to straight dough method differing in that it requires less than three hours from the time one starts because a higher proportion of yeast is used and more sugar is added for the yeast to grow on.

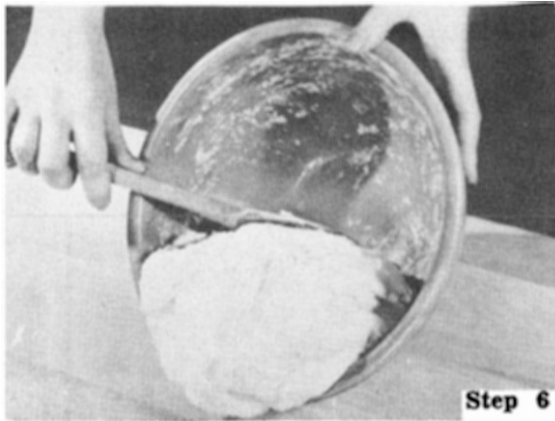
THE NO-KNEAD METHOD is both a time saving and a labor saving method, because no kneading is required. Since the dough is rich and a little sweet this method is suited for rolls and sweet buns. The mixture is soft and should be chilled in the refrigerator for a short time after it is mixed in order to make it easier to handle. The product is inclined to be slightly open-grained.

THE REFRIGERATOR METHOD makes it possible for dough to be kept for several days in the refrigerator. It is made by adding eggs and extra amounts of sugar and salt to extend the action of the yeast over a longer period and is used mainly for making rolls. As dough is cut off and used, the remaining part may be brushed lightly with melted shortening and stored in the refrigerator for future use.

THE YEAST BATTER METHOD involves no kneading since the product is placed in the baking pan for rising as soon as the mixing is completed. They are often used for Quick Coffee Cakes and Muffins.

STEPS IN MIXING YEAST DOUGHS

Below are listed the steps to use in combining the ingredients used in making all yeast doughs except those recipes calling for the Sponge method.



1. Prepare yeast. Sprinkle dry yeast into lukewarm water. Let stand 5-10 minutes; or crumble compressed yeast into lukewarm water.

2. Place salt, sugar, shortening and scalded milk in large mixing bowl. Stir and cool to lukewarm. Test for lukewarmness by placing a drop on the inside of wrist. If neither cold nor hot, the liquid is lukewarm.

3. Add yeast mixture to lukewarm mixture. Stir well. If recipe requires eggs, add at this point.

4. Add half of sifted flour and beat mixture until smooth.

5. Add rest of flour and work in well.

6. Knead thoroughly. When the dough in the mixing bowl forms into a ball that comes away from the sides of the bowl readily, turn it out on a lightly floured bread board.



7. Knead about 7-10 minutes until dough is smooth, elastic and will not stick to the board.

8. Form the dough into a ball and place in a large greased bowl. Brush the top lightly with melted shortening to prevent the surface from becoming crusty.

9. Cover bowl with a clean kitchen towel. Put in a warm place, away from drafts, to rise.

10. Allow dough to double in bulk or test by pressing with fingers. If the impression of fingers remains in the dough, it is ready to be punched down or made into loaves.

11. Punch the dough down in the bowl and turn dough out onto a bread board for shaping unless hard wheat flour is used and is allowed to rise three times instead of two.

12. Shape into rolls or loaves.

13. Place in greased pans. Lightly grease top of loaf or rolls and allow to rise slightly less than double in bulk.

14. Bake loaves 45 to 50 minutes at 375 to 425° Fahrenheit. Rolls bake in 10 to 25 minutes at this temperature, depending on their size. Bread is done when it shrinks from the sides of the pan and sounds hollow when tapped.

15. Remove bread from pans and place on rack or across the pans to cool. For a soft crust, grease the top of the loaf. Do not cover bread when warm.



Basic Straight Dough Method

1 package yeast	2 tablespoons sugar
¼ cup lukewarm water	2 teaspoons salt
2 cups milk	1 tablespoon shortening
6 cups enriched flour (about)	

Soften yeast in lukewarm water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm (80° to 85° F.) When cooled, add softened yeast stirring well. Add enough flour to make a moderately stiff dough. Turn out on lightly floured board and knead until smooth and satiny (7 to 10 minutes). Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm place (80° to 85° F.) until doubled (about 1½ hours). Punch down. Let rise again until doubled (about 45 minutes). If preferred, shape dough into loaves after first rising. Divide dough into 2 equal portions. Shape each portion into smooth ball. Let rest 10 minutes. Shape into loaves. Place in greased bread pans. Let rise until doubled (about 1 hour). Bake in moderately hot oven (400° F.) 50 minutes. YIELD: two 1-pound loaves.

Basic Sponge Method

Sponge

1 package yeast	1 teaspoon sugar
1 cup lukewarm water	2 cups flour

Soften yeast in lukewarm water. Add sugar. Add flour to form a thick batter, beating until smooth. Cover and let rise in a warm place (80° to 85° F.) until very bubbly (about 1 hour).

Dough

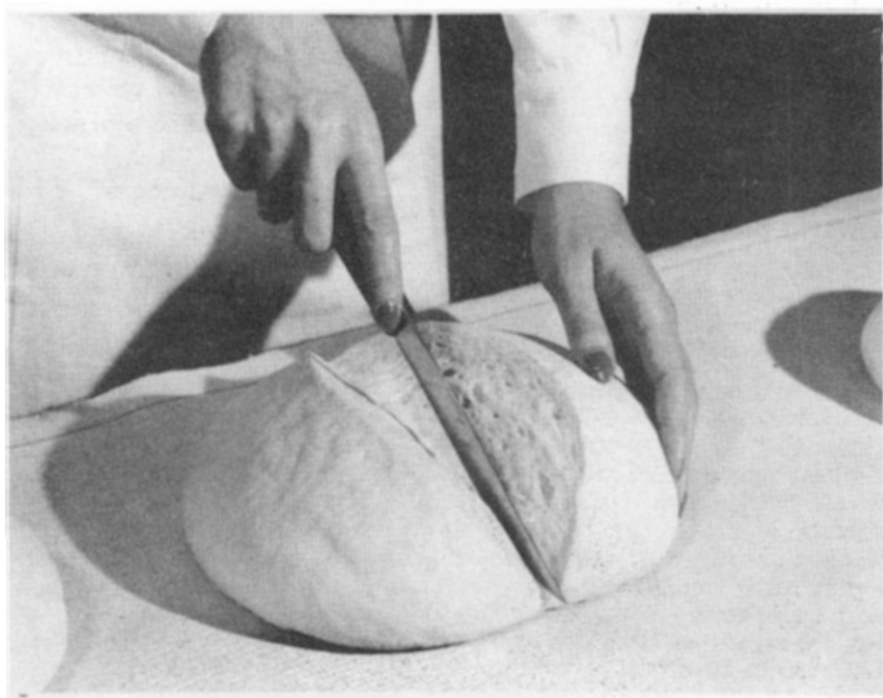
1 cup milk	1 tablespoon shortening
2 tablespoons sugar	4 cups flour (about)
2 teaspoons salt	

Stir down risen sponge. Scald milk and add sugar, salt and shortening. Cool to lukewarm. Add to sponge. Add enough more flour to make a moderately stiff dough. Turn out on lightly floured board and knead until smooth and satiny (7 to 10 minutes). Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm place (80° to 85° F.) until doubled (about 1½ hours). Punch down. Let rise again until doubled (about 45 minutes). Divide dough into 2 equal portions. Shape each portion into a ball. Cover and let rest 10 minutes. Shape into loaves. Place in greased bread pans. Let rise until doubled (about 1 hour). Bake in moderately hot oven (400° F.) 50 minutes. YIELD: Two 1-pound loaves.

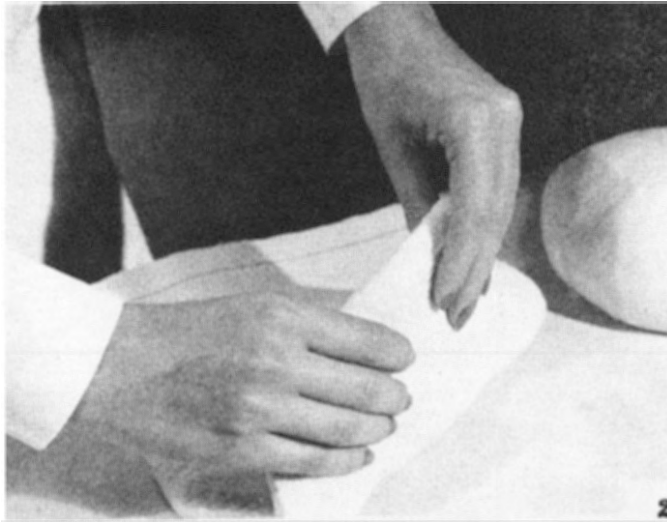
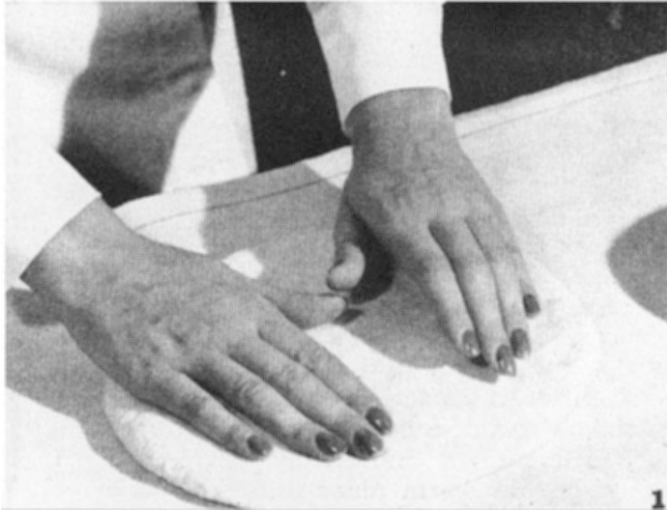
Basic Sweet Dough

2 packages yeast	2 teaspoons salt
¼ cup lukewarm water	¼ cup shortening.
1 cup milk	2 eggs
½ cup sugar	1 teaspoon grated lemon rind
5 cups enriched flour (about)	(if desired)

Soften yeast in lukewarm water. Scald milk. Add sugar, salt, and shortening. Cool to lukewarm. Add flour to make a thick batter. Mix well. Add softened yeast and eggs. Beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board and knead until smooth and satiny. Place in greased bowl. Cover and let rise in warm place until doubled (about 1½ hours.) When light, punch down. Let rest 10 minutes. Shape into tea rings, rolls, or coffee cakes. Let rise until doubled (about 1 hour). Bake in moderate oven (350° F.) 30 minutes for coffee cakes, 25 minutes for pan rolls, and 20 minutes for individual rolls **YIELD:** Three coffee cakes, or about 3½ dozen rolls.



Divide dough into 10 or 12 portions and shape into rolls.



EIGHT STEPS IN

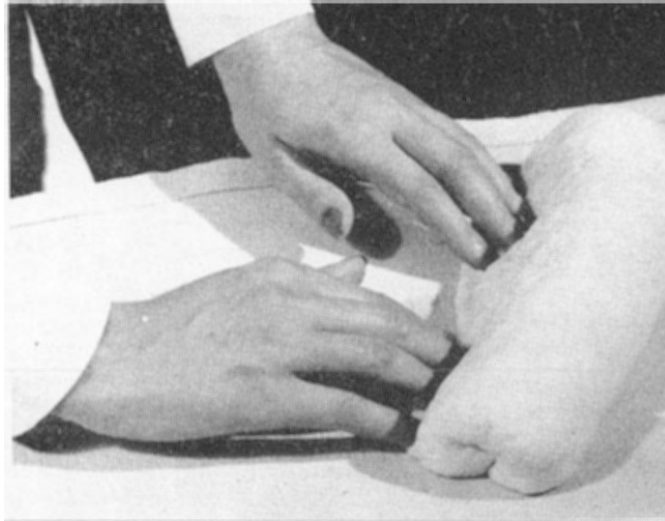
- 1. Flatten ball of dough.**
- 2. Fold lengthwise.**
- 3. Stretch dough gently.**
- 4. Overlap ends at center.**
- 5. Fold lengthwise in thirds.**
- 6. Seal edges.**
- 7. Roll.**
- 8. Put into greased loaf pan.**



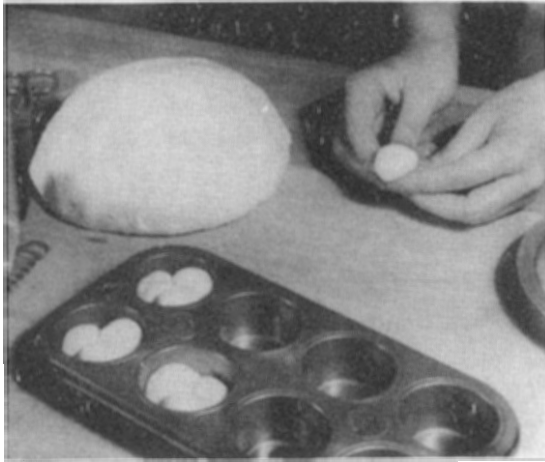


MOLDING A LOAF

The newly molded loaf should come about half-way up the sides of the pan, although it needs not exactly "fit" the pan. The top is then brushed lightly with melted fat, and the loaf is set aside in a warm place (80° to 85° F.) to rise until it has doubled in bulk, or a little more than doubled.

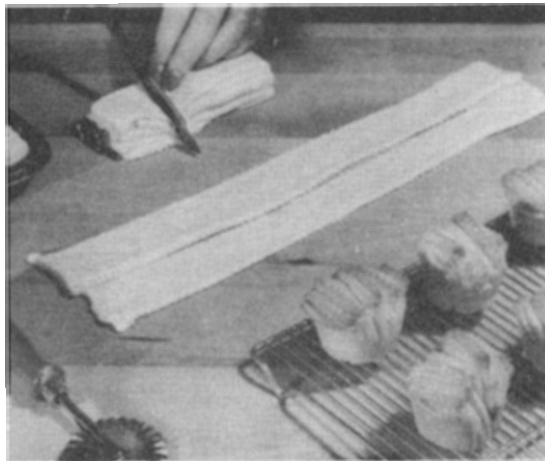


SHAPING ROLLS



PARKER HOUSE—(No photo) Roll the dough out thin about $\frac{1}{4}$ inch thickness and cut with a biscuit cutter. Brush top lightly with butter, crease slightly off center with dull edge of a knife; fold larger part over the other and press edges. Place on greased baking sheet. Brush top with butter. When doubled in bulk, bake in hot oven (425°F.) for 10 to 15 minutes.

CLOVERLEAF ROLLS—(Top left) Cut off three small bits of dough, shape into round balls and place in greased muffin tins. Brush with melted butter and allow to double in bulk. Bake in hot oven (425°F.) for 10 to 15 minutes.



FAN-TANS — (Middle left) Roll dough out very thin—about $\frac{1}{8}$ inch thickness. Butter and cut into 1-inch strips. Place six or seven of these strips on top of each other. Cut into sections to fit the muffin tins. Place each in greased muffin tin edgewise so cut edges are at the bottom of muffin tin. This allows the cut edges at the top to flare slightly. Let rise double in bulk and bake in hot oven (425°F.) for 10 to 15 minutes.



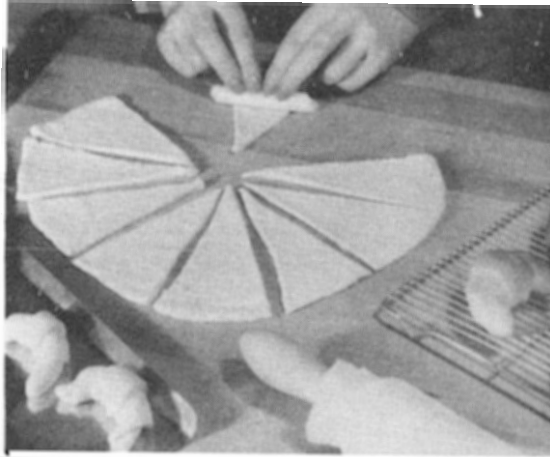
BOW KNOTS—(Bottom left) With hands roll dough into a long rope about $\frac{1}{2}$ inch in diameter. Cut in pieces about 6 inches long. Tie in knots. Place on greased baking sheet. Longer pieces of dough may be tied in double knots or coiled into "snails." Let rise until almost doubled.

Bake about 15 minutes in hot oven 400 to 425°F.

ROSETTES—(Top right) Follow direction for Bow-Knots. After tying bring one end through center and the other over the side. Place on greased baking sheet. Let rise until almost double. Bake about 15 minutes in hot oven 400 to 425°F.



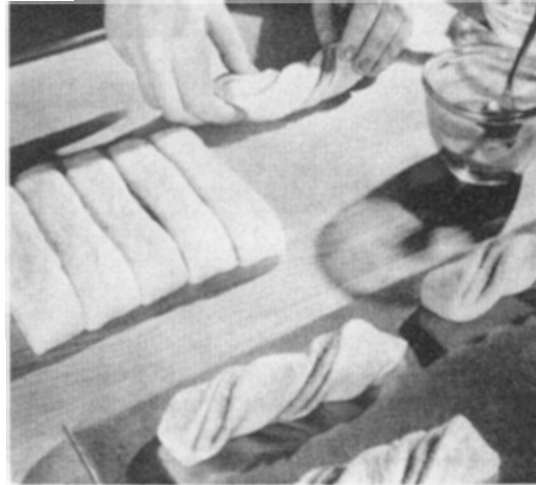
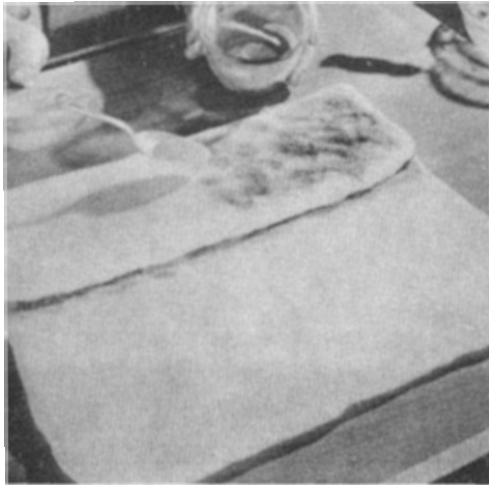
CRESCENTS — (Middle right) Roll ball of dough into circular shape about $\frac{1}{4}$ inch thick. Cut in pie-shaped pieces. Brush with melted butter and roll up, beginning at the wide end. Curve into crescents on greased baking sheet. Bake in hot oven at 425°F. about 20 minutes.



BUTTERFLY ROLLS—(Bottom right) Press or roll dough to $\frac{1}{4}$ inch thickness. Cut into strips about 5 inches long and $1\frac{1}{2}$ inch wide. Butter and roll strip. Press each roll in center with a knife handle. Place on greased baking sheet. Allow to rise until light. Bake in hot oven (425°F.) for 10 to 15 minutes.



PAN ROLLS—(No photo) Divide dough into half. Then form each half into a roll about 9 inches long. With a sharp knife, cut into 12 equal pieces and form into smooth balls. Place in greased shallow pans about $\frac{1}{4}$ inch apart. Brush lightly with melted shortening. Then cover with a clean towel and let rise in a warm place, free from draft, until doubled in bulk. Bake in a hot oven (425°F.) about 20 minutes.



Cinnamon Twists

½ recipe Basic Sweet Dough
 ¾ cups sugar
 2 teaspoons cinnamon

Prepare sweet dough and let rise as directed in basic recipe. When doubled in bulk, punch down and turn out on lightly floured board. Roll dough into an oblong 15x15x½ inches. Brush lightly with melted margarine or butter. Mix the sugar and cinnamon. Sprinkle center third of dough with 4 tablespoons of the sugar and cinnamon mixture. Fold ⅓ of dough over center third. Sprinkle with sugar and cinnamon mixture. (Top left photo.) Fold remaining third of dough over the two layers. Cut with sharp knife crosswise into strips about 1 inch wide. Take hold of each end of strip and twist in opposite directions. (Top right photo.) Seal ends firmly. Place on greased baking sheets about 1½ inches apart. Sprinkle tops of twists with remaining mixture. Let rise in a warm place until double in bulk. Bake in a moderate oven (375°F.) about 20 minutes.

Date Twists make an interesting variation by cooking together 1½ cups chopped dates, ½ cup brown sugar, and ⅓ cup water. Cool and add ¾ cup chopped nuts. Roll dough as above. Then spread with the date mixture. Fold, cut, twist, and bake as in cinnamon twist.

Cinnamon Rolls

1 recipe Basic Sweet Dough	1 tablespoon cinnamon
¼ cup melted butter or margarine	½ cup raisins (if desired)
1 cup sugar	2 tablespoons milk

When Basic Sweet Dough is light, punch down. Let rest 10 minutes. Roll into long narrow sheet ¼ inch thick and 6 inches wide. Brush with melted butter or margarine. Mix sugar and cinnamon and sprinkle over dough, saving 3 tablespoons for top of rolls. Raisins may be added, if desired. Roll up like jelly-roll, sealing edge. Cut into inch slices. Place cut side down into well-greased muffin pans, ring mold, or deep layer pan. Brush top with milk, and sprinkle with cinnamon and sugar mixture. Let rise until doubled (about 45 minutes). Bake in moderate oven

Butterscotch Pecan Rolls

$\frac{1}{2}$ recipe Basic Sweet Dough	1 tablespoon soft butter
$\frac{3}{4}$ cup brown sugar (firmly packed)	$\frac{1}{2}$ cup chopped nuts
1 teaspoon cinnamon	$\frac{1}{2}$ cup light corn syrup

Prepare dough and let rise as directed in basic recipe. Roll out to 12"x16" rectangle. Spread with $\frac{1}{4}$ cup firmly packed brown sugar, cinnamon and $\frac{1}{4}$ cup chopped nuts. Roll as for jelly roll; cut into 1-inch slices. Combine other ingredients and spread in bottom of greased 10"x10"x2" pan or greased muffin tins. Place rolls on top of carmelnut mixture. Let rise in warm place until light, and about double in bulk. Bake in moderate oven (375° F.) for 20 to 25 minutes. Makes 16 rolls.

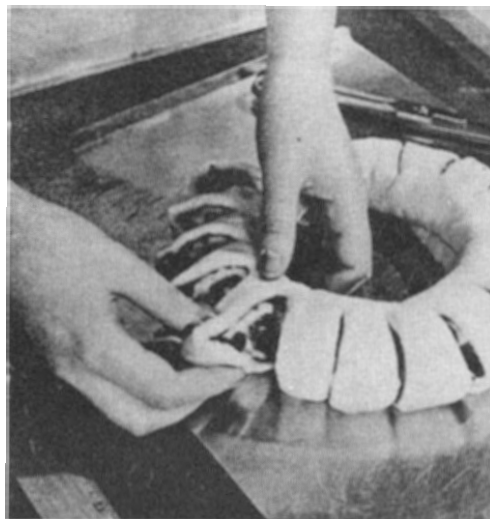
Swedish Tea Ring

1 cup scalded milk	1 yeast cake softened in $\frac{1}{4}$ cup warm water
$\frac{3}{4}$ teaspoon salt	
$\frac{1}{4}$ cup sugar	3 $\frac{1}{2}$ cups flour
6 tablespoons shortening	1 egg

Add the scalded milk to the salt, sugar and fat. When lukewarm add the yeast. Add one-half the flour and beat well. Let rise until very light. When light add the egg and the remaining flour and beat well. Let rise. Turn onto lightly floured board. Knead slightly. Roll dough into rectangle $\frac{1}{4}$ inch thick. Brush with melted butter, then spread with Raisin Filling. Roll as for a jelly roll. For raisin filling see page 14.

Place on greased baking sheet. Draw the ends together making a ring. (Bottom left) With scissors cut almost through the ring at one inch intervals, turning each piece with the cut side down. (Bottom right) Brush lightly with egg white or melted butter. When light, bake in a hot oven. (400° F.)

While hot, glaze with thin icing made from $\frac{1}{2}$ cup confectioners' sugar and two to three teaspoons water.



Raisin Filling

$\frac{3}{4}$ cups currants or chopped raisins	$\frac{1}{2}$ cup coarsely broken nutmeats
1 teaspoon cinnamon	$\frac{1}{2}$ cup brown sugar

Mix thoroughly and use for Swedish Tea Ring Filling.

Honey Twist

1 cup milk, scalded	2 cakes compressed yeast
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{2}$ cup sugar	2 eggs
1 teaspoon salt	5 to 6 cups flour

Pour hot milk over butter, sugar and salt; cool to lukewarm. Crumble yeast into lukewarm water to soften. Add yeast and well-beaten eggs to first mixture. Beat in flour to make a soft dough, then turn out on a floured board and knead until smooth. Form into a ball and place in a greased bowl. Cover and let rise until double in bulk. When light, shape into a long roll about one inch in diameter. Coil the roll into a greased cake pan, beginning at the outside edge and covering the bottom. Brush with honey topping. Let rise until double in bulk and bake in moderate oven (375° F.) 25 to 30 minutes.

Honey Topping

$\frac{1}{4}$ cup butter	1 egg white
$\frac{2}{3}$ cup confectioners' sugar	2 tablespoons honey, warmed

Cream all ingredients together and brush over Twist before baking.

Raised Doughnuts

1 cup scalded milk	1 yeast cake softened in $\frac{1}{4}$ cup lukewarm water
1 teaspoon salt	
$\frac{3}{4}$ cup sugar	$3\frac{1}{2}$ to 4 cups flour
2 tablespoons shortening	1 egg
$\frac{1}{2}$ teaspoon grated nutmeg	

Add scalded milk to salt, sugar and fat. When lukewarm, add the softened yeast. Add one and one-half cups flour. Allow the sponge to stand in a warm place until it is so light that it will fall at the slightest touch. Add the egg, nutmeg and remainder of the flour and knead. The dough should be softer than

bread dough. Cover and set in a warm place to rise. Toss on a lightly floured board and roll until three-fourths inch thick. Cut with a doughnut cutter and let rise. Fry in deep fat (360°-370°F.) two to three minutes. When frying, put the raised side of the doughnut down in the fat. The heat will cause the top side to rise by the time the doughnut is ready to turn.

Crusty Water Rolls

1 package yeast	2 tablespoons melted shortening
1 cup lukewarm water	2 egg whites, beaten
1 tablespoon sugar	4 cups flour (about)
1 teaspoon salt	

Soften yeast in $\frac{1}{4}$ cup water. To the remaining water add sugar, salt and shortening. Add 1 cup flour, beating well. Add softened yeast and egg whites. Mix thoroughly. Add enough more flour to make a soft dough. Knead until smooth and satiny (7 to 10 minutes).. Shape into smooth ball and put into greased bowl. Grease surface lightly. Cover and let rise until doubled (about $1\frac{1}{2}$ hours). Punch down. Let rise again until doubled (about 45 minutes). Knead down and divide into small portions for rolls. Let rest 10 minutes. Shape into Vienna Rolls (buns). Place $2\frac{1}{2}$ inches apart on greased baking sheet. Cover and let rise until doubled (about 45 minutes). Bake in hot oven (450° F.) 20 minutes. Place large flat pan filled with boiling water on bottom of oven to give crustiness. **YIELD:** About two dozen rolls.

All Bran Rolls

1 cup shortening	1 cup boiling water
$\frac{3}{4}$ cup sugar	2 yeast cakes
$1\frac{1}{2}$ teaspoon salt	1 cup lukewarm water
1 cup all-bran	6 cups flour
2 eggs	

Put shortening, sugar, salt, all-bran and boiling water into a bowl. Stir until the fat melts. Cool to lukewarm, add the well beaten eggs and yeast which has been soaked in warm water. Add flour, beat well. Place in bowl, brush over top with melted fat, place in refrigerator until ready to use. Shape into rolls, let rise about 2 hours and bake at 400° F. for 20 minutes. If you do not allow the dough to stand in refrigerator several hours, it will be too soft for rolls.

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