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Contents

MAKING BREADS

INGREDIENTS FOR BREAD MAKING

Possibly the first essential to a correct knowledge of bread making is familiarity with the ingredients required. These are few in number, being merely flour, liquid, which may be either milk or water, sugar, salt, and yeast; but the nature of these, particularly the flour and the yeast, is such as to demand careful consideration.

It will be admitted that the more the housewife knows about *bread- making materials and processes the greater will be her success in this work. Likewise, it is extremely important that this food be made just as wholesome as possible, for next to milk and eggs, bread ranks as a perfect food, containing all the elements necessary for the growth of the body.

This does not mean, though, that any of these foods used as the sole article of diet would be ideal, but that each one of them is of such composition that it alone would sustain life for a long period of time.

INGREDIENTS REQUIRED:

1. FLOUR

GRAINS USED FOR FLOUR:

As has been pointed out elsewhere, numerous grains are raised by man, but only two of them, namely, **wheat and rye**, are used alone for the making of yeast, or leavened, bread.

The other grains, such as **corn, rice, and oats,** produce a flat, unleavened cake, so they are seldom used for bread making unless they are mixed with white flour.

- **WHEAT AND RYE**

Wheat and rye have been used for bread making for a very long time, and their universal use today is due to the fact that they contain considerable protein in the form of gluten. This is the substance that produces elasticity in the dough mixture, a condition that is absolutely essential in the making of raised bread. In fact, the toughness and elasticity of bread dough are what make it possible for the dough to catch and hold air and gas and thus produce a light, porous loaf.

Of these two grains, **rye** is used less extensively in the United States for the making of bread than wheat, although in some countries, particularly the inland countries of Continental Europe, considerable use is made of it. Its limited use here is undoubtedly due to the fact that when rye is used alone it makes a moist, sticky bread, which is considered undesirable by most persons.

The reason for this is that, although rye contains a sufficient quantity of gluten, this substance is not of the proper quality to make the elastic dough that produces a light, spongy loaf. Therefore, when rye is

used, wheat flour is generally mixed with it. The result is a bread having a good texture, but the dark color and the typical flavor that rye produces.

Wheat, the other grain used for bread making, is an annual grass of unknown origin. It is used more extensively for food than any other grain. In fact, it has been estimated that the average quantity consumed by each person is about 6 bushels a year, and of this amount by far the greater part is used in the making of bread.

Since so much of this grain is used as food, considerable time and effort have been spent in developing those qualities which are most desirable for the purpose to which wheat is put and in perfecting the processes whereby wheat flour of a good quality may be obtained. This grain is particularly well adapted for bread making because of the nature of the proteins it contains and the relative proportions of these.

These proteins, which occur in the wheat grain in the form of gluten, are known as gliadin and gluten. The gliadin imparts elasticity and tenacity, or toughness, to the gluten, and the gluten gives it strength. It is not, however, so much the quantity of gluten in the wheat grain that actually determines the quality of flour as the fact that the two varieties must be present in the proper proportions in order for the gluten to have the properties desired for bread making. Wheat consists of numerous varieties, but only two of these are grown and used in the United States, namely, spring, or hard, wheat and winter, or soft, wheat.

- **SPRING, OR HARD WHEAT**

Spring or hard wheat is so named because it is sown in the spring of the year and is very tough or firm. Before this variety was known, the wheat used for bread making was not ideal, and the efforts that were made to produce a grain that would be suitable for this purpose resulted in this variety. To obtain its particular composition, spring wheat must be grown under suitable climatic and soil conditions.

In North America, it grows in the north central part of the United States and along the southern border of Canada. This variety, which is harvested in the late summer, is characterized by a large proportion of gluten and a correspondingly small amount of starch. It is the presence of the gluten that accounts for the hardness of the spring-wheat grain and the tough, elastic quality of the dough made from the spring-wheat flour.

Bread dough, to be right, must have this quality, so that the flour made from spring wheat is used almost exclusively for bread; whereas, for cake and pastry, which should have a tender, inelastic texture, flour made from soft wheat is more satisfactory.

- **WINTER, OR SOFT WHEAT**

Winter or soft wheat derives its name from the fact that it is planted in the autumn and is soft in texture. It is of less importance in the making of bread than spring, or hard, wheat, but it is the kind that has been grown for centuries and from which the varieties of spring wheat have been cultivated. It is a softer grain than spring wheat, because it contains less gluten and more starch.

The flour made from it does not produce so elastic a dough mixture as does that made from the other variety of wheat; consequently, the finished product, such as bread, rolls, etc., is likely to be more tender and more friable, or crumbly. It is for this reason that winter, or soft, wheat is not used extensively for bread, but is employed for pastry flour or mixed with spring wheat to make what is called a blend flour, which may be used for all purposes.

- **STRUCTURE OF WHEAT GRAIN**

In its natural state, wheat contains all the food substances required for the nourishment of the human body in nearly the proper proportions, and in addition it has in its composition sufficient cellulose to give it considerable bulk.

It has been estimated that the average composition of this grain is as follows:

PERCENT:

Protein 11.9

Fat 2.1

Carbohydrates 71.9

Mineral salts 1.8

Water 10.5

Cellulose 1.8

Total 100.0

- **MILLING OF WHEAT FLOUR**

Great advances have been made in the production of flour from wheat, and these are very good evidence of man's progress in the way of invention. The earliest method consisted in crushing the grain by hand between two stones, and from this crude device came the mortar and pestle. A little later millstones in the form of thick, heavy disks were brought into use for grinding grain. Two of these stones were placed so that their surfaces came together, the lower one being stationary and the upper one made to revolve.

Early grinding apparatus of this kind was turned by human power, but this kind of power was first displaced by domestic animals and later by wind and water. Out of this arrangement, which is still used to some extent in small mills, has grown the present- day complicated machinery of the roller process, by which any part of the grain may be included or rejected.

In the roller process, the grain is crushed between metal rolls instead of being ground between stones. It is first screened in order to separate all foreign matter from it, and then stored in bins. When it is taken from these receptacles, it is put through another cleaning process, called scouring, or it is thoroughly washed and dried in order to loosen the dirt that clings to it and to free it entirely from dust, lint, etc.

As soon as it is completely cleansed, it is softened by heat and moisture and then passed through a set of corrugated rollers, which are adjustable as are the rubber rollers of a clothes wringer and which flatten and break the grains. After this first crushing, some of the bran is sifted out, while the main portion of the grain is put through another set of rollers and crushed more finely. During the milling, these processes of crushing the grain and removing the bran are repeated from six to nine times, each pair of rollers being set somewhat closer than the pair before, until the grain is pulverized. After the grain has been thus reduced to a powder, it is passed through bolting cloth, which acts as a very fine sieve and separates from it any foreign material that may remain. The result is a very fine, white flour.

- **GRAHAM FLOUR**

Sometimes the entire grain, including the bran, germ, etc., is ground fine enough merely for baking purposes and is used as flour in this form. Such flour is called graham flour. It contains all the nutriment, mineral matter, and cellulose of the original grain, and is therefore considered valuable as food. However, the objection to this kind of flour is that its keeping quality is not so good as that of the kinds from which the germ has been removed, because the fat contained in the germ is liable to become rancid.

- **WHOLE-WHEAT FLOUR**

The best grades of fine white flour make bread of excellent quality, but such bread is not so nutritious as that made from whole-wheat flour. In the making of this kind of flour, some of the choicest varieties of wheat are first moistened in order to soften the woody fiber of the bran and are then sifted until the outer husk of the grain is removed. After this treatment, the grains are dried and then pulverized into various grades of so-called whole-wheat flour.

The name whole-wheat flour is misleading, because it implies that all of the grain is used; whereas, since several of the outer layers of bran and the germ are removed in its production, whole-wheat flour is merely flour in which practically all the gluten and the starch are retained. Because this variety is not sifted as are the white flours, it is not so fine as they are; but it is not so coarse as graham flour, nor is bread made from it so dark in color.

Both graham and whole-wheat flours produce a more wholesome bread than any of the varieties of white flour, because they contain more of the nutritive elements and mineral salts, which are necessary in the diet. The bran that is retained in them is not used by the body as food, but it adds bulk to the diet and assists in carrying on the normal functions of the digestive tract.

- **SELECTION OF FLOUR**

If a large quantity of flour must be bought at one time, as, for instance, enough to last through an entire season, it is advisable to test it carefully before the purchase is made, so as to avoid the danger of getting

a poor grade. As a rule, however, housewives are obliged to purchase only a small quantity at a time. In such cases, it will not be necessary to test the flour before purchasing it, provided a standard make is selected.

Very often, too, a housewife in a small family finds it inconvenient to keep on hand a supply of both bread flour and pastry flour. In such an event, a blend flour, which, as has been mentioned, is a mixture of flour made from spring and winter wheat that will do for all purposes, is the kind to purchase. While such flour is not ideal for either bread or pastry, it serves the purpose of both very well.

- **QUALITY OF FLOUR**

Flour is put on the market in various grades, and is named according to its quality. The highest grade, or best quality, is called high-grade patent; the next grade, bakers; and the next, second-grade patent. The lowest grade, or poorest quality, is called red dog. This grade is seldom sold for food purposes, but it is used considerably for the making of paste. The quality of flour used in bread making is of very great importance, because flour of poor quality will not, of course, make good bread. Every housewife should therefore be familiar with the characteristics of good flour and should buy accordingly.

Several tests can be applied to flour to determine its kind and its quality.

The first test is its **color**. Bread flour, or flour made from spring wheat, is usually of a creamy-white color, while pastry flour, or that made from winter wheat, is more nearly pure white in color. A dark, chalky-white, or gray color indicates that the flour is poor in quality.

The second test is the **feel** of the flour. A pinch of good bread flour, when rubbed lightly between the thumb and the index finger, will be found to be rather coarse and the particles will feel sharp and gritty. When good pastry flour is treated in the same way, it will feel smooth and powdery.

The third test is its **adhering power**. When squeezed tightly in the hand, good bread flour holds together in a mass and retains slightly the impression of the fingers; poor bread flour treated in the same way either does not retain its shape or, provided it contains too much moisture, is liable to make a damp, hard lump.

The **odor** of flour might also be considered a test. Flour must not have a musty odor nor any other odor foreign to the normal, rather nutty flavor that is characteristic of flour.

The **bleaching and adulteration** of flour are governed by the United States laws. Bleaching is permitted only when it does not reduce the quality or strength nor conceal any damage or inferiority. Such flour must be plainly labeled to show that it has been bleached.

- **CARE OF FLOUR**

There is considerable economy in buying flour in large quantities, but unless an adequate storing place can be secured, it is advisable to buy only small amounts at a time. Flour absorbs odors very readily, so

that when it is not bought in barrels it should if possible be purchased in moisture-proof bags. Then, after it is purchased, it should be kept where it will remain dry and will not be accessible to odors, for unless the storage conditions are favorable, it will soon acquire an offensive odor and become unfit for use.

Flour sometimes becomes infested with weevils, or beetles, whose presence can be detected by little webs. To prevent the entrance of insects and vermin of all kinds, flour should be kept in tightly closed bins after it is taken from the barrels or sacks in which it is purchased. If newly purchased flour is found to be contaminated with such insects, it should be returned to the dealer.

2. YEAST

- **NATURE AND ACTION OF YEAST**

How yeast came to be discovered is not definitely known, but its discovery is believed to have been purely accidental. Some mixture of flour and liquid was probably allowed to remain exposed to the air until it fermented and then when baked was found to be light and porous.

Whatever the origin of this discovery was, it is certain that yeast was used hundreds of years ago and that its action was not at that time understood. Even at the present time everything concerning the action of yeast is not known; still continued study and observation have brought to light enough information to show that yeast is the agency that, under favorable conditions, produces light, spongy bread out of a flour mixture.

It has been determined that yeast is a microscopic plant existing everywhere in the air and in dust; consequently, it is found on all things that are exposed to air or dust. In order that it may grow, this plant requires the three things necessary for the growth of any plant, namely, food, moisture, and warmth.

Carbohydrate in the form of sugar proves to be an ideal food for yeast, and 70 to 90 degrees Fahrenheit is the temperature at which the most rapid growth occurs. When these conditions exist and a sufficient amount of moisture is provided, yeast grows very rapidly and produces fermentation.

The changes that take place when yeast causes fermentation can be detected very readily by observing the fermenting of fruit juice. As every housewife knows, the first indication of a ferment in fruit juice is the appearance of tiny bubbles, which collect on the sides and the bottom of the vessel containing the fruit and then gradually rise to the top. These bubbles are a form of gas called carbon-dioxide, or carbonic-acid, gas. If, after they appear, the juice is tasted, it will be found to be slightly alcoholic and to have a somewhat sour or acid taste. The gas, the acid, and the alcohol thus produced are the three results of the action of the ferment.

When yeast is used in the making of bread out of wheat flour, the changes just mentioned take place. To understand the action of this plant, it will be necessary to remember that wheat contains a large proportion of starch. This substance, however, cannot be acted on by the yeast plant; it must first be changed into sugar.

The yeast that is added to the flour changes some of the starch into sugar and transforms the sugar into alcohol and carbonic-acid gas. This gas, which is lighter than the dough, rises, and in its efforts to escape expands the elastic, glutinous dough into a mass of bubbles with thin walls until the dough is two or three times its original bulk.

The yeast plants, though, must be well distributed throughout the dough; otherwise, there are likely to be no bubbles in some places and large bubbles with thick walls in others. The gas thus formed is prevented from escaping by the toughness or the elasticity of the gluten, and the spaces that it leaves are what produce a light, porous loaf.

When the expansion has gone on long enough, the formation of gas is checked and the ferment is killed by baking the dough in a hot oven. During the baking, the alcohol is driven off by heat, some of the starch is

browned and forms the crust, and so little acid is produced in the short time in which the yeast is active that it is not noticeable.

- **COMMERCIAL YEAST**

When yeast plants are deprived of water and food, they cease to multiply. However, under these conditions, they may be kept alive so that when water and food are again provided they will increase in number and carry on their work. Advantage has been taken of these characteristics of yeast, for although at one time the making of yeast was entirely a household process, it has now, like butter, cheese, canned fruit, etc., become a commercial product.

The first yeast put on the market was collected from the surface of the contents of brewers' vats, where it floated in large quantities; but as this was an impure, unreliable product composed of various kinds of bacteria, it is no longer used for the purpose of making bread.

At present, yeast is carefully grown as a pure yeast culture, or product. It is marketed in such a way that when proper food, such as soft dough, or sponge, and a favorable temperature are provided, the plants will multiply and act on the carbohydrate that they find in the food. In fact, the purpose of the well-known process of "setting" a sponge is to obtain a large number of yeast plants from a few.

Commercial yeast is placed on the market in two forms -- moist and dry. Each of these yeasts has its advantages, so that the one to select depends on the method preferred for the making of bread as well as the time that may be devoted to the preparation of this food.

- **MOIST YEAST**

Moist yeast, which is usually called compressed yeast, consists of the pure yeast culture, or growth, mixed with starch to make a sort of dough and then compressed into small cakes, the form in which it is sold. The moist condition of this kind of commercial yeast keeps the plants in an active state and permits of very rapid growth in a dough mixture. Consequently, it proves very useful for the rapid methods of making bread. It is soft, yet brittle, is of a grayish-white color, and has no odor except that of yeast. Since the plants of compressed yeast require very little moisture to make them grow, an unfavorable, or low, temperature is needed to keep the yeast from spoiling; in fact, it is not guaranteed to remain good longer than a few days, and then only if it is kept at a temperature low enough to prevent the plants from growing. This fact makes it inadvisable to purchase compressed yeast at great distances from the source of supply, although it may be obtained by parcel post from manufacturers or dealers.

- **DRY YEAST**

Dry yeast, the other form of commercial yeast, is made in much the same way as moist yeast, but, instead of being mixed with a small amount of starch, the yeast culture is combined with a large quantity of starch or meal and then dried. The process of drying kills off some of the plants and renders the

remainder inactive; because of this, the yeast requires no special care and will keep for an indefinite period of time, facts that account for its extensive use by housewives who are not within easy reach of the markets. However, because of the inactivity of the yeast plants, much longer time is required to produce fermentation in a bread mixture containing dry yeast than in one in which moist yeast is used. Consequently, the long processes of bread making are brought about by the use of dry yeast. If moist yeast is used for these processes, a smaller quantity is required.

- **LIQUID YEAST**

Some housewives are so situated that they find it difficult to obtain commercial yeast in either of its forms; but this disadvantage need not deprive them of the means of making good home-made bread, for they can prepare a very satisfactory liquid yeast themselves.

To make such yeast, flour, water, and a small quantity of sugar are stirred together, and the mixture is then allowed to remain at ordinary room temperature, or 70 degrees Fahrenheit, until it is filled with bubbles. If hops are available, a few of them may be added. When such yeast is added to a sponge mixture, it will lighten the whole amount.

Before the sponge is made stiff with flour, however, a little of it should be taken out, put in a covered dish, and set away in a cool, dark place for the next baking. If properly looked after in the manner explained, this yeast may be kept for about 2 weeks.

More certain results and a better flavor are insured in the use of liquid yeast if it is started with commercial yeast, so that whenever this can be obtained it should be used. Then, as just explained, some of the liquid containing the yeast or some of the sponge made with it may be retained for the next baking.

- **QUALITY OF YEAST**

Of equal importance with the quality of flour is the quality of yeast used in the baking of bread. Yeast is, of course, accountable for the lightness or sponginess of bread, but, in addition, it improves the flavor of the bread if it is of good quality or detracts from the flavor if it is of poor quality. Since the condition of yeast cannot be determined until its effect on the finished product is noted, the housewife should take no chances, but should employ only yeast, whether she uses commercial or liquid, that she knows to be good and reliable.

Compressed yeast may be easily judged as to quality. It should be grayish white in color, without streaks or spots, and it should have no sour nor disagreeable odor. If home-made yeast is used and the results obtained are not satisfactory, it may be taken for granted that a fresh supply should be prepared.

- **YEAST AIDS**

As has already been explained, yeast, in order to grow, requires something on which to feed, and the food that produces the most rapid growth is that which contains carbohydrate. Certain of the carbohydrates, however, prove to be better food and produce more rapid growth than others, and these, which are known as yeast aids, are usually added as ingredients in the making of bread.

The ones that are most commonly used are sugar and potato water.

Sugar is almost always added, but it should be limited in quantity, because a dough mixture that is made heavy with sugar will rise very slowly.

Potato water has been found to be a very satisfactory aid, because the starch of the potato is utilized readily by the yeast. If this aid is to be used, the water in which potatoes are boiled may be saved and, when the ingredients required for the making of bread are mixed, it may be added as a part or all of the liquid required. If it is desired to increase the amount of starch in the potato water, a boiled potato or two may be mashed and added to it.

3. MILK AND FAT IN BREAD

Milk is sometimes used as a part or as all of the liquid in bread. While it adds nutritive value and is thought by many persons to improve the texture, it is not absolutely essential to successful bread making. Whenever milk is used, it should first be scalded thoroughly. A point that should not be overlooked in connection with the use of milk is that the crust of milk bread browns more readily and has a more uniform color than that of bread in which water is used as liquid.

Like milk, **fat** adds nutritive value to bread, but it is not an essential ingredient. If it is included, care should be taken not to use too much, for an excessive amount will retard the growth of the yeast. Almost any kind of fat, such as butter, lard or other clear tasteless fats, or any mixture of these, may be used for this purpose, provided it does not impart an unpleasant flavor to the bread.

4. PROPORTION OF BREAD-MAKING MATERIALS

No definite rule can be given for the exact proportion of liquid and flour to be used in bread making, because some kinds of flour absorb much more liquid than others. It has been determined, however, that 3 cupfuls of flour is generally needed for each small loaf of bread.

With this known, the quantity of flour can be determined by the amount of bread that is to be made. The quantity of liquid required depends on the quantity and kind of flour selected, but usually there should be about one-third as much liquid as flour.

The particular method that is selected for the making of bread, as is explained later, determines the amount of yeast to be used. If it is desired not to have the bread rise quickly, a small quantity, about one eighth cake of compressed yeast or 2 tablespoonfuls of liquid yeast, is sufficient for each loaf; but if rapid rising is wanted, two, three, or four times as much yeast must be used to produce a sufficient amount of carbon dioxide in less time.

It should be remembered that the more yeast used, the more quickly will the necessary gas be created, and that, as has already been shown, it is the formation of gas that makes bread light and porous. In addition to flour, liquid, and yeast, 1 teaspoonful of salt, 1 tablespoonful of sugar, and 1 tablespoonful of fat are the ingredients generally used for each loaf of bread.

BREAD MAKING PREPARATIONS

5. NECESSARY EQUIPMENT

Not many preparations are required for bread making, but the ones that are needed must be of the right kind if the best results are to be obtained. It includes:

- Mixing bowl and cover
- Flour sieve
- Measuring cups of standard size, one for moist and one for dry ingredients
- Measuring spoons
- Case knife or a spatula for measuring
- Long-handled spoon for mixing
- Baking, or metal or silicone bread pans.

Unless the table is such that it can be used as a molding board, it will be necessary to provide in addition to the equipment mentioned, a molding board of suitable size.

The mixing bowl may be an earthen one or a metal one.

The size of the pans used and the material of which the pans are made should also receive attention.

The loaves will be found to bake more quickly and thoroughly if they are not made too large and each one is baked in a separate pan.

Pans that are 9 inches long, 4 inches wide, and 2 ½ inches deep are of a convenient size.

They may be made of tin, sheet iron, aluminum, silicone or heat-resisting glass, the only requirements being that all the pans used at one baking be of the same material, because, as heat penetrates some materials more quickly than others, the baking will then be more uniform. Silicone has the added benefit of cooling quickly which helps the bread pop out with minimal effort, and it is easy to clean. Silicone is also very flexible, so you have to be careful when moving the pan to a baking sheet to cook (or put your silicone bread on the baking sheet and then pour in your ingredients). With the silicone bread pan on a cooking sheet, you may need to add a few minutes to your cook time. Always use the tooth-pick test to determine if your bread is ready.

- **CONVENIENT EQUIPMENT**

A bread mixer will be found extremely convenient by the housewife who must bake large quantities of bread at one time and who has not a great deal of time to devote to the work. This labor-saving device can be used and, of course, often is used by the housewife who makes only a small quantity of bread, as, for instance, two to four loaves; but it is not actually needed by her, as she can handle such an amount easily and quickly. A cooler, which consists of a framework covered with wire netting and supported by short

legs, is also a convenient utensil, as it serves as a good place on which to put baked bread to cool. If one of these devices is not available, however, a substitute can be easily made by stretching a wire netting over a wooden frame.

6. BREAD-MAKING PROCESSES

- **ACQUIRING SKILL IN BREAD MAKING**

The nature and the quality of the ingredients required to make bread, as well as the utensils that are needed for this purpose, being understood, it is next in order to take up the actual work of making bread.

Several processes are included in this work; namely, making the dough, caring for the rising dough, kneading the dough, shaping the dough into loaves, baking the loaves, and caring for the bread after it is baked.

When the finished product is obtained, the loaves are ready to be scored and served. A knowledge of how to carry out these processes is of the utmost importance, for much of the success achieved in bread making depends on the proper handling of the ingredients.

Of course, skill in manipulation is acquired only by constant practice, so that the more opportunity the housewife has to apply her knowledge of the processes, the more proficient will she become in this phase of cookery.

Each one of the processes mentioned is here discussed in the order in which it comes in the actual work of bread making, and while the proper consideration should be given to every one of them, it will be well, before entering into them, to observe the qualities that characterize good wheat bread.

Good wheat bread may be described in various ways, but, as has been learned by experience and as is pointed out by United States government authorities, probably the best way in which to think of it, so far as its structure is concerned, is as a mass of tiny bubbles made of flour and water, having very thin walls and fixed in shape by means of heat.

The size of the cells and the nature of the bubble walls are points that should not be overlooked.

Each loaf should be light in weight, considering its size, should be regular in form, and should have an unbroken, golden-brown crust. The top crust should be smooth and should have a luster, which is usually spoken of as the "bloom" of the crust. Taken as a whole, the loaf should have a certain sponginess, which is known as its elasticity, and which is evidenced by the way in which the loaf acts when it is pressed slightly out of shape. As soon as the pressure is removed, the loaf should resume its original shape. This test should produce the same results when it is applied to small pieces of the crust and to the cut surface of the loaf.

The internal appearance must also receive consideration. To be right, wheat bread should be creamy white in color and should have a definite "sheen," which can best be seen by looking across a slice, rather than directly down into it. As already explained, the holes in it should be small and evenly distributed and their walls should be very thin. These points can be readily determined by holding a very thin slice up to the light.

The flavor of bread is also a very important factor, but it is somewhat difficult to describe just the exact flavor that bread should have in order to be considered good. Probably the best way in which to explain

this is to say that its flavor should be that which is brought about by treating the wheat with salt. While such a flavor may not be known to all, it is familiar to those who have tasted the wheat kernel.

7. MAKING THE DOUGH

- **PRELIMINARY TREATMENT OF INGREDIENTS**

The first step in bread making, and without doubt the most important one, is the making of the dough. It consists in moistening the flour by means of a liquid of some kind in order to soften the gluten and the starch, to dissolve the sugar, and to cement all the particles together, and then combining these ingredients.

Before the ingredients are combined, however, particularly the flour, the liquid, and the yeast, they must generally be warmed in order to shorten the length of time necessary for the yeast to start growing. Much care should be exercised in heating these materials, for good results will not be obtained unless they are brought to the proper temperature.

The flour should feel warm and the liquid, whether it be water or milk, should, when it is added, be of such a temperature that it also will feel warm to the fingers. If water is used, it ought to be just as pure as possible, but if milk is preferred it should be used only after it has been scalded. The yeast should be dissolved in a small quantity of lukewarm water. Hot water used for this purpose is liable to kill the yeast and prevent the bread from rising, whereas cold water will retard the growth of the yeast.

- **COMBINING THE INGREDIENTS**

As soon as the bread ingredients have received the proper treatment, they are ready to be combined.

Combining may be done by two different methods, one of which is known as the **short process** and the other as the **long process**. As their names indicate, these methods are characterized by the length of time required for the bread to rise. Each method has its advantages, and the one to select depends on the amount of time and energy the housewife can afford to give to this part of her work.

Persons who use the long process believe that bread made by it tastes better and keeps longer than that made by the short process; whereas, those who favor the short process find that it saves time and labor and are convinced that the quality of the bread is not impaired.

The more rapid methods of making breads are possible only when yeast in the active state is used and when more of it than would be necessary in the long process, in which time must be allowed for its growth, is employed. However, regardless of the method followed, all bread mixtures must be begun in the same manner. The liquids, seasonings, and fat are combined, and to these is added the flour, which should be sifted in.

- **Long Process**

By the long process, there are two ways of combining the ingredients in order to make bread. One is known as the sponge method and the other as the straight-dough method. The long-process sponge method is employed when sufficient time can be allowed to permit the natural growth of the yeast.

To make bread according to this process, start it in the evening by warming the liquid and dissolving the yeast and then adding these ingredients to the sugar, salt, and fat, which should first be placed in the mixing bowl.

Stir this mixture well, and then add one-half of the quantity of flour that is to be used, stirring this also.

Place this mixture, or sponge, as such a mixture is called, where it will remain warm, or at a temperature of from 65 to 70 degrees Fahrenheit, through the night.

In the morning, stir the remaining flour into the sponge and knead for a few minutes the dough thus formed.

When this is accomplished, put the dough in a warm place and allow it to rise until it doubles in bulk.

When the dough is in this condition, it is ready to be kneaded again, after which it may be shaped into loaves, placed in the pans, allowed to double in bulk again, and finally baked.

The long-process straight-dough method is a shortened form of the method just explained. It does away with the necessity of one kneading and one rising and consequently saves considerable time and labor.

To make bread by this method, combine the ingredients in the evening as for the sponge method, but instead of adding only half of the flour, put all of it into the mixture, make a stiff dough at once, and knead.

Then allow this to rise during the night, so that in the morning it can be kneaded again and put directly into the bread pans. After it rises in the pans until it doubles in bulk, it is ready to be baked.

The only disadvantage of the straight-dough method is that a stiff dough rises more slowly than a sponge, but since the entire night is given to the rising no difficulty will be experienced in carrying out this process.

A point to remember, however, is that dough made according to this method must be kept warmer than that made by the sponge method.

- **Quick Process**

In the quick process of combining bread ingredients, there are also two methods of procedure -- **the sponge method and the straight-dough method**. The chief differences between the methods of this process and those of the long process are in the quantity of yeast used and the length of time required for the bread to rise. More yeast must be used and much less time is required for the completion of the entire process.

This shorter period of time is doubtless due to the fact that throughout the process, whether the straight-dough or the sponge method is followed, the mixture must be kept at a uniform temperature of about 90 degrees Fahrenheit.

The quick-process sponge method requires only about 5 hours for its completion, and the bread may be started at any time of the day that will allow this amount of time for carrying on the work.

For this method, warm the ingredients and then combine the sugar, salt, fat, liquid, and dissolved yeast. Into this mixture, stir enough of the flour to make a sponge and put it where it will keep uniformly warm until it has about doubled in quantity and is full of bubbles.

Then add the remainder of the flour, knead the mixture, and return the dough thus formed to a warm place. When the dough has doubled in bulk, remove it from the bowl to the kneading board, knead it slightly, and then shape it into loaves.

Place these into the pans, and after allowing them to rise sufficiently, bake them.

The quick-process straight-dough method differs from the quick-process sponge method in that the entire amount of flour is added when the ingredients are first mixed, with the result that a stiff dough instead of a sponge is formed.

As has already been learned, this stiff dough rises more slowly than a sponge, but it requires one rising less.

It must be kept at a uniform temperature as much of the time as possible, so that the rising will not be retarded. When it has doubled in bulk, remove it from the bowl and knead it.

Then shape it into loaves, place these in the pans, allow them to rise sufficiently, and proceed with the baking.

8. CARE OF THE RISING DOUGH

- **PURPOSE OF RISING**

Rising is an important part of the process of bread making, no matter which method is employed. In a sponge, its purpose is to blend the ingredients after they have been mixed, as well as to permit the growth of the yeast; in a dough, after the gas has been evenly distributed by means of kneading, the purpose of rising is to permit the incorporation of a sufficient quantity of carbon dioxide to make the bread light when it is baked.

As has just been explained, three risings are necessary in the sponge method of both the long and the short process, whereas only two are required in the straight-dough methods.

The last rising, or the one that takes place after the dough is shaped into loaves, is the one that affects the texture of the bread most, so that it should receive considerable attention.

If the dough is not allowed to rise sufficiently at this time, the bread will be too fine in texture and will likely be heavy; and if it is permitted to rise too much, it will be coarse in texture.

Allowance, however, should be made for the fact that the rising will continue after the bread has been placed in the oven.

- **TEMPERATURE FOR RISING**

As has been mentioned, the best results are obtained if the bread dough is kept at a uniform temperature throughout its rising.

The temperature at which it rises most rapidly is about 86 degrees Fahrenheit; but, unless it can be watched closely, a better plan is to keep it, especially if the long process of bread making is followed, at a temperature that runs no higher than 80 degrees.

Various methods of maintaining a uniform temperature have been devised, but the ones usually resorted to consist in placing the bowl containing the sponge or the dough in a bread raiser, a fireless cooker, or a vessel of hot water.

Bread raisers can be purchased, but if desired a simple bread-raising device may be constructed from a good-sized wooden box. To make such a device, line the box with tin or similar metal and fit it with a door or a cover that may be closed tight.

Make a hole in one side of the box into which to insert a thermometer, and, at about the center of the box, place a shelf on which to set the bowl or pan containing the sponge or dough.

For heating the interior, use may be made of a single gas burner, an oil lamp, or any other small heating device.

This should be placed in the bottom of the box, under the shelf, and over it should be placed a pan of water to keep the air in the box moist, moist air being essential to good results.

Where large quantities of bread must be baked regularly, such a device will prove very satisfactory. The temperature inside should be kept somewhere in the neighborhood of 95 to 105 degrees Fahrenheit if the bread is to rise rapidly; but it may be kept from 80 to 95 degrees if slower rising is desired.

Placing the bowl containing the dough mixture in a larger vessel of hot water is a simple and satisfactory way of obtaining a uniform temperature, being especially desirable for a sponge in the quick-process sponge method.

The water in the large vessel should be at a temperature of about 110 to 115 degrees Fahrenheit. After the bowl of sponge or dough is placed in the water, the large vessel should be covered very carefully, so that the heat from the water will be retained.

To maintain the temperature in the vessel and thus keep it right for the bread mixture, the hot water has to be replenished occasionally. If this is done, the sponge or dough will be maintained at a temperature of about 90 degrees and will therefore rise rapidly.

To insure the best results with the rising of bread mixtures, it is advisable, for the beginner at least, to use a thermometer for determining the temperature of air or water, as this instrument will save considerable time until experience in judging such matters has been gained. A Fahrenheit thermometer is the ideal kind for use in bread making.

As an aid in this process the temperature at which dough should be kept for rising and the temperature at which water should be kept outside the bowl to maintain a temperature of 75 to 90 degrees in the dough; for keeping dough at a uniform temperature is followed.

In addition, the oven temperatures for baking bread and rolls, which are explained later, are also shown. The temperature of water can, however, be determined fairly accurately with the hands. If it feels very warm but does not burn the hand, it may be considered at about a temperature of 110 to 115 degrees.

In order to prevent the formation of a hard surface on the dough, the bowl in which it rises should be kept tightly covered. A further means of preventing this condition consists in oiling the surface of the dough; that is, brushing it lightly with melted fat. In case a crust does form, it should be well moistened with water or milk and allowed to soften completely before the next kneading is begun.

- **TIME REQUIRED FOR RISING**

No definite rule can be given for the length of time required for dough to rise, for this depends entirely on the activity of the yeast. If the yeast is active, the dough will rise quickly; but if it is not of good quality or if it has been killed or retarded in its growth by improper handling, the dough will rise slowly.

Usually, dough should be allowed to rise until it has doubled in bulk. A good way in which to determine when this takes place is to put a small piece of the dough in a glass, such as a measuring glass, a tumbler, or a jelly glass, and mark on this glass where the dough should come when it has increased to twice its size. This glass set beside the vessel containing the dough will show when it has risen sufficiently.

9. KNEADING THE DOUGH

- **PURPOSE OF KNEADING**

As has been pointed out, it is necessary to knead dough one or more times in the making of bread, the number of kneadings depending on the method that is employed.

The purpose of kneading is to work the dough so as to distribute evenly the gas that is produced by the yeast, to increase the elasticity of the gluten, and to blend the ingredients. It is a very important part of the work of bread making, for to a great extent it is responsible for the texture of the finished product.

At first, kneading may be found to be somewhat difficult, but the beginner need not become discouraged if she is not proficient at once, because the skill that is necessary to knead the bread successfully comes with practice. So that the best results may be attained, however, it is advisable that the purpose for which the kneading is done be kept constantly before the mind during the process.

- **KNEADING MOTIONS**

Several motions are involved in the kneading of bread. In order to carry out the kneading process, first cover lightly with flour the surface on which the kneading is to be done; this may be a suitable table top or a molding board placed on a table. Then remove the dough from the mixing bowl with the aid of a case knife or a spatula, and place it on the floured surface.

Sift a little flour over the dough and flatten it slightly by patting it gently.

Next, take hold of the edge of the mass at the side farthest from you and fold the dough over the edge nearest you.

Then work the dough with a downward pressure and push it out with the palms of the hands.

With the motion completed, turn the entire mass around and knead it in the same way in another direction.

Continue the kneading by repeating these motions until the dough has a smooth appearance, is elastic, does not stick to either the hands or the board, and rises quickly when it is pressed down.

To prevent the dough from sticking to the hands and the board, flour should be added gradually during the process of kneading, but care should be taken not to use too much flour for this purpose.

The lightness and sponginess of the finished loaf depend largely on the quantity of flour used at this time, so that if the dough is made too stiff with flour, the bread will be hard and close after it is baked.

As soon as the dough can be kneaded without its sticking to either the hands or the board, no more flour need be added; but, in case too much flour is used, the dough may be softened by means of milk or water. Such dough, however, is not so satisfactory as that which does not have to be softened.

10. SHAPING THE DOUGH INTO LOAVES

After the dough is properly kneaded in the manner just explained, it is placed in the mixing bowl and allowed to rise again. When it has risen sufficiently for the last time, depending on the process employed, it should be kneaded again, if it must be reduced in size, and then shaped into loaves and put in the pans. Here, again, much care should be exercised, for the way in which bread is prepared for the pans has much to do with the shape of the loaf after it is baked.

In order to shape the dough into loaves, first loosen it from the sides of the mixing bowl, using a knife or a spatula for this purpose, and then turn it out on a flat surface on which flour has been sprinkled, as in preparing for kneading.

Knead the dough a little, and then cut it into pieces that will be the correct size for the pans in which the loaves are to be baked.

Dust each piece with a small quantity of flour and knead it until the large bubbles of gas it contains are worked out and it is smooth and round. In working it, stretch the underside, which is to be the top of the loaf, and form it into a roll that is as long and half as high as the pan and as thick at each end as in the center. A good idea of the size and shape can be formed from the loaf.

As each loaf is formed, place it in the pan and allow it to rise until the dough comes to the top of the pan, or has doubled in bulk. So that the loaf will be symmetrical after it has risen--that is, as high at each end as in the middle--the shaped dough must fit well into the corners and ends of the pan.

To produce the result illustrated at b, the dough must be kept in a warm temperature, and to exclude the air and prevent the formation of a hard crust on the dough, it must be covered well with both a cloth and a metal cover.

Another way in which to prevent the formation of a hard crust consists in greasing the surface of the dough when it is placed in the pan, as at a, for rising.

11. BAKING THE BREAD

- **PURPOSE OF BAKING**

The various processes in the making of bread that have been considered up to this point may be successfully carried out, but unless the baking, which is the last step, is properly done, the bread is likely to be unpalatable and indigestible. Much attention should therefore be given to this part of the work.

So that the best results may be obtained, it should be borne in mind that bread is baked for the purpose of killing the ferment, rupturing the starch grains of the flour so that they become digestible, fixing the air cells, and forming a nicely flavored crust.

During the process of baking, certain changes take place in the loaf. The gluten that the dough contains is hardened by the heat and remains in the shape of bubbles, which give the bread a porous appearance; also, the starch contained in the dough is cooked within the loaf, but the outside is first cooked and then toasted.

- **OVEN TEMPERATURE FOR BAKING**

In baking bread, it is necessary first to provide the oven with heat of the right temperature and of sufficient strength to last throughout the baking.

The usual oven temperature for successful bread baking is from 380 to 425 degrees Fahrenheit, but in both the first and the last part of the baking the heat should be less than during the middle of it.

An oven thermometer or an oven gauge is a very good means of determining the temperature of the oven. But if neither of these is available the heat may be tested by placing in the oven a white cracker, a piece of white paper, or a layer of flour spread on a shallow tin pan. If any one of these becomes a light brown in 5 minutes, the oven is right to commence baking.

Every precaution should be taken to have the oven just right at first, for if the bread is placed in an oven that is too hot the yeast plant will be killed immediately and the rising consequently checked.

Of course, the bread will rise to some extent even if the yeast plant is killed at once, for the carbon dioxide that the dough contains will expand as it becomes heated and will force the loaf up; but bread baked in this way is generally very unsatisfactory, because a hard crust forms on the top and it must either burst or retard the rising of the loaf. If the heat is not sufficient, the dough will continue to rise until the air cells run together and cause large holes to form in the loaf.

In an oven that is just moderately hot, or has a temperature of about 400 degrees, the yeast plant will not be killed so quickly, the dough will continue to rise for some time, and the crust of the bread should begin to brown in about 15 minutes.

- **TIME FOR BAKING AND CARE OF BREAD IN OVEN**

The time required for baking bread and the care it should receive in the oven are also important matters to know. How long the bread should bake depends on the size of the loaf.

Under proper oven temperature, a small loaf, or one made with 1 cupful of liquid, ought to bake in from 50 minutes to 1 hour, while a large loaf requires from 1- 1/2 to 2 hours.

As has been explained, the loaf should begin to brown, or have its crust formed, in about 15 minutes after it is placed in the oven, and the baking should proceed rather slowly.

To get the best results in baking, the pans should be placed so that the air in the oven will circulate freely around them. If they are so placed that the loaves touch each other or the sides of the oven, the loaves will rise unevenly and consequently will be unsightly in shape.

If the loaves rise higher on one side than on the other, even when the pans are properly placed, it is evident that the heat is greater in that place than in the other parts of the oven and the loaves should therefore be changed to another position.

Proper care given to bread while baking will produce loaves that are an even brown on the bottom, sides, and top and that shrink from the sides of the pan.

- **CARE OF BREAD AFTER BAKING**

As soon as the bread has baked sufficiently, take it from the oven, remove the loaves from the pans, and place them to cool where the air may circulate freely around them.

A bread rack, or cake cooler is very satisfactory for this purpose, but if such a device is not available, the loaves may be placed across the edges of the empty pans so that nearly the entire surface is exposed.

Whichever plan is adopted, it should be remembered that the bread must be carefully protected from dust and flies.

Bread should never be permitted to remain in the pans after it has been baked nor to cool on a flat surface; neither should the loaves be wrapped while they are warm, because the moisture will collect on the surface and the bread will not keep so well.

After the loaves have become sufficiently cool, place them in the receptacle in which they are to be kept. This should have been previously washed and dried and then allowed to stand in the sunshine, so as to be free from mold or any substance that will taint or otherwise injure the bread.

After the loaves have been put into it, keep it well covered and allow no stale crumbs nor pieces of bread to collect. To keep such a receptacle in good condition, it should be scalded and dried every 2 or 3 days.

12. SCORING BREAD

- **OBJECT OF SCORING BREAD**

By the scoring of bread is meant simply the judging of its qualities. Persons who understand what good bread is agree very closely on the qualities that should characterize it, and they make these qualities a standard by which any kind of bread may be scored, or judged.

Those who are not proficient in the making of bread, as well as those who have had very little experience, will do well to have their bread judged by experts or to learn how to score it themselves. By following this plan, they will be able to find out the good and bad points of their bread and then, by ascertaining the causes of any poor qualities, will be in a position to make improvements.

So that the beginner may learn how to judge the qualities of her bread, she should study carefully the accompanying score card and its explanation.

The shape of the loaf, in order to be perfect and to score 5, should be uniform and symmetrical.

The size of the loaf, for which a score of 2 is given, is determined from the standpoint of thorough baking.

The exact size that a loaf must be is a rather difficult thing to state, because the sizes vary considerably, but a loaf of an ungainly size should be guarded against, for it would not score well. Bread made in pans of the size already mentioned would score high with regard to size.

The crust, whose combined characteristics score 8, should be a golden brown in color in order to receive the score of 2 for its shade. A pale loaf or one baked too brown would not receive full credit.

If the required color extends uniformly over the entire loaf, the bottom and the sides, as well as the top, 2 more is added to the score of the crust for uniformity of color.

After these points are scored, a slice of bread should be cut from the loaf in order that the remaining points may be scored. As fresh bread does not cut easily, and as a well-cut slice must be had for this purpose, special care must be taken to obtain the slice.

Therefore, sharpen a large knife and heat the blade slightly by holding it near a flame; then cut a slice at least 1/2 inch thick from the loaf before the blade has had time to cool. With such a slice cut, the character of the crust, by which is meant its toughness or its tenderness, may be determined.

A score of 2 is given if it is of sufficient tenderness or is devoid of toughness. The depth of the crust, which depends on the amount of baking the loaf has had, receives a score of 2 if it is perfect.

A deep crust, which is the preferred kind, is produced by long, slow baking; bread that is baked only a short time has a thin crust, which is not so desirable and would not score so high.

The lightness of the bread can easily be scored when the bread is cut. It is judged by the size of the holes, and if it is perfect it receives a score of 20.

If the bread is not light enough, the holes will be small and the bread will feel solid and inelastic; if it is too light, the holes will be large and coarse.

The internal appearance, which is scored next, includes several characteristics. For the even distribution of gas, which is determined by the uniformity of the holes, 10 points are given. If the kneading has been done right and the bread has risen properly, the gas will be distributed evenly through the loaf, with the result that the holes, which make the bread porous, will be practically the same throughout the entire loaf. Such a texture is better than that of a loaf that has some large and some small holes.

The moisture in the bread, which receives 5 if it is of the right amount, is tested by pinching a crumb between the fingers. If the crumb feels harsh and dry, the bread is not moist enough, and if it feels doughy, the bread is too moist.

The elasticity, for which 5 is given, is determined by pressing the finger gently into a cut place in the loaf. The bread may be considered to be elastic if it springs back after the finger is removed and does not break nor crumble. As compared with cake, bread is always more elastic, a characteristic that is due to the quantity of gluten it contains. Still it should be remembered that the elasticity must not amount to toughness, for if it does the quality of the bread is impaired.

To score 15 for color, the inside of the loaf should be of an even, creamy white. A dull white or gray color would indicate that flour of a poor quality had been used, and dark or white streaks in the bread would denote uneven mixing and insufficient kneading.

The last thing to be scored, namely, the flavor, merits 30 points. To determine this characteristic, chew a small piece of bread well. If it is not sour nor musty, has a sweet, nutty flavor, and shows that the correct amount of salt and sugar were added in the mixing, it may receive a perfect score.

13. SERVING BREAD

Bread is one of the foods that everyone takes so much as a matter of course that little thought is given to its serving.

Of course, it does not offer so much opportunity for variety in serving as do some foods; yet, like all other foods, it appeals more to the appetites of those who are to eat it if it is served in an attractive manner.

A few ideas as to the ways in which it may be served will therefore not be amiss.

As fresh bread is not easily digested, it should not usually be served until it is at least 24 hours old.

Before it is placed on the table, it should be cut in slices, the thickness of which will depend on the preference of the persons who are to eat it.

If the loaf is large in size, the pieces should be cut in two, lengthwise of the slice, but in the case of a small loaf the slices need not be cut.

Various receptacles for placing bread and rolls on the table, such as a bread boat, a bread plate, and a bread basket, are also used to add variety in serving.

Whichever of these is selected, it may be improved in appearance by the addition of a white linen doily. For rolls, a hot-roll cover is both convenient and attractive.

Sometimes, especially when a large number of persons are to be served, a roll is placed between the folds of each person's napkin before they are seated at the table. Occasionally bread becomes stale before it is needed on the table. Such bread, however, should not be discarded, especially if the loaves are uncut. Uncut loaves of this kind may be freshened by dipping them quickly into boiling water and then placing them in a very hot oven until their surface becomes dry. If desired, slices of bread that have become stale may be steamed in order to freshen them; but unless great care is taken in steaming them the bread is liable to become too moist and soggy.

14. ABOUT BREAD RECIPES

In order that the beginner may bring into use the bread-making principles and directions that have been set forth, and at the same time become familiar with the quantities of ingredients that must be used, there are here given a number of recipes for the making of bread.

These recipes include not only white bread-that is, bread made from white flour--but whole-wheat, graham, rye, and corn bread, as well as bread in which fruit and nuts are incorporated. Before these recipes are taken up, though, it will not be amiss to look further into the various ingredients used in the making of bread.

The fat used in bread making may vary in both quantity and kind. For instance, if less than 2 tablespoonful is called for in a recipe, this amount may be decreased; but it is not well to increase the amount to any extent.

Likewise, the fat may be of any kind that will not impart a disagreeable flavor to the finished product. It may be left-over chicken fat, clarified beef fat, lard, butter, cooking oil, or any mixture of clear, fresh fats that may be in supply.

The sweetening for bread is, as a rule, granulated sugar, although syrup, molasses, brown sugar, or white sugar of any kind may be employed. Sweetening is used merely to give a slightly sweet flavor to the bread, and the kind that is used is of slight importance.

The liquid, as has been stated, may be water or milk or any proportion of both. The milk that is used may be either whole or skim. In addition to these two liquids, the whey from cottage cheese or the water in which rice, macaroni, or potatoes have been cooked should not be overlooked.

Potato water in which a small quantity of potato may be mashed serves as a yeast aid, as has been pointed out. Therefore, whenever, in a bread recipe, liquid is called for and the kind to be used is not stated specifically, use may be made of any of the liquids that have been mentioned.

The quantity of flour required for a bread recipe will depend entirely on the kind of flour that is to be used, bread flour having a much greater absorbing power for liquid than has pastry or blend flour.

When, in the process of mixing the bread, the sponge is stiffened by adding the remaining flour to it, the last cupful or two should be added cautiously, in order not to make the mixture too stiff. In some instances, more flour than the recipe calls for may be required to make the dough of the right consistency. The amount can be determined only by a knowledge of what this consistency should be, and this will be easily acquired with practice in bread making.

The beginner will find it a good plan to begin making bread entirely of white flour, for the reason that it is easier to determine the consistency of the dough mixture at various stages, as well as during the kneading, if there is no coarse material, such as bran, corn meal, nuts, fruits, etc., in the dough.

Later, when a definite knowledge along this line has been acquired, one after the other of the bread recipes should be tried. They are no more difficult to carry out than the recipes for white bread; indeed, the woman who has had experience in bread making will find that she will be equally successful with all of them.

15. CINNAMON ROLLS

To make cinnamon rolls, which are preferred by some persons to coffee cake, use may be made of the preceding coffee-cake recipe.

Directions:

- Instead of rolling the dough 1/2 inch thick, roll it 1/4 inch thick and brush it with melted butter.
- Then sprinkle it with 1 tablespoonful of cinnamon, 1/2 cupful of light-brown sugar, and 1/2 cupful of chopped raisins.
- Next, roll this as a jelly roll and cut the roll into 1/2-inch slices.
- Place these slices close together in a shallow pan and let them rise until they are light.
- Then bake them in a hot oven for about 15 minutes.

16. TOAST

As everyone knows, TOAST is sliced bread browned by means of heat. To make toast is not a difficult process, but a certain amount of care must be exercised if good results are desired.

The slices used for toast may be cut thick or thin, depending on whether the persons for whom the toast is made prefer a soft or a dry toast and whether the digestibility of the toast is to be taken into consideration.

If thick slices are used and they are toasted the usual length of time necessary to make the surfaces brown, the center of the slices will remain soft.

Toast made of thin slices and toasted over a slow fire becomes dry and crisp during the process of browning and is more digestible than that which is moist.

Such toast will not lose its crispness unless the pieces are piled in a heap while they are hot and are allowed to soften from the moisture that collects.

While toast is usually served in the form of slices, just as they are cut from the loaf, the pieces may be cut into shapes of various kinds; in fact, toast becomes more attractive if it is cut in unusual shapes. The crust of toast may be trimmed off or left on, as desired.

If the best results are desired in the making of toast, considerable attention must be given to the heat that is to produce the toast. Whatever kind is employed, it should be steady and without flame.

Before a coal or a coke fire is used for this purpose, it should be allowed to burn down until the flame is gone and the coals are hot enough to reflect the heat for toasting.

If a gas toaster is used, the gas should be turned sufficiently low for the bread to brown slowly. Very good results are obtained from the use of an electric toaster, also. This device has become a rather common household article where electricity is used in the home, and by means of it the toast can be made on the table and served while it is fresh and hot. In whatever way toast is made, it will lose much of its attractiveness unless it is served while it is fresh and before it loses its heat.

If toast becomes burned, either from a flame that is too hot or from inattention on the part of the person who is preparing it, it may be made fit for use by scraping it lightly with a knife or by rubbing it across a grater, so as to remove the burned portion.

- **MILK TOAST**

Milk and toast make a combination that is liked by many persons, and when these two foods are combined the result is known as milk toast.

To make milk toast, simply pour over the toast rich milk that has been heated and seasoned with salt, a little sugar, and a little butter. Thin white sauce may also be used for this purpose if desired.

- **FRENCH TOAST**

Possibly no dish in which toast is used is better known than the so-called French toast. Both milk and egg are used in making this dish, and these of course add to the food value of the bread. French toast made according to the following recipe will prove very satisfactory.

FRENCH TOAST

Sufficient to Serve Eight

Ingredients:

- 1 egg
- 1 c. milk
- 2 tsp. sugar
- 8 slices of bread □ 1/2 tsp. salt

Directions:

- Beat the egg and add it to the milk, salt, and sugar.
- Dip each slice of bread into this liquid, turn it quickly, and then remove it.
- Place the bread thus dipped in a hot frying pan and sauté it until the underside is brown; then turn it and brown the other side.
- Serve hot with syrup or jelly.

17. LEFT-OVER BREAD

Bread that has become stale need not be wasted, for there are many uses to which it may be put. As such bread has lost much of its moisture, it is desirable for toast, for it browns more quickly and makes crisper toast than fresh bread.

Thick slices of it may also be cut into cubes or long, narrow strips and then toasted on all sides, to be served with soup instead of crackers.

Still another use that can be made of stale bread is to toast it and then cut it into triangular pieces to be served with creamed dishes or used as a garnish for meats, eggs, and various entrées. Left-over toast may also be cut in this way and used for these purposes.

The ends of loaves, crusts trimmed from bread used for sandwiches, or stale bread or rolls that cannot be used for the purposes that have been mentioned can also be utilized, so none of them need be thrown away.

If such pieces are saved and allowed to dry thoroughly in the warming oven or in an oven that is not very hot, they may be broken into crumbs by putting them through a food chopper or rolling them with a rolling pin.

After the crumbs are obtained, they should be put through a coarse sieve in order to separate the coarse ones from the fine ones.

Such crumbs, both coarse and fine, may be kept for some time if they are put into jars or cans. It is a very good plan to keep a supply of bread crumbs on hand, for there are numerous dishes that require the use of bread in this form.

For instance, bread crumbs are used for all kinds of scalloped dishes; for making puddings, such as bread pudding, brown Betty, etc.; for stuffing fish, fowl, and such vegetables as tomatoes and peppers; for covering the top of baked dishes, such as various egg and cheese dishes; for breading steaks and chops; and for covering croquettes or oysters that are to be fried.

They may also be added to muffins, griddle cakes, and even yeast-bread dough. With so many uses to which bread crumbs can be put, no housewife need be at a loss to know how to utilize any scraps of bread that are not, for some reason, suitable for the table.

MAKING HOT BREADS

18. HOT BREADS IN THE DIET

Closely related to yeast breads, or those in which yeast is used as the leavening agent, are breads known as HOT BREADS, or QUICK BREADS. As these names indicate, such breads are prepared in a very short time and are intended to be served while they are fresh and hot. Hot breads, to call such breads by the name in common use, are made by baking a batter or a dough mixture formed by mixing flour, liquid, salt, and a leavening agent.

The nature of the mixture, however, is governed by the proportion of flour and liquid, the two ingredients that form the basis of all bread mixtures; and by incorporating with them such ingredients as eggs, sugar, shortening, flavoring, fruits, nuts, etc. there may be produced an almost endless variety of appetizing hot breads, which include popovers, griddle cakes, waffles, muffins, soft gingerbread, corn cake or corn bread, Boston brown bread, nut loaf, and baking-powder and beaten biscuit.

Because of the variety these hot breads afford, they help considerably to relieve the monotony of meals. In fact, the housewife has come to depend so much on breads of this kind that their use has become almost universal.

As is well known, however, certain kinds are typical of certain localities; for instance, beaten biscuit and hoe cake are characteristic of the Southern States of the United States, while Boston brown bread is used most extensively in the New England States and throughout the East.

The popular opinion of most persons is that hot breads are injurious. It is perhaps true that they may be injurious to individuals afflicted with some digestive disturbance, but, at any rate, the harmful effect may be reduced to a minimum by the correct preparation and baking of these foods.

19. PRINCIPAL REQUIREMENTS FOR HOT BREADS

Hot breads are quickly and easily made, but in this part of cookery, as in every other phase of it, certain principles must be understood and applied if the most satisfactory results are desired.

These principles pertain chiefly to the ingredients used, the way in which they are measured and handled, the proportions in which they are combined, the necessary utensils, and the proper baking of the mixtures that are formed. In the first place, the quality of the ingredients should be carefully considered, because on this depends the quality of the finished product.

No one who prepares foods can expect good food to result from the use of inferior materials. Next, the proportion of the ingredients demands attention, for much importance is attached to this point.

For instance, in making a certain kind of hot bread, the quantity of flour to be used is regulated by the quantity of bread that is desired, and the quantity of flour governs, in turn, the quantities of liquid, leavening, and other ingredients that are to be put into the mixture.

When the proportions of ingredients required for a hot bread are known, it is necessary that the ingredients be measured very accurately.

Leavening material, for example, will serve to make clear the need for accuracy in measuring. A definite quantity of leavening will do only a definite amount of work. Therefore, if too little or too much is used, unsatisfactory results may be expected; and, as with this ingredient, so it is with all the materials used for hot breads.

The handling of the ingredients and the mixture has also much influence on the success with which hot breads are produced.

A heavy touch and excessive handling, both of which are usually characteristic of the beginner, are more likely to result in a tough product than is the light, careful handling of the expert.

However, as skill in this matter comes with practice, no discouragement need result if successful results are not forthcoming at the very start in this work.

A good rule to follow in this particular, and one that has few exceptions, is to handle and stir the ingredients only enough to blend them properly. In addition to the matters just mentioned, the utensils in which to combine the hot-bread materials and bake the batters or doughs are of importance. While none of these is complicated, each must be of the right kind if the best results are expected.

The final point to which attention must be given is the baking of this food. Proper baking requires on the part of the housewife familiarity with the oven that is to be used, accuracy in judging temperature, and a knowledge of the principles underlying the process of baking.

20. LEAVENING AGENTS

- **CLASSES OF LEAVENING AGENTS**

As has been pointed out, the ingredients that are actually required in the making of hot breads are flour, liquid, salt, and leavening, and to give variety to breads of this kind, numerous other materials, including sugar, shortening, eggs, fruit, nuts, etc., are often added.

With the exception of leavening agents, none of these ingredients requires special attention at present; however, the instruction that is given in Bread regarding flour should be kept in mind, as should also the fact that all the materials for hot breads should be of the best quality that can be obtained.

As is known by this time, leavening agents are the materials used to leaven, or make light, any kind of flour mixture. These agents are of three classes, namely, organic, physical, and chemical.

The organic agent is the oldest recognized leavening material, it being the one that is used in the making of yeast breads; but as a complete discussion of this class of leavening agents is given in Bread and as it is not employed in the making of hot breads, no consideration need be given to it here.

Physical leavening is accomplished by the incorporation of air into a mixture or by the expansion of the water into steam, and chemical leavening agents are the most modern and accurate of all the agents that have been devised for the quick rising of flour mixtures.

- **PHYSICAL LEAVENING**

Physical leavening consists in aerating, or incorporating gas or air into, a mixture that is to be baked, and it is based on the principle that air or gas expands, or increases in volume, when heated.

It is definitely known that when air is incorporated into dough and then heated, the air increases 1/273 of its own volume for each degree that the temperature is increased.

For instance, if the temperature of an aerated mixture is 65 degrees Fahrenheit when it is put into the oven, the air or gas will have doubled in volume by the time it has reached 338 degrees Fahrenheit.

Thus, the success of aerated bread depends to some extent on the temperature of the mixture when it goes into the oven. The colder it is at that time, the greater is the number of degrees it will have to rise before it is sufficiently baked, and the more opportunity will the gas have to expand.

The air or gas required for physical leavening is incorporated into a mixture by beating or folding the batter or dough itself, or by folding beaten egg whites into it. If the mixture is thin enough, the beating may be done with a spoon or an egg beater; but if it is thick enough to be handled on a board, air may be incorporated into it by rolling and folding it repeatedly.

If eggs are to be used for aerating the batter or dough, the entire egg may be beaten and then added, but as more air can be incorporated into the egg whites, the yolks and whites are usually beaten separately.

To make the white of eggs most satisfactory for this purpose, it should be beaten stiff enough to stand up well, but not until it becomes dry and begins to break up. In adding the beaten egg white, it should be folded carefully and lightly into the mixture after all the other ingredients have been combined. Beaten egg white may be used to lighten any mixture that is soft enough to permit it to be folded in.

To insure the best results from mixtures that are to be made light by means of physical leavening agents, certain precautions must be taken. Such mixtures should be baked as soon as possible after the mixing is done, so that the gas or air will not pass out before the dough is baked.

Likewise, they should be handled as lightly and quickly as possible, for a heavy touch and too much handling are often the cause of imperfect results. For baking aerated mixtures, the metal or silicone pans that are used should be heated before the mixture is put into them, so that the batter or dough will begin to expand immediately.

- **CHEMICAL LEAVENING**

Chemical leavening is brought about by the action of gas produced by an acid and an alkali. All chemical leavening agents are Similar in their action, and they are composed of an acid and an alkali.

When an acid and an alkali are brought together in the presence of moisture and heat, the result is the rapid production of carbon dioxide, a gas that expands on being heated, just as all other gases do.

In expanding, the gas pushes up the batters or doughs, and these, when baked, set, or harden, into porous shapes. In addition to forming the gas, the acid and the alkali produce a salt that remains in the bread, and it is this salt that is responsible for the harmful effect usually attributed to chemical leavening agents.

The first chemical leavening agents were devised by housewives themselves. They consisted of a combination of saleratus, an alkali made from wood ashes, and sour milk or molasses. The results obtained were more or less satisfactory, but never entirely accurate or certain.

Later on, chemists by employing the same idea combined an alkali with an acid in powder form and produced an accurate and satisfactory leavening agent in the form of baking powder. The discovery of baking powder, however, has not displaced the use of other combinations that form chemical leavening agents, for soda is still combined with sour milk, molasses, and cream of tartar in the making of various hot breads.

Therefore, so that a proper understanding of the various chemical leavening agents may be obtained, a discussion of each is here given.

- **SODA AND SOUR MILK**

When soda is used with sour milk for leavening purposes, the lactic acid in the milk is so acted upon by the soda as to produce gas. However, these two ingredients--soda and sour milk--do not make an

absolutely accurate leavening agent, because the quantity of acid in the sour milk varies according to the fermentation that has taken place.

For example, sour milk 48 hours old contains more acid than sour milk that is kept under the same conditions but is only 24 hours old. The proportion of these ingredients that is usually effective in batters and doughs for hot breads is 1 level teaspoonful of soda to 1 pint of sour milk. So as to derive the best results in using these chemical leavening agents, it will be well to observe that if they are mixed together in a cup the milk will bubble and may, provided the quantity is sufficient, run over. These bubbles are caused by the gas that is formed when the acid and soda meet, and when they break gas escapes, with the result that some of it is lost.

Formerly, it was the custom to mix these leavening substances in this way, and then to add them to the other ingredients. Now, however, in order that all gas produced may be kept in the dough mixture, the soda is sifted in with the dry ingredients and the sour milk is added with the liquid ingredients.

A point well worth remembering is that sour milk and soda may be substituted for sweet milk and baking powder in a recipe that calls for these ingredients by using 1 teaspoonful of soda to each pint of sour milk. This information should prove valuable to the housewife, especially if she has accumulated a supply of sour milk that should not be wasted. Occasionally it will be found that baking powder and soda are required in the same recipe, but this occurs only when an insufficient amount of soda to produce the desired result is specified.

- **SODA AND MOLASSES**

Although molasses, which is a product of sugar cane, is sweet, it contains an acid that is formed by the fermentation that continually occurs in it, an evidence of which is the tiny bubbles that may be seen in molasses, especially when it is kept in a warm place. Because of the presence of this acid, molasses may be used with soda to form a chemical leavening agent, and when they are combined in hot breads or cake, the chemical action of the two produces carbon dioxide.

However, accurate results cannot always be obtained when these ingredients are used, for the degree of acidity in molasses is as uncertain as it is in sour milk. Molasses that is old or has been kept in a warm place will contain more acid than molasses that has been manufactured only a short time or that has been kept cool to retard fermentation.

The proportion of soda to molasses that can usually be relied on for hot breads and cakes is 1 teaspoonful of soda to 1 cupful of molasses, or just twice the quantity of soda that is generally used with sour milk. To produce the best results, the molasses should be mixed with the liquid ingredients and the soda sifted in with the dry ones. As molasses burns very quickly in a hot oven, all breads or cakes containing it as an ingredient should be baked in an oven of moderate temperature.

- **SODA AND CREAM OF TARTAR**

Some housewives are inclined to use soda and cream of tartar for leavening purposes; but there is really no advantage in doing this when baking powder can be obtained, for some baking powders are a combination of these two ingredients and produce the same result. In fact, the housewife cannot measure soda and cream of tartar so accurately as the chemist can combine them in the manufacture of baking powder.

Nevertheless, if their use is preferred, they should be measured in the proportion of twice as much cream of tartar as soda. As in the case of soda alone, these leavening agents should be sifted with the dry ingredients. A small quantity of cream of tartar is used without soda in such mixtures as angel-food cake, in which egg white alone is used to make the mixture light. The addition of the cream of tartar has the effect of so solidifying the egg white that it holds up until the heat of the oven hardens it permanently.

- **BAKING POWDER**

Without doubt, baking powder is the most satisfactory of the chemical leavening agents. It comes in three varieties, but they are all similar in composition, for each contains an alkali in the form of soda and an acid of some kind, as well as a filler of starch, which serves to prevent the acid and the alkali from acting upon each other. When moisture is added to baking powder, chemical action sets in, but it is not very rapid, as is apparent when a cake or a muffin mixture is allowed to stand before baking. The bubbles of gas that form in such a mixture can easily be observed if the mixture is stirred after it has stood for a short time.

When both moisture and heat are applied to baking powder, however, the chemical action that takes place is more rapid, and this accounts for its usefulness in baking hot breads and cake.

The price of the different kinds of baking powder, which usually varies from 10 cents to 50 cents a pound, is generally an indication of the ingredients that they contain. Powders that sell for 40 to 50 cents a pound usually contain cream of tartar for the acid, the high price of this substance accounting for the price of the powder. Powders that may be purchased for 30 to 40 cents a pound generally contain acid phosphate of lime, and as this substance is cheaper than cream of tartar, a baking-powder mixture containing it may well be sold for less. The cheapest grade of powders, or those which sell for 10 to 25 cents a pound, have for their acid a salt of aluminum called alum. Still other powders that are sometimes made up to sell for 20 to 30 cents a pound contain a mixture of phosphate and alum.

As baking powders vary in price, so do they vary in their keeping qualities, their effectiveness, and their tendency toward being injurious. Most phosphate and alum powders do not keep so well as the cream-of-tartar powders, and the longer they are kept, the less effective do they become. The powders that contain phosphate yield more gas for each teaspoonful used than do the other varieties.

Much controversy has taken place with regard to the different kinds of baking powder and their effects on the digestive tract, but authorities have not yet agreed on this matter. However, if foods made with the aid of baking powders are not used excessively, no concern need be felt as to their injurious effect. The

housewife in her choice of baking powder should be guided by the price she can afford to pay and the results she is able to get after she has become well informed as to the effect of the different varieties. She may easily become familiar with the composition of baking powder, for a statement of what substances each kind contains is generally found on the label of every variety. This information is invaluable to the housewife, as it will assist her considerably in making a selection.

The proportion of baking powder to be used in a batter or a dough is regulated by the quantity of flour employed and not, as is the case with soda and molasses or sour milk, by the quantity of liquid, the usual proportion being 2 level teaspoonfuls to 1 cupful of flour. Sometimes this proportion is decreased, 6 or 7 teaspoonfuls being used instead of 8 to each quart of flour in the making of large quantities of some kinds of baked foods. In adding baking powder to a mixture, as in adding other dry leavening agents, it should be sifted with flour and the other dry ingredients.

Although baking powder may be purchased at various prices, a good grade can be made in the home without much effort and usually for less than that which can be bought ready-made. For these reasons, many housewives prefer to make their own. The following recipe tells how to make a cream-of- tartar powder that is very satisfactory:

RECIPE FOR BAKING POWDER

Ingredients:

- 1/2 lb. cream of tartar
- 1/4 lb. bicarbonate of soda
- 1/4 lb. corn starch

Directions:

- Weigh all the ingredients accurately.
- If the cream of tartar and the bicarbonate of soda are to be purchased from a druggist, it will be better for him to weigh them than for the housewife, as he uses scales that weigh accurately.
- After all the ingredients are weighed, mix them together thoroughly by sifting them a number of times or by shaking them well in a can or a jar on which the lid has been tightly closed.
- The baking powder thus made should be kept in a can or a jar that may be rendered air-tight by means of a lid, or cover.

21. HOT-BREAD PREPARATIONS AND THEIR USE

- **PURPOSE OF PREPARATIONS**

The utensils required for the making of hot breads consist of two kinds: those in which the ingredients are prepared and combined to form the mixture and those in which the mixture is to be baked. As soon as it is known just what ones are needed to carry out the recipe for the hot bread that is to be made, they, together with the necessary ingredients, such as milk, fat, flour, baking powder, salt, eggs, etc.

Usually, much of the success of hot breads depends on the quickness and dexterity with which the ingredients are put together, and if the person making them has to interrupt her work every now and then to get out a utensil, she will find that her results will not be so satisfactory and that she will use up more energy than the work really demands.

The pans in which the mixture is to be baked need particular attention, for they should be greased and ready to fill before the mixing is begun. If they are to be heated, they should be greased and put into the oven a few minutes before the mixture is ready to be put into them, so that they may be taken from the oven and filled at once.

- **UTENSILS FOR PREPARING THE MIXTURE**

Utensils required for preparing hot-bread mixtures:

- Bowl a of the proper size for mixing
- Smaller bowl for beating eggs, provided eggs are to be used
- Two standard half-pint measuring cups, one for dry ingredients and the other for wet ingredients;
- Tablespoon
- Case knife
- Teaspoon for measuring and mixing
- An egg beater
- A flour sifter

Of course, if an egg whip is preferred, it may take the place of the egg beater, but for some hot-bread mixtures use will be found for both of these utensils.

- **PREPARATIONS FOR BAKING THE MIXTURE**

The kind of preparations required for the baking of hot-bread mixtures depends entirely on the nature of the mixture and the recipe that is to be prepared.

For popovers, popover cups or gem irons are necessary. Muffins require muffin pans; Boston brown breads need cans that have tight- fitting lids; soft ginger bread, nut loaf, and corn cake are baked in loaf pans; baking-powder or beaten biscuits are placed in shallow pans or on oiled sheets; griddle cakes must be baked on griddles; and waffles require waffle irons.

None of these utensils are likely to present any difficulty in their use except griddles and waffle irons, so in order that these may be thoroughly understood and good results thereby obtained, explanations of them are here given.

- **GRIDDLES**

A style of griddle in common use, griddles of different shapes and fitted with different handles are to be had. Such utensils are made of numerous materials, but the most satisfactory ones are constructed of steel, iron, soapstone, and aluminum.

Steel and iron griddles must be greased before cakes are baked on them so as to prevent the cakes from sticking; for this reason they are less convenient than soapstone and aluminum griddles, which do not require any grease.

The size of griddle to use is governed by the number of persons that are to be served. One that is unusually large, however, should be avoided if a gas stove is used for cooking, as it is difficult to heat a large griddle evenly on such a stove, and even a small one must be shifted frequently so that some spots will not be hotter than others. In this respect, a griddle made of aluminum has the advantage over the other kinds, for this material conducts the heat evenly over its entire surface.

Before a new steel or iron griddle is used, it must be tempered so as to prevent the food that is to be baked on it from sticking. If it is not tempered, much time will be consumed before its surface will be in the right condition to permit baking to proceed without difficulty, and this, of course, will result in wasting considerable food material.

Tempering may be done by covering the griddle with a quantity of fat, placing it over a flame or in a very hot oven, and then allowing it to heat thoroughly to such a temperature that the fat will burn onto the surface. This same precaution should be observed with new waffle irons and frying pans made of steel or iron if the best results from such utensils are desired.

- **WAFFLE IRONS**

A waffle iron consists of two corrugated griddles fastened together with a hinge in such a way that the surfaces nearly touch when the handles are brought together. These griddles are so suspended in a frame that they may be turned completely over in order to allow each side to be exposed to the heat.

In using a waffle iron of either kind, it should be heated while the waffle mixture is being prepared; then it should be thoroughly greased on both sides. No excess fat, however, should be used, as it will run out when the griddle is turned over.

22. THE MIXTURE VARIETIES OF MIXTURES AND GENERAL PROPORTIONS

- **BATTERS AND DOUGHS**

The mixtures from which hot breads are produced are of different consistencies, and familiarity with them is necessary if good results in the making of such breads are desired. This difference in the consistencies is due to the proportion of flour and liquid used, a small proportion of flour producing a batter and a large proportion, a dough. It will be well to note, however, that some kinds of flour thicken a mixture much more readily than do others.

Experience in the handling of flour teaches how to vary the other ingredients of a recipe in order to make them correspond to the difference in flour, but the person who lacks a knowledge of cookery, or has had very little experience in the handling of foods, must know the general proportions that are correct under most circumstances. The names of the mixtures that the ingredients produce are thin batter, thick batter, soft dough, and stiff dough.

A THIN BATTER is one in which the general proportion of liquid and flour is 1 measure of flour to 1 measure of liquid. Such a batter, when poured, immediately seeks its own level and has the consistency of thin cream. The most common examples of thin batters are popovers and griddle cakes.

A THICK BATTER, which is known as a drop, or muffin, batter, is one that is made of 2 measures of flour and 1 measure of liquid. A batter of this kind may be poured, but it will not immediately seek its own level. Muffins, gems, puddings, and cakes are made of thick batters.

A SOFT DOUGH is one whose proportions are 3 measures of flour and 1 measure of liquid. A dough of this kind will stand up alone--that is, without support at the sides--and has more of the properties of a solid than of a liquid. Baking-powder biscuits, tea rolls, and certain kinds of cake are made of this form of dough.

A STIFF DOUGH is made of 4 measures of flour and 1 measure of liquid. Such a dough will not cling to the mixing bowl, can be handled with the hands, and will not stick when rolled out on a board. Pie crust, hard cookies, and beaten biscuit are made of such dough.

- **APPLYING KNOWLEDGE OF GENERAL PROPORTIONS**

While the general proportions just mentioned remain the same in the majority of cases, they vary somewhat when ingredients other than liquid and flour are added. Shortening and eggs in particular change the quantity of liquid required, less liquid being necessary when these ingredients are used.

To get the best results from a new recipe, it is always advisable upon reading the recipe to notice the proportions that are given and then to try to judge whether they bear a close enough resemblance to the general proportions to make a successful dish.

For instance, if a griddle-cake recipe calls for 3 cupfuls of flour and 1 cupful of liquid, the cook who understands what the general proportions for such a batter ought to be would know immediately that the recipe calls for too much flour.

Likewise, she would know that a recipe for baking-powder biscuits that calls for 2 cupfuls of flour and 1 cupful of liquid would make a dough that would be too soft to handle. Besides enabling a woman to judge a recipe, a knowledge of the correct proportions for things of this kind makes it possible for her to combine the ingredients for a certain recipe without resorting to a cook book, or, in other words, to originate a recipe.

Because of the importance of such an understanding, attention should always be given to details that will assist in obtaining a thorough knowledge of this matter.

23. PREPARING THE MIXTURE

- **PRELIMINARY PREPARATION OF INGREDIENTS**

Before the mixing of the ingredients that are to be used in the batters and doughs of hot breads is begun, all that are needed for the recipe selected should be collected and properly measured. Always sift the flour that is to be used for this purpose. This is a rule that never varies with regard to flour to be used for any dough mixture or as a thickening agent.

Then, to prevent the flour from packing too solidly, measure it by dipping it into the cup with a spoon.

To obtain the proper amount, heap the cup and then level it with the edge of a knife.

Measure with a spoon whatever dry leavening agent is called for, and be sure that it does not contain any lumps. If salt, sugar, and spices are to be used, measure them carefully.

Mix the leavening agent, the salt, the sugar, and the other dry ingredients with the flour by sifting them together once or twice.

Measure the butter or other fat by packing it in the spoon and then leveling it with a knife. Be particular in measuring the liquid, using neither more nor less than is called for. Regarding this ingredient, it should always be remembered that when a cupful is required, a half-pint cup full to the brim is meant and that any fraction of a cupful should be measured with the same exactness.

- **COMBINING THE INGREDIENTS**

The manner in which a batter or a dough is mixed is very important, for much of the success of the finished product depends on the order in which the various steps are accomplished.

Two general methods of combining the ingredients for such mixtures have been devised and either of them may be followed, because they produce equally good results.

In one of these methods, the fat is worked into the dry ingredients and the liquid then added. As eggs are usually considered a liquid ingredient, they are beaten and added to the rest of the liquid before it is mixed with the dry ingredients. However, if eggs are to be used for leavening, only the yolks are added with the liquid ingredients, the whites being beaten separately and folded in last.

The other method is used only when the mixtures are to contain a small quantity of fat. In this method, all the liquid ingredients, including the eggs, are first mixed together. Then the dry ingredients are combined and sifted into the liquid. The fat is melted last and beaten into the dough mixture. If the mixture to be handled is a stiff one, the fat should be put in cold, for adding melted fat makes the dough soft and sticky and therefore difficult to handle.

24. BAKING THE MIXTURE

- **REGULATING THE OVEN**

When the ingredients have been properly combined, the mixture is ready to be baked. With the exception of waffles and griddle cakes, the baking of which is explained in connection with the recipes, all hot breads are baked in the oven; therefore, while the mixture is being prepared, the oven should be properly regulated in order that the temperature will be just right when it is time to start the baking.

Particular thought should be given to this matter, for if no attention is paid to the oven until the mixture is ready to be baked, it will be necessary to allow the mixture to stand until the heat of the oven can be regulated or to put it into the oven and run the risk of spoiling the food.

To prevent either of these conditions and to insure success, the fuel, no matter what kind is used, should be lighted before mixing is begun, so that the oven may be heating while the mixture is being prepared, unless, as is sometimes the case, there are steps in the preparation of the mixture that consume considerable time. For instance, looking over raisins and cleaning them or cracking nuts and picking the meats out of the shells should be done before the rest of the ingredients are prepared or the oven is regulated.

- **CORRECT OVEN TEMPERATURES**

Quick breads that are to be baked in the form of loaves require an oven temperature of from 350 to 400 degrees Fahrenheit. Muffins, biscuits, and the smaller varieties of these breads need a higher temperature, 425 to 450 degrees Fahrenheit being best. As they are not so large, the heat has less dough through which to penetrate, and consequently the baking can be accomplished more quickly.

- **DETERMINING AND REGULATING OVEN TEMPERATURE**

Regulating the oven and testing its temperature present very little difficulty to the housewife of experience, but they are not always easy problems for the woman who is learning to cook.

However, if the untrained and inexperienced cook will observe her oven closely and determine the results of certain temperatures, she will soon find herself becoming more successful in this matter.

To assist the housewife in this matter, as well as to help in the saving of much loss in fuel and in underdone or overdone food, many stoves are equipped with an oven thermometer, an indicator, or a thermostat. The thermometer is more likely to be reliable than the indicator, as it has a column of

mercury like that of any other thermometer and is graduated; also, a certain kind may be secured that can be used with any sort of oven.

The indicator is in the form of a dial with a hand attached to a metal spring. This spring contracts and expands with the changes in the temperature of the oven and thus causes the hand to point out the temperature. The thermostat is a device that automatically regulates the heat of the oven. On a stove equipped with a thermostat, it is simply necessary to set the device at the temperature desired. When this temperature is reached, the device keeps it stationary.

If neither an indicator nor a thermometer is available, the heat of the oven may be determined in other ways. Some housewives test the oven with the hand, and while such a test is more or less dependent on experience, those who use it find it very satisfactory.

If the hand can be held in the oven while 15 is counted slowly, the temperature is that of a moderate oven and will be right for the baking of loaves. An oven that is of the proper temperature for muffins or rolls will permit the hand to be held in it while only 10 is counted slowly.

Those who do not test with the hand find that placing a piece of white paper in the oven is an accurate way of determining its temperature. Such paper will turn a delicate brown in 5 minutes in a moderate oven, and a deeper brown in 4 minutes in a hot oven.

- **PROPER PLACING OF THE MIXTURE IN THE OVEN**

The top of the oven is hotter than the bottom. This truth and the fact that in an oven, as in any other space, air expands and rises on becoming heated, are points that have much to do with the baking of quick breads, for these are mixtures that rise after being placed in the oven.

So that they may rise properly, they should be placed on the bottom first; then, as they become heated, they will have a tendency to rise as the air does. If the food is placed near the top first, the heated air will be likely to press it down and retard its rising. As soon as the rising is completed and the food has baked sufficiently on the bottom, it should be moved up so that it will brown on the top.

- **TESTING THE BAKED MIXTURE**

Recipes for baked dishes usually state the length of time required to bake them, but such directions cannot always be depended on, because the temperature of the oven varies at different times.

The best way in which to judge whether the food has baked the necessary length of time is to apply to it one of the reliable tests that have been devised for this purpose. Probably the most satisfactory test is to insert a toothpick as deep as possible into the center of the loaf. The center, rather than some other part of the loaf, is the place where the testing should be done, because the heat penetrates a mixture from the outside and the center is therefore the last part to bake. If the toothpick comes out without particles of dough adhering, the mixture is sufficiently baked in that place and consequently throughout the loaf. In case the dough sticks to the toothpick, the baking is not completed and will have to be continued.

Since this is a test that is frequently used, a supply of toothpicks, preferably round ones, should be kept in a handy place near the stove. Another fairly accurate means of testing baked mixtures that do not form a very hard crust consists in making a dent in the center with the finger. If the dent remains, the baking must be continued, but if it springs back into place, the baking is completed.

25. SERVING HOT BREADS

Hot breads, in contrast with yeast breads, are intended to be eaten hot, and, to be most satisfactory, should be served as soon as possible after they are baked. They usually take the place of bread in the meal for which they are served, but there are various ways of using them whereby variety is given to them and to the meal.

A favorite combination with many persons is hot biscuits or muffins served with honey. If honey is not available, jam, preserves, or syrup may be substituted to advantage. A mixture made like baking-powder biscuits and baked or steamed is especially good when served with chicken or meat stew poured over it.

The same mixture sweetened and made a trifle richer may be served with fruit and cream for short cake. For afternoon tea, tiny muffins and biscuits about the size of a 50-cent piece are very attractive. Then, too, if they are split and buttered, they may be served with salad for a light luncheon.

Hot breads baked in the form of a loaf require some attention as far as preparing them for the table is concerned.

Gingerbread and corn cake are better if they are broken rather than cut while hot. In case they are preferred cut, a sharp knife should be employed, and, to obtain slices that have a good appearance, the knife should be heated and the cutting done before it cools. Usually, gingerbread is served plain, but the addition of icing improves it considerably and provides a simple cake that can be used for dessert.

26. UTILISING LEFT-OVER HOT BREADS

As a general rule, not much consideration need be given to the utilizing of left-over hot breads, for these are not often baked in large quantities and consequently are usually eaten at the meal for which they are intended. Still, if any should be left over, they should never be wasted, for there are various ways in which they may be used.

The small varieties, such as muffins, biscuits, etc., may be freshened so that they will be almost as good as when first baked by putting them into a hot oven for a few minutes. If they are quite stale, they should be dipped quickly into hot water before being placed in the oven.

The moisture on the surface is driven into the interior of the bread by the intense heat, with the result that the biscuits become moist and appear as fresh as they did formerly. If it is not desired to freshen them in this way, biscuits, muffins, and even pieces of corn bread that have become slightly stale may be made delicious by splitting them and then toasting them.

RECIPES

WHITE AND WHEAT BREAD RECIPES

Bread made from white flour, which is commonly referred to as white bread, is used to a much greater extent than any other kind, for it is the variety that most persons prefer and of which they do not tire quickly.

However, white bread should not be used to the exclusion of other breads, because they are of considerable importance economically. This kind of bread may be made by both the quick and the long processes, for the ingredients are the same, with the exception of the quantity of yeast used.

The amounts given in the following recipes are sufficient to make two large loaves or three small ones, but, of course, if more bread is desired, the quantity of each ingredient may be increased proportionately.

1. WHITE BREAD RECIPE – LONG PROCESS

Sufficient for Two Large or Three Small Loaves

Ingredients:

- 2 Tb. fat
- 2 Tb. sugar
- 1/2 cake compressed yeast, or 1 cake dried yeast
- 1 Tb. Salt
- 1 qt. lukewarm liquid
- 3 qt. flour
- 1 c. flour additional for kneading

Directions:

- Put into the mixing bowl the fat, the sugar, the salt, and the yeast that has been dissolved in a little of the lukewarm liquid.
- Add the remainder of the liquid and stir in half of the flour.
- Place this sponge where it will rise overnight and will not become chilled.
- In the morning, add the remainder of the flour, stirring it well into the risen sponge, and knead the dough thus formed.
- Allow it to rise until it has doubled in bulk and then knead it again.
- After it is properly kneaded, shape it into loaves, place them in greased pans, let them rise until they have doubled in bulk, and then bake them.
- Combining the ingredients in the manner just mentioned is following the sponge method of the long process.
- By adding all instead of half of the flour at night, the straight-dough method of this process may be followed.

2. WHITE BREAD RECIPE – QUICK PROCESS

Makes Two Large or Three Small Loaves

Ingredients:

- 2 Tb. fat
- 2 Tb. sugar
- 1 Tb. salt
- 2 cakes compressed yeast
- 1 qt. lukewarm liquid
- 3 qt. flour
- 1 c. flour additional for kneading

Directions:

- Put the fat, the sugar, and the salt into the mixing bowl, and then to them add the yeast dissolved in a few tablespoonfuls of the lukewarm liquid.
- Add the remaining liquid and stir in half or all of the flour, according to whether the process is to be completed by the sponge or the straight-dough method.
- One yeast cake may be used instead of two.
- However, if the smaller quantity of yeast is used, the process will require more time, but the results will be equally as good.
- After the dough has been allowed to rise the required number of times and has been kneaded properly for the method selected, place it in greased pans, let it rise sufficiently, and proceed with the baking

3. WHOLE-WHEAT BREAD RECIPE – QUICK PROCESS

Bread made out of whole-wheat flour has a distinctive flavor that is very agreeable to most persons. This kind of bread is not used so extensively as that made of white flour, but since it contains more mineral salts and bulk, it should have a place in the diet of every family. When made according to the following recipe, whole-wheat bread will be found to be a very desirable substitute for bread made of the finer flours.

WHOLE-WHEAT BREAD RECIPE – QUICK PROCESS

Sufficient for Two Small Loaves

Ingredients:

- 3 Tb. Fat
- 1/4 c. brown sugar
- 1 Tb. salt
- 1 cake compressed yeast
- 3 c. lukewarm liquid
- 8 c. whole-wheat flour
- 1 c. white flour for kneading

Directions:

- Place the fat, the sugar, and the salt in the mixing bowl and add the yeast cake dissolved in a little of the liquid.
- Add the remainder of the liquid, and then stir in half or all of the flour, according to whether the sponge or the straight-dough method is preferred.
- Then proceed according to the directions previously given for making bread by the quick process.
- The long process may also be followed in making whole-wheat bread, and if it is, only one-half the quantity of yeast should be used.

4. WHOLE-WHEAT FRUIT RECIPE

Makes Three Small Loaves

Ingredients:

- 1 yeast cake
- 2 c. lukewarm liquid
- 2 Tb. fat
- 1/4 c. brown sugar stoned, chopped dates
- 2 tsp. salt
- 6 c. whole-wheat flour
- 1-1/2 c. seeded raisins or stoned, chopped dates
- 1 c. white flour for kneading

Directions:

- Dissolve the yeast cake in a little of the lukewarm liquid and add it to the fat, sugar, and salt that have been put into the mixing bowl.
- Pour in the remainder of the liquid and add half or all of the flour, depending on the bread-making method that is followed.
- Stir in the fruit before all the flour is added and just before the dough is shaped into loaves.
- After it has risen sufficiently in the greased pans, proceed with the baking.

5.SWEET WHEAT BREAD RECIPE

Ingredients:

- 2 cups warm water (110 to 115oF / 43 to 46oC)
- ¼ cup brown sugar
- ¼ cup milk
- ¼ cup honey
- ¼ cup vegetable (or sunflower) oil
- 1 ½ cups whole wheat flower
- 1 ¾ cups all-purpose flour
- 1 1/3 tablespoons active dry yeast (4 teaspoons)
- 1 ½ teaspoons salt
- 1 tablespoon vegetable (or sunflower) oil

Directions:

- Lightly apply vegetable oil to a Silicone Bread Pan.
- Whisk water, brown sugar, milk, honey, and ¼ cup vegetable oil together in a bowl.
- Add whole wheat flour, all-purpose flour, yeast, and salt; stir until dough holds together.
- Turn dough onto a floured surface and knead until smooth.
- Pour 1 tablespoon vegetable oil into a bowl.
- Place dough into the bowl and turn to evenly coat with oil.
- Allow dough to rise until doubled in size, approximately 1 hour.
- Punch dough and knead 4 to 5 times.
- Divide dough in half and form each half into a Silicone Bread Pan.
- Place loaves into Silicone Bread Pan.
- Preheat oven to 350oF/175oC.
- Allow to rise until dough is about 1 inch above the pan, approximately 30 minutes.
- Bake in the preheated oven until golden brown, 20 to 25 minutes.
- Check with toothpick until clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to completely cool; slice as desired.

6. GRAHAM BREAD RECIPE

To lend variety to the family diet, frequent use should be made of graham bread, which contains even more bulk and mineral salts than whole-wheat bread. In bread of this kind, both graham and white flour are used.

Since graham flour is very heavy, it prevents the bread from rising quickly, so the bread is started with white flour. The accompanying recipe contains quantities for the short process, although it may be adapted to the long process by merely using one-half the amount of yeast.

GRAHAM BREAD

Sufficient for Two Loaves

Ingredients:

- 2 Tb. fat
- 1/4 c. brown sugar
- 2 tsp. salt
- 1 cake compressed yeast
- 2 c. lukewarm liquid
- 2 c. white flour
- 3 c. graham flour
- 1 c. white flour additional for kneading

Directions:

- Put the fat, the sugar, and the salt in the mixing bowl, and to them add the yeast that has been dissolved in a little of the liquid.
- Pour over these ingredients the remainder of the liquid and stir in the white flour.
- When the mixture is to be made stiff, add the graham flour.
- Then knead the dough, let it rise, knead again, place it in greased pans, let rise, and bake.
- A point to be remembered in the making of graham bread is that sifting removes the bran from graham flour, and if lightness is desired, the flour may be sifted and the bran then replaced.

7. GRAHAM BREAD WITH NUTS RECIPE

To increase the food value of graham bread, nuts are sometimes added. This kind of bread also provides an agreeable variety to the diet. The following recipe is intended to be carried out by the short process, so that if the long process is desired the quantity of yeast must be reduced.

GRAHAM BREAD WITH NUTS

Sufficient for Two Loaves

Ingredients:

- 1 cake compressed yeast
- 2 c. lukewarm liquid
- 1/4 c. molasses
- 2 Tb. fat
- 1 Tb. salt
- 2 c. white flour
- 4 c. graham flour
- 1-1/2 c. chopped nuts
- 1 c. white flour additional for kneading

Directions:

- Dissolve the yeast in a little of the lukewarm liquid and mix it with the molasses, fat, and salt.
- Add the remaining liquid and the white flour. Let this sponge rise until it is light.
- Then stir in the graham flour, adding the nuts while kneading.
- Let the dough rise until it doubles in bulk.
- Shape into loaves, place it in the greased pans, and let it rise until it doubles in size.
- Bake for an hour or more, according to the size of the loaves.

8. CORN BREAD RECIPE

Corn meal is sometimes combined with wheat flour to make corn bread. Such a combination decreases the cost of bread at times when corn meal is cheap. Bread of this kind is high in food value, because corn meal contains a large proportion of fat, which is more or less lacking in white flour.

The following recipe is given for the short process, but it may be used for the long process by merely decreasing the quantity of yeast.

CORN BREAD

Sufficient for Two Loaves

Ingredients:

- 1 yeast cake
- 2 c. lukewarm liquid
- 2 tsp. salt
- 1 Tb. sugar
- 2 Tb. fat
- 4-1/2 c. white flour
- 2 c. corn meal
- 1 c. white flour additional for kneading

Directions:

- Put the yeast to soak in 1/4 cupful of warm water and let it dissolve.
- Heat the liquid and cool it to lukewarm, and then add to it the salt, the sugar, the dissolved yeast, and the melted fat.
- Make a sponge with some of the flour and let it rise until it doubles in bulk.
- Then make a dough with the corn meal and the remaining flour.
- Knead the dough, let it rise again, and form it into loaves.
- Let these rise in the greased pans until they double in bulk; then bake about 45 minutes.

9. BRAN BREAD RECIPE

Bread in which bran is used is proportionately a trifle lower in food value than that in which whole wheat or white flour is used. However, it has the advantage of an additional amount of bulk in the form of bran, and because of this it is a wholesome food.

BRAN BREAD

Sufficient for Two Loaves

Ingredients:

- 2 c. milk
- 6 Tb. molasses
- 1-1/2 tsp. salt
- 1/2 yeast cake
- 1/4 c. lukewarm water
- 2 c. white flour
- 4 c. graham flour
- 1 c. sterilized bran
- 1 c. white flour additional for kneading

Directions:

- Scald the milk and to it add the molasses and salt.
- When this is lukewarm, add to it the yeast cake dissolved in the lukewarm water, as well as the white flour and 1 cupful of the graham flour.
- Cover this mixture and let it rise.
- When it has risen sufficiently, add the bran and the rest of the graham flour and knead.
- Cover this dough, and let it rise until it doubles in bulk.
- Then shape it into loaves, place it in the greased pans, let it rise again until it doubles in bulk, and bake in a hot oven.

10. RYE BREAD RECIPE

Rye bread has a typical flavor that many persons enjoy. When rye flour is used alone, it makes a moist, sticky bread; therefore, in order to produce bread of a good texture, wheat flour must be used with the rye flour.

The recipe here given is for the short process of bread making, but by reducing the quantity of yeast it may be used for the long process.

RYE BREAD

Sufficient for Three Loaves

Ingredients:

- 2 Tb. fat
- 1 Tb. salt
- 2 Tb. sugar
- 1 cake compressed yeast
- 3 c. lukewarm liquid
- 6 c. rye flour
- 4 c. white flour
- 1 c. white flour additional for kneading

Directions:

- Into the mixing bowl, put the fat, the salt, the sugar, and the yeast that has been dissolved in a small quantity of the lukewarm liquid.
- Then stir in the flour, one-half or all of it, according to whether the sponge or the straight-dough method is followed.
- When the dough is formed, allow it to rise until it doubles in bulk; then knead it and shape it into loaves for the greased pans.
- When these have risen until they are double in size and therefore ready for the oven, glaze the surface of each by brushing it with the white of egg and water and put them in the oven to bake.
- If desired, caraway seed may be added to the dough when it is formed into loaves or simply sprinkled on the top of each loaf.
- To many persons the caraway seed imparts a flavor to the bread that is very satisfactory.

RECIPES FOR ROLLS, BUNS, AND BISCUITS

While the preceding recipes call for bread in the form of loaves, it should be understood that bread may be made up in other forms, such as rolls, buns, and biscuits.

These forms of bread may be made from any of the bread recipes by adding to the mixture shortening, sugar, eggs, fruit, nuts, spices, flavoring, or anything else desirable. Since these things in any quantity retard the rising of the sponge or dough, they should be added after it has risen at least once.

Rolls, buns, and biscuits may be made in various shapes. To shape them, the dough may be rolled thin and then cut with cutters, or the pieces used for them may be pinched or cut from the dough and shaped with the hands. After they are shaped, they should be allowed to rise until they double in bulk.

To give them a glazed appearance, the surface of each may be brushed before baking with milk, with white of egg and water, or with sugar and water. Butter is also desirable for this purpose, as it produces a crust that is tenderer and less likely to be tough.

Rolls, buns, or biscuits may be baked in an oven that has a higher temperature than that required for bread in the form of loaves, and only 15 to 20 minutes is needed for baking them.

If such forms of bread are desired with a crust covering the entire surface, they must be placed far enough apart so that the edges will not touch when they are baking.

So that experience may be had in the preparation of rolls, buns, and biscuits there are given here several recipes that can be worked out to advantage, especially after proficiency in bread making has been attained.

11. PARKER HOUSE ROLLS

Of the various kinds of rolls, perhaps none meets with greater favor than the so-called Parker House rolls. Such rolls may be used in almost any kind of meal, and since they are brushed with butter before they are baked, they may be served without butter, if desired, in a meal that includes gravy or fat meat.

PARKER HOUSE ROLLS

Sufficient for 3 Dozen Rolls

Ingredients:

- 1 cake compressed yeast
- 1 pt. lukewarm milk
- 4 Tb. fat
- 2 Tb. sugar
- 1 tsp. salt
- 3 pt. white flour
- 1 c. white flour additional for kneading

Directions:

- Dissolve the yeast in some of the lukewarm milk.
- Pour the remainder of the warm milk over the fat, sugar, salt, and dissolved yeast, all of which should first be put in a mixing bowl.
- Stir into these ingredients half of the flour, and beat until smooth.
- Cover this sponge and let it rise until it is light.
- Add the remainder of the flour, and knead until the dough is smooth and does not stick to the board.
- Place the dough in a greased bowl, and let it rise again until it doubles in bulk. Roll the dough on a molding board until it is about 1/4 inch thick.
- Then cut the rolled dough with a round cutter; brush each piece with soft butter; mark it through the center, with the dull edge of a kitchen knife; and fold it over.
- Place the pieces of dough thus prepared in shallow pans, about 1 inch apart, and let them rise until they are light.
- Then bake them in a hot oven for about 15 minutes.

12. DINNER ROLLS

As their name implies, dinner rolls are an especially desirable kind of roll to serve with a dinner. They should be made small enough to be dainty, and as an even, brown crust all over the rolls is desirable they should be placed far enough apart in the pans to prevent them from touching one another. If they are placed close together, only part of the crust will be brown. When made according to the accompanying recipe, dinner rolls are very palatable.

DINNER ROLLS

Sufficient for 1-1/2 Dozen Rolls

Ingredients:

- 1 cake compressed yeast
- 1 c. lukewarm milk
- 2 Tb. sugar
- 2 Tb. fat
- 1 tsp. salt
- 3 c. white flour
- 1 egg white
- 1/2 c. white flour additional for kneading

Directions:

- Dissolve the yeast in some of the lukewarm milk.
- Put the sugar, fat, salt, and dissolved yeast in the mixing bowl, and pour the remainder of the milk over these ingredients.
- Stir half of the flour into this mixture and allow the sponge to rise.
- When it is light, add the egg white, which should first be beaten, and the remainder of the flour, and then knead the dough.
- Let the dough rise until it doubles in bulk.
- Roll out the dough until it is 1/2 inch thick, and then cut out the rolls with a small round cutter.
- Place these in a shallow pan and let them rise until they are light.
- Then glaze each one with the white of egg to which is added a little water and bake them in a hot oven for about 15 minutes.

13. LUNCHEON ROLLS

If rolls smaller than dinner rolls are desired, luncheon rolls will undoubtedly be just what is wanted. Since these are very small, they become thoroughly baked and are therefore likely to be even more digestible than bread or biscuit dough baked in a loaf. For rolls of this kind, the following recipe will prove satisfactory:

LUNCHEON ROLLS

Sufficient for 2 Dozen Rolls

Ingredients:

- 1 cake compressed yeast
- 1-1/4 c. lukewarm milk
- 2 Tb. sugar
- 2 Tb. fat
- 1 tsp. salt
- 4 c. white flour
- 1 egg white
- 1/2 c. white flour additional for kneading

Directions:

- Combine the ingredients in the manner directed for making dinner rolls.
- Shape the dough into biscuits the size of a small walnut, place them in a shallow pan, spacing them a short distance apart, and let them rise until they are light.
- Next, brush the tops of them with melted butter, and then bake them in a hot oven for about 15 minutes.

14. WHOLE-WHEAT ROLLS

Rolls made of whole-wheat flour are not as common as those made of white flour, and for this reason they appeal to the appetite more than ordinary rolls. Whole- wheat rolls have the same advantage as bread made of whole-wheat flour, and if they are well baked they have a crust that adds to their palatableness.

WHOLE-WHEAT ROLLS

Sufficient for 3 Dozen Rolls

Ingredients:

- 1 pt. lukewarm milk
- 1 cake compressed yeast
- 1 tsp. salt
- 3 Tb. sugar
- 4 Tb. fat
- 2 c. white flour
- 4 c. whole-wheat flour
- 1/2 c. white flour additional for kneading

Directions:

- Set a sponge with the lukewarm milk, in which are put the yeast cake, salt, sugar, fat, and white flour.
- Allow this to become very light, and then add the whole-wheat flour.
- Knead this dough and allow it to double in bulk.
- Then shape it into rolls, allow them to rise, and bake for 15 to 20 minutes.

15. GRAHAM NUT BUNS

Buns made of graham flour and containing nuts are not only especially delightful in flavour, but highly nutritious. Because they are high in food value, they may be served with a light meal, such as lunch or supper, to add nutrition to it. The recipe here given will result in excellent buns if it is followed closely.

GRAHAM NUT BUNS

Sufficient for 3 Dozen Buns

Ingredients:

- 1 cake compressed yeast
- 2 c. lukewarm milk
- 4 Tb. brown sugar
- 2 tsp. salt
- 2 Tb. fat
- 2-1/2 c. white flour
- 1 egg
- 1 c. chopped nuts
- 3-1/2 c. graham flour
- 1 c. white flour additional for kneading

Directions:

- Dissolve the yeast in a little of the lukewarm milk.
- Place the sugar, salt, fat, and dissolved yeast in the mixing bowl and add the remainder of the warm milk.
- Stir in the white flour and let the sponge thus formed rise.
- Then add the egg, which should first be beaten, the nuts, and the graham flour.
- Knead the dough and shape it into buns.
- Let these rise and then bake them in a hot oven for about 15 minutes.

16. NUT OR FRUIT BUNS

Nuts or fruit added to buns made of white flour provide more mineral salts and bulk, substances in which white flour is lacking. Buns containing either of these ingredients, therefore, are especially valuable in the diet. Besides increasing the food value of the buns, nuts and fruit improve the flavor and make a very palatable form of bun. Buns of this kind are made as follows:

NUT OR FRUIT BUNS

Sufficient for 2 Dozen Buns

Ingredients:

- 4 Tb. sugar
- 1 Tb. fat
- 1 tsp. salt
- 1 cake compressed yeast
- 1 c. lukewarm milk
- 3 c. white flour
- 3/4 c. chopped nuts or raisins
- 1 c. white flour additional for kneading

Directions:

- Add the sugar, fat, and salt to the yeast dissolved in a little of the milk.
- Then stir in the remainder of the milk and half of the flour.
- Allow this sponge to rise until it is very light, and then add the remainder of the flour and the nuts or the raisins.
- Knead at once and form into buns.
- Let these rise until they are light.
- Then moisten them with milk and sprinkle sugar over them before placing them in the oven.
- Bake for about 15 minutes.

17. SWEET BUNS

Persons who prefer a sweet bun will find buns and made according to the following recipe very much to their taste. The sweetening, eggs, and lemon extract used in this recipe give to the white buns a delightful flavor and help to lend variety to the usual kind of bun.

SWEET BUNS

Sufficient for 1-1/3 Dozen Buns

Ingredients:

- 1 cake compressed yeast
- 1 c. lukewarm scalded milk
- 1/4 c. sugar
- 2 Tb. fat 1 tsp.
- 1 tsp. salt
- 3-1/2 c. white flour
- 2 eggs
- 1 tsp. lemon extract
- 1 c. white flour additional for kneading

Directions:

- Dissolve the yeast in a small amount of the lukewarm milk and add it to the sugar, fat, salt, and remaining milk in the mixing bowl.
- Stir into this mixture half of the flour, beat well, and let the sponge rise until it is light.
- Add the eggs, which should first be beaten, the lemon extract, and the remaining flour.
- Knead until the dough is smooth.
- Let the dough rise again and then shape it into rolls.
- Allow these to rise, and then bake them in a hot oven for about 15 minutes.

18. BAKING-POWDER BISCUITS

The ability of the housewife as a cook is very often judged by the biscuits she makes; but they are really very simple to make, and if recipes are followed carefully and measurements are made accurately, only a little experience is required to produce excellent ones.

The principal requirement in making baking-powder biscuits is that all the ingredients be kept as cold as possible during the mixing. Tiny, thin biscuits may be split, buttered, and served with tea, while larger ones may be served with breakfast or luncheon.

In order to utilize left-over biscuits of this kind, they may be split and toasted or dipped quickly into boiling water and heated in a quick oven until the surface is dry.

BAKING-POWDER BISCUITS

Sufficient to serve six

Ingredients:

- 2 c. flour
- 1 tsp. salt
- 4 tsp. baking powder
- 2 Tb. fat
- 3/4 c. milk

Directions:

- Mix and sift the flour, salt, and baking powder.
- Chop the fat into the dry ingredients until it is in pieces about the size of small peas.
- Pour the milk into the dry ingredients, and mix them just enough to take up the liquid.
- Make the mixture as moist as possible, and still have it in good condition to handle.
- Then sprinkle flour on a molding board, and lift the dough from the mixing bowl to the board.
- Sprinkle flour thinly over the top and pat out the dough until it is about 1 inch thick.
- Cut the dough with a biscuit cutter, and place the biscuits thus cut out on baking sheets or in shallow pans.
- If a crusty surface is desired, place the biscuits in the pan so that they are about an inch apart; but if thick, soft biscuits are preferred, place them so that the edges touch.
- Bake 18 to 20 minutes in a hot oven.

19. EMERGENCY BISCUITS

Emergency biscuits resemble very closely baking-powder biscuits, and so they should, because the recipe given for baking-powder biscuits may be used for emergency biscuits by merely adding more milk--just enough to make the dough a trifle too moist to handle with the hands.

Directions:

- When the dough is of this consistency, drop it by spoonfuls in shallow pans or on baking sheets.
- Then bake the biscuits in a hot oven for 18 to 20 minutes.

20. PINWHEEL BISCUITS

To create variety, a baking-powder biscuit mixture may be made into pinwheel biscuits, a kind of hot bread that is always pleasing to children. Such biscuits differ from cinnamon rolls only in the leavening agent used, cinnamon rolls being made with yeast and pinwheel biscuits with baking powder.

PINWHEEL BISCUITS

Sufficient to serve six

Ingredients:

- 2 c. flour
- 1 tsp. salt
- 4 tsp. baking powder
- 2 Tb. fat f
- 3/4 c. milk
- 2 Tb. butter
- 1/3 c. sugar
- 1 Tb. cinnamon
- 3/4 c. chopped raisins

Directions:

- To make the dough, combine the ingredients in the same way as for baking-powder biscuits.
- Roll it on a well-floured board until it is about 1/4 inch thick and twice as long as it is wide.
- Spread the surface with the 2 tablespoonfuls of butter.
- Mix the sugar and cinnamon and sprinkle them evenly over the buttered surface, and on top of this sprinkle the chopped raisins.
- Start with one of the long edges and roll the dough carefully toward the opposite long edge.
- Then cut the roll into slices 1 inch thick.
- Place these slices in a shallow pan with the cut edges down and the sides touching.
- Bake in a hot oven for about 20 minutes.

21. BEATEN BISCUITS

Such biscuits are used very extensively in the South; in fact, they are usually considered typical of the South. Formerly, all the lightness of beaten biscuits was produced by beating, but as the mixture is made today it may be run through a food chopper a few times before it is beaten.

If this is done, the labor of beating is lessened considerably, beating for 15 to 20 minutes being sufficient. When the beating is finished, the texture of the dough should be fine and close and the surface should be smooth and flat.

BEATEN BISCUITS

Sufficient to Serve Twelve

Instructions:

- 1 qt. pastry flour
- 1 tsp. salt
- 1/3 c. fat
- 1 c. milk or water

Directions:

- Sift the flour and salt and chop in the fat.
- Moisten with the milk or water and form into a mass.
- Toss this on a floured board, and beat it with a rolling pin for 30 minutes, folding the dough over every few seconds.
- Roll the dough 1/3 inch in thickness, form the biscuits by cutting them out with a small round cutter, and prick each one several times with a fork.
- Place the biscuits on baking sheets or in shallow pans, and bake them in a moderate oven for 20 to 30 minutes.

22. POPOVERS

A delightful change from the puffs, muffins, and biscuits that are usually served for breakfast or luncheon is afforded by means of popovers. Popovers are not difficult to make. For them is required a thin batter in equal proportions of liquid and flour.

In giving the method for mixing popovers, some of the older cook books recommend beating for 5 minutes just before they are baked, because the lightness was formerly supposed to be due to the air that is incorporated by this beating.

It is possible, however, to make very light popovers with only enough beating to mix the ingredients thoroughly, and it is now known that the rising is due to the expansion of water into steam in the mixture. This knowledge is useful in that it saves time and energy.

POPOVERS

Sufficient to serve six

Ingredients:

- 1 c. flour
- 1/4 tsp. salt
- 1 c. milk
- 1 egg

Directions:

- Mix the flour, salt, and milk in a bowl, and then drop in the unbeaten egg.
- Beat all with a rotary egg beater until the mixture is perfectly smooth and free from lumps.
- Grease and warm gem irons or popover cups.
- Then fill them about two-thirds full of the popover batter.
- Bake in a moderate oven for about 45 minutes or until the popovers can be lifted from the cups and do not shrink when removed from the oven.

Popovers made according to the preceding recipe are particularly good if fruit is added to them. To add the fruit, cut a slit in the side of the popovers as soon as they are removed from the oven and insert a few spoonfuls of apple sauce, marmalade, preserves, jelly, or canned fruit.

These may be served either warm or cold as a breakfast dish, or they may be sprinkled with powdered sugar and served with cream for a dessert or a luncheon dish.

23. NUT PUFFS

An example of a thin batter not in equal proportions of liquid and flour is afforded by nut puffs. In hot breads of this kind, aeration is used as the leavening agent. In order to assist with the incorporation of air, the egg yolk is well beaten before it is added; but the greater part of the lightness that is produced is due to the egg white, which is beaten and folded in last. The addition of nuts to a batter of this kind considerably increases its food value.

NUT PUFFS

Sufficient to serve six

Ingredients:

- 1-1/2 c. flour
- 2 Tb. sugar
- 1 tsp. salt
- 1 c. milk
- 1 egg
- 1 Tb. fat
- 1/4 c. chopped nuts

Directions:

- Sift the flour, sugar, and salt together, and add the milk and beaten egg yolk.
- Melt the fat and add it and the chopped nuts.
- Beat the egg white stiff and fold it into the mixture carefully.
- Fill hot, well- greased gem irons level full of the batter, and bake in a hot oven about 20 minutes.

24. WHOLE-WHEAT PUFFS

Puffs in which use is made of whole-wheat flour instead of white flour are also an example of a thin batter that is made light by aeration. If desired, graham flour may be substituted for the whole-wheat flour, but if it is a coarser bread will be the result.

This coarseness, however, does not refer to the texture of the bread, but is due to the quantity of bran in graham flour. Whole-wheat puffs are attractive, and besides they possess the valuable food substances contained in whole-wheat flour, eggs, and milk.

WHOLE-WHEAT PUFFS

Sufficient to serve six

Ingredients:

- 1-1/2 c. whole-wheat flour
- 2 Tb. sugar
- 1 tsp. salt
- 1 c. milk
- 1 egg
- 1 Tb. fat

Directions:

- Sift the flour, sugar, and salt together and add the milk and the egg yolk, which should be well beaten. Melt the fat and stir it into the batter.
- Beat the egg white stiff, and fold it in carefully.
- Heat well-greased gem irons, fill them level full with the mixture, and bake in a hot oven for about 20 minutes.

GRIDDLE-CAKE RECIPES

- **PROCEDURE IN BAKING GRIDDLE CAKES**

During the preparation of the batter for griddle cakes, have the griddle heating, so that it will be sufficiently hot when the cakes are ready to be baked. Each time, before the baking is begun, grease the griddle, provided it is the kind that requires greasing, by rubbing over it a rind of salt pork or a small cloth pad that has been dipped into a dish of grease.

In greasing the griddle, see that there is no excess of grease, as this burns and produces smoke. When the griddle has become hot enough for the batter to sizzle when it is put on, the baking may be started.

Pour the batter on the griddle from the tip of a large spoon, so that the cakes will form as nearly round as possible. When the top surface is full of bubbles, turn the cakes with a spatula or a pancake turner, and allow them to brown on the other side.

By the time the cakes are sufficiently browned on both sides, they should be cooked through and ready to serve. If they brown before they have had time to cook through, the griddle is too hot and should be cooled by moving it to a cooler part of the stove or by reducing the heat.

A very important point to remember in the baking of griddle cakes is that they should not be turned twice, as this has a tendency to make them heavy.

25. GRIDDLE CAKES

As is generally known, griddle cakes are thin batters that are made light with a chemical leavening agent. Eggs are often used in such batters, but it is possible to make very excellent griddle cakes without the use of any eggs. It should also be remembered that the use of too much egg is more certain to make the cakes tough and less palatable than if none is used.

The kind of flour used for griddle cakes has much to do with the consistency of the batter used for them. If, when the first cakes are placed upon the griddle, the batter seems to be either too thick or too thin, liquid or flour may be added to dilute or thicken the batter until it is of the right consistency. For instance, if bread flour is used, more liquid may be needed, and if pastry flour is used, more flour may be required.

GRIDDLE CAKES

Sufficient to serve six

Ingredients:

- 3 c. flour
- 5 tsp. baking powder
- 1 tsp. salt
- 1/4 c. sugar
- 1 egg
- 2-1/4 c. milk
- 2 Tb. melted fat

Directions:

- Mix and sift the flour, baking powder, salt, and sugar.
- Beat the egg, add to it the milk, and pour this liquid slowly into the dry ingredients.
- Beat the mixture thoroughly and then add the melted fat.
- Bake the cakes on a hot griddle as soon as possible after the batter is mixed.

26. SOUR-MILK GRIDDLE CAKES

Very delicious griddle cakes may be made by using sour milk and soda for the liquid and leavening instead of sweet milk and baking powder. Besides being particularly appetizing, such cakes serve to use up left-over milk that may have soured. There is very little difference between the ingredients for this recipe and one calling for sweet milk, except that sour milk, which is a trifle thicker in consistency than sweet milk, requires less flour to thicken the mixture.

SOUR-MILK GRIDDLE CAKES

Sufficient to serve six

Ingredients:

- 2-1/2 c. flour
- 1/2 tsp. salt
- 2 Tb. sugar
- 1 tsp. soda
- 2 c. sour milk (not thick)
- 1 egg

Directions:

- Mix and sift the flour, salt, sugar, and soda.
- Add to these the sour milk and the egg well beaten.
- If the milk is thick, the quantity should be increased accordingly.
- Beat the mixture thoroughly and bake at once on a hot griddle.

27. CORN GRIDDLE CAKES

The addition of corn meal to a griddle-cake mixture adds variety and food value and produces an agreeable flavor. Where corn meal is cheap, it is an economical ingredient to use in griddle cakes and other hot breads.

CORN GRIDDLE CAKES

Sufficient to serve six

Ingredients:

- 1/2 c. corn meal
- 1-1/2 c. boiling water
- 2 c. milk
- 2 c. flour
- 5 tsp. baking powder
- 1-1/2 tsp. salt
- 1/4 c. sugar
- 1 egg
- 2 Tb. melted fat

Directions:

- Add the corn meal to the boiling water, boil 5 minutes, and turn into a bowl.
- Then add the milk.
- Next, mix and sift the flour, baking powder, salt, and sugar, and stir them into the first mixture.
- Beat the egg and add to the whole.
- Finally, stir in the melted fat.
- Bake on a hot griddle.

28. RICE GRIDDLE CAKES

If a change in the ordinary griddle cakes that are used for breakfast is desired, rice griddle cakes should be tried. Besides lending variety, the addition of rice to a griddle- cake mixture helps to use up any left-over rice that may have been cooked for another purpose.

Steamed or boiled rice used for this purpose should be broken up with a fork before it is mixed in the batter, so that the grains of rice will not stick together in chunks.

RICE GRIDDLE CAKES

Sufficient to serve six

Ingredients:

- 2-1/2 c. flour
- 5 tsp. baking powder
- 1/4 c. sugar
- 1/2 tsp. salt
- 1/2 c. cold cooked rice
- 1 egg
- 1-1/2 c. milk
- 2 Tb. melted fat

Directions:

- Mix and sift the flour, baking powder, sugar, and salt.
- Work the rice into the dry ingredients.
- Add the egg, well beaten, the milk, and the melted fat.
- Bake on a hot griddle.

MUFFIN RECIPES

Muffins are examples of thick batters with variations. This form of hot bread may be baked in a pan or in individual metal tins or silicone pans.

Just as other forms of hot breads assist the housewife in making changes or additions to meals, so do muffins, as they are usually relished by nearly every one.

29. PLAIN MUFFINS

Perhaps the simplest form of muffin is the plain, or one-egg, muffin and made according to the accompanying recipe. To a plain-muffin recipe, however, may be added any kind of fruit, nuts, or other ingredients to give variety of flavor.

Likewise, it may be made richer and sweeter and then steamed or baked to be served with a sauce for dessert. If it is made still richer and sweeter, the result is a simple cake mixture. Any given muffin recipe in which sweet milk is used may be made with sour milk by using soda instead of baking powder.

PLAIN MUFFINS

Sufficient to serve six

Ingredients:

- 2 c. flour
- 2 Tb. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. milk
- 1 egg
- 2 Tb. melted fat

Directions:

- Mix and sift the flour, sugar, salt, and baking powder, and to these add the milk and beaten egg.
- Then stir in the melted fat.
- Fill well-greased muffin pans about two-thirds full of the mixture and bake in a hot oven for about 20 minutes.

30. BLUEBERRY MUFFINS

Muffins containing blueberries can be made successfully only in blueberry season, but other fruit, as, for example, dates, may be used in place of the blueberries. Cranberries are often used in muffins, but to many persons they are not agreeable because of the excessive amount of acid they contain.

BLUEBERRY MUFFINS

Sufficient to serve six

Ingredients:

- 3 Tb. fat
- 1/3 c. sugar
- 1 egg
- 1 c. milk
- 2-1/4 c. flour
- 1/2 tsp. salt
- 4 tsp. baking powder
- 1 c. fresh blueberries

Directions:

- Cream the fat, and add the sugar gradually.
- Then stir in the beaten egg and milk.
- Reserve 1/4 cupful of flour, and mix the remainder with the salt and the baking powder.
- Stir the dry ingredients into the first mixture.
- Next, mix the 1/4 cupful of flour with the berries and fold them into the batter.
- Fill well- greased muffin pans about two-thirds full of the batter, and bake in a hot oven for about 20 minutes.

31. DATE MUFFINS

The recipe given for blueberry muffins may be used for date muffins by substituting dates for blueberries.

Directions:

- To prepare the dates, wash them in warm water, rinse them in cold water, and then dry them between towels.
- Cut them lengthwise along the seed with a sharp knife, remove the seed, and then cut each date into three or four pieces.

32. CORN-MEAL MUFFINS

To many persons, corn-meal muffins are more agreeable than plain white-flour muffins. Corn meal gives to muffins an attractive flavor and appearance and increases their food value slightly; but perhaps its chief value lies in the variety that results from its use.

CORN-MEAL MUFFINS

Sufficient to serve six

Ingredients:

- 1/2 c. corn meal
- 1 c. flour
- 3 tsp. baking powder
- 2 Tb. sugar
- 1/2 tsp. salt
- 3/4 c. milk
- 1 egg
- 2 Tb. melted fat

Directions:

- Mix and sift the corn meal, flour, baking powder, sugar, and salt.
- Add to these the milk and the well- beaten egg, and stir in the melted fat.
- Fill well-greased muffin pans two-thirds full, and bake in a hot oven for about 20 minutes.

33. GRAHAM MUFFINS

A pleasing variety in the way of muffins is produced by using part graham flour, but whole-wheat flour may be substituted for the graham flour in case it is preferred. Sour milk is used in the recipe here given, but if there is no sour milk in supply, sweet milk and baking powder may be used instead, with merely the correct proportion of soda for the molasses.

If the taste of molasses is undesirable, liquid, which may be either sweet or sour milk, may be substituted for it. It is an excellent plan to be able to substitute one thing for another in recipes of this kind, and this may be done if the materials are used in correct proportion.

GRAHAM MUFFINS

Sufficient to serve six

Ingredients:

- 1-1/4 c. graham flour
- 1 c. white flour
- 3/4 tsp. soda
- 1 tsp. salt
- 1 c. sour milk
- 1/3 c. molasses
- 1 egg
- 2 Tb. melted fat

Directions:

- Mix and sift the graham and the white flour, the soda, and the salt.
- Put the bran that sifts out back into the mixture.
- Add the milk, molasses, and well-beaten egg to the dry ingredients, and then stir in the melted fat.
- Fill well-greased muffin pans two-thirds full and bake in a moderate oven for about 20 minutes.

34. RICE MUFFINS

Rice may be combined with white flour in the making of muffins if variety is desired. As rice used for this purpose is added hot, it may be cooked either purposely for the muffins or for something else and only part used for the muffins. Cereals other than rice may be used in exactly the same quantity and in the same way in making muffins.

RICE MUFFINS

Sufficient to serve six

Ingredients:

- 2-1/4 c. flour
- 5 tsp. baking powder
- 2 Tb. sugar
- 1/2 tsp. salt
- 1-1/4 c. milk
- 1 egg
- 3/4 c. hot, cooked rice
- 2 Tb. melted fat

Directions:

- Mix and sift the flour, baking powder, sugar, and salt, and to these add half of the milk and the egg, well beaten.
- Mix the remaining half of the milk with the rice and add it to the mixture.
- Stir in the melted fat last.
- Fill well-greased muffin pans two-thirds full, and bake in a hot oven for about 20 minutes.

35. BRAN MUFFINS

The particular value of bran muffins lies in the laxative quality that they introduce into the diet. In addition, they will be found to be very tasty and superior to many other kinds of muffins. Bran for such purposes as this may be bought in packages, in the same way as many cereals.

BRAN MUFFINS

Sufficient to serve six

Ingredients:

- 1-1/2 c. white flour
- 1/2 tsp. soda
- 1/2 tsp. baking powder
- 1 tsp. salt
- 2 c. bran
- 1-1/4 c. milk
- 1/2 c. molasses
- 1 egg

Directions:

- Mix and sift the flour, soda, baking powder, and salt.
- Then add the bran, the milk, the molasses, and the well-beaten egg.
- Fill well-greased muffin pans about two-thirds full, and bake in a moderate oven for about 25 minutes.

WAFFLE RECIPES

- **PROCEDURE IN BAKING WAFFLES**

The procedure in making waffles is very similar to that in making griddle cakes. While the waffle mixture is being prepared, heat the waffle iron. Then grease it thoroughly on both sides with a rind of salt pork or a cloth pad dipped in fat, being careful that there is no excess fat, as it will run out when the iron is turned over.

With the iron properly greased and sufficiently hot, place several spoonfuls of the batter in the center and close the iron. By so doing, the batter will be pressed out to cover the entire surface.

In pouring the batter, do not cover the entire surface of the iron with batter nor place any near the outside edge, for it is liable to run out when the iron is closed. In case this happens, be sure to put in less batter the next time.

Allow the waffle to brown on the side near the fire and then turn the iron, so as to brown the other side. When the waffle is sufficiently brown, remove it; then grease the iron and repeat the process.

36. WAFFLES

The form of hot bread known as waffles, offers the housewife an excellent opportunity to add variety to meals. Practically no one dislikes waffles, and they are especially appetizing when sprinkled with powdered sugar or served with syrup. They are often served with chicken or other gravy.

WAFFLES

Sufficient to serve six

Ingredients:

- 2 c. flour
- 3 tsp. baking powder
- 1/2 tsp. salt
- 2 eggs
- 1-2/3 c. milk
- 2 Tb. melted fat

Directions:

- Sift the flour, baking powder, and salt together.
- Beat the yolks and whites of the eggs separately.
- Add the beaten yolks and the milk to the dry ingredients and then stir in the melted fat.
- Beat the egg whites stiff and fold them into the batter.

37. RICE WAFFLES

Rice waffles offer an excellent means of utilizing left-over rice. Such waffles are prepared in about the same way as the waffles just mentioned. In working the cooked rice into the dry ingredients, use should be made of a light motion that will not crush the grains, but will separate them from one another. Left-over cereals other than rice may also be used in this way.

RICE WAFFLES

Sufficient to serve six

Ingredients:

- 1-3/4 c. flour
- 2 Tb. sugar
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2/3 c. cooked rice
- 1-1/2 c. milk
- 1 egg
- 1 Tb. melted fat

Directions:

- Mix and sift the flour, sugar, baking powder, and salt, and then work the rice into the dry ingredients.
- Add the milk and the well-beaten yolk of egg.
- Stir in the melted fat.
- Beat the egg white stiff, and fold it into the batter.
- Bake as previously directed.

38. CORN CAKE

Corn cakes were among the first breads made of cereal foods in America, being at first often made of only corn meal, water, and salt. These cakes of corn meal were prepared and carried on long journeys made by people when there were no means of rapid transportation. The cakes did not spoil, were not bulky, and contained a great deal of nutriment, so they made a convenient kind of food for such purposes and were called journey cakes.

From this term came the name Johnny cake, which is often applied to cake of this kind. The combining of flour, eggs, shortening, and sugar makes a cake that does not resemble the original very much, but in many localities such cake is still called Johnny cake.

The proportion of corn meal to flour that is used determines to a large extent the consistency of the cake; the greater the quantity of corn meal, the more the cake will crumble and break into pieces. The addition of white flour makes the particles of corn meal adhere, so that most persons consider that white flour improves the consistency.

CORN CAKE

Sufficient for One Medium-Sized Loaf

Ingredients:

- 3/4 c. yellow corn meal
- 1-1/4 c. flour
- 1/4 c. sugar
- 3/4 tsp. salt
- 4 tsp. baking powder
- 1 c. milk
- 1 egg
- 2 Tb. melted fat

Directions:

- Mix and sift the corn meal, flour, sugar, salt, and baking powder.
- Add the milk and well-beaten egg, and then stir in the melted fat.
- Pour into a well-greased loaf pan and bake in a hot oven for about 30 minutes.

39. SOUTHERN CORN CAKE

In the preceding recipe for corn cake, more flour than corn meal is used, but many persons prefer cake of this kind made with more corn meal than flour.

Southern corn cake, which contains more corn meal and less white flour, proves very satisfactory to such persons.

Therefore, which of these recipes should be used depends on the taste of those who are to eat the cake.

SOUTHERN CORN CAKE

Sufficient for One Medium-Sized Loaf

Ingredients:

- 1 c. corn meal
- 1/2 c. flour
- 3 tsp. baking powder
- 3/4 tsp. salt
- 1/4 c. sugar
- 3/4 c. milk
- 1 egg
- 2 Tb. melted fat

Directions:

- Mix and sift together the corn meal, flour, baking powder, salt, and sugar.
- Add to them the milk and well-beaten egg, and stir in the melted fat.
- Pour into a well-greased loaf pan, and bake in a moderate oven for about 30 minutes.

40. MOLASSES CORN CAKE

Molasses corn cake, just as its name indicates, is corn cake containing molasses. To those who find the taste of molasses agreeable, this recipe will appeal.

Others not so fond of molasses will, without doubt, prefer the plain corn cake. Besides adding flavor, the molasses in this recipe adds food value to the product.

MOLASSES CORN CAKE

Sufficient for One Medium-Sized Loaf

Ingredients:

- 1 c. corn meal
- 3/4 c. flour
- 3-1/2 tsp. baking powder
- 1 tsp. salt
- 3/4 c. milk
- 1/4 c. molasses
- 1 egg
- 2 Tb. melted fat

Directions:

- Mix and sift the corn meal, flour, baking powder, and salt.
- Add the milk, molasses, and well-beaten egg and stir in the melted fat.
- Pour into a well-greased loaf pan, and bake in a moderate oven for about 30 minutes.

41. EVERYDAY HOMEMADE BREAD RECIPE

Makes approximately 6 loaves:

Ingredients:

- 1/2 cup warm water
- 3 (.25 ounce) packages active dry yeast
- 1/4 cup bread flour
- 1 tablespoon white sugar
- 2 cups quick cooking oats
- 2 cups whole wheat flour
- 4 1/2 cups warm water
- 1 1/2 tablespoons salt
- 2/3 cup brown sugar
- 2/3 cup vegetable oil
- 10 cups bread flour

Directions:

- In the mixing bowl of an electric mixer, stir together ½ cup warm water, 1 tablespoon sugar, ¼ cup bread flour, and yeast.
- Let grow for about 5 minutes; it will bubble almost immediately.
- Measure oats, 4 ½ cups warm water, whole wheat flour, salt, 2/3 cup sugar, and 2/3 cup oil into the mixing bowl.
- Mix on low speed with a dough hook for 1 to 2 minutes.
- Increase speed slightly, and begin adding bread flour 1/2 to 1 cup at a time until dough pulls away from sides of bowl.
- Humidity determines how much flour you need before the bread pulls away from the edge of the bowl. It is normal for the dough to be sticky.
- Place dough in an oiled bowl, and turn to coat the surface.
- Cover with a damp cloth. Let rise in a warm spot for 1 hour, or until doubled in size.
- Lightly apply vegetable oil to Silicone Bread Pan.
- Divide dough into 6 pieces. Shape loaves, and place in Silicone Bread Pan.
- Let rise until dough is 1 inch above rim of pans, usually 1 hour.
- Preheat oven to 350oF / 175oC.

- Bake at 350oF / 175oC for 35 minutes, OR until tops are browned OR until toothpick inserted into the middle comes out clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to cool completely, then slice as desired.

42. SOFT GINGERBREAD RECIPE

As a hot bread for breakfast, soft gingerbread is very satisfactory, and with or without icing it may be served as cake with fruit for luncheon.

Sweet milk and baking powder are generally used in gingerbread, but sour milk may be substituted for sweet milk and soda in the proper proportion may be used in place of baking powder.

If not too much spice is used in a bread of this kind, it is better for children than rich cake, and, as a rule, they are very fond of it.

SOFT GINGERBREAD

Sufficient for One Medium-Sized Loaf

Ingredients:

- 2 c. flour
- 2 tsp. baking powder
- 1/2 tsp. soda
- 1/4 c. sugar
- 1/2 tsp. salt
- 2 tsp. ginger
- 1 tsp. cinnamon
- 1 egg
- 1/2 c. milk
- 1/2 c. molasses
- 1/4 c. butter or other fat

Directions:

- Mix the flour, baking powder, soda, sugar, salt, and spices.
- Beat the egg, add the milk and molasses to it, and stir these into the first mixture.
- Melt the fat and stir it into the batter.
- Pour the batter into a well- greased loaf pan, and bake in a moderate oven for about 35 minutes.
- If preferred, the mixture may be poured into individual muffin pans and baked in a moderate oven for about 25 minutes.

43. BOSTON BROWN BREAD RECIPE

A hot bread that finds favor with most persons is Boston brown bread. Such bread, instead of being baked in the oven, is steamed for 3-1/2 hours. It may be made plain, according to the accompanying recipe, or, to give it variety, raisins or currants may be added to it.

Boston brown bread may be steamed in an ordinary coffee can, in a large baking-powder can, or in a can that is made especially for this purpose. A regular steaming can for Boston brown bread is, of course, very convenient, but the other cans mentioned are very satisfactory.

A point to remember in the making of brown bread is that the time for steaming should never be decreased. Over steaming will do no harm, but under steaming is liable to leave an unbaked place through the center of the loaf.

BOSTON BROWN BREAD

Sufficient for One Medium-Sized Loaf

Ingredients:

- 1 c. white flour
- 1 c. graham flour
- 1 c. corn meal
- 3/4 tsp. soda
- 2 tsp. baking powder
- 1 tsp. salt
- 3/4 c. molasses
- 1-3/4 c. sweet milk

Directions:

- Mix and sift the flour, corn meal, soda, baking powder, and salt.
- Add the molasses and milk and mix all thoroughly.
- Grease a can and a cover that fits the can tightly.
- Fill the can two-thirds full of the mixture and cover it.
- Place it in a steamer and steam for 3-1/2 hours.
- Dry in a moderate oven for a few minutes before serving.

44. GLUTEN FREE BANANA BREAD RECIPE

Makes approximately 2 loaves:

Ingredients:

- 2 cups gluten-free all-purpose baking flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 4 eggs
- 2 cups mashed ripe bananas (4-5 medium)
- 1 cup sugar
- 1/2 cup unsweetened applesauce
- 1/3 cup canola oil
- 1 teaspoon vanilla extract
- 1/2 cup chopped walnuts

Directions:

- Lightly apply vegetable oil to Silicone Bread Pan.
- In a large bowl, combine the flour, baking soda and salt.
- In a small bowl, whisk the eggs, bananas, sugar, applesauce, oil and vanilla.
- Stir (small bowl) into dry ingredients (large bowl) just until moistened.
- Pour into Silicone Bread Pan.
- Sprinkle with walnuts.
- Preheat oven to 350oF / 175oC.
- Bake at 350° for 45-55 minutes or until a toothpick inserted near the center comes out clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to cool completely, then slice as desired.

45. GLUTEN FREE ZUCCHINI BREAD RECIPE

Ingredients:

- 2 Eggs
- ½ Cup Vegetable Oil
- 1 Cup Sugar
- 2 Teaspoons Gluten Free Vanilla
- 1 ½ Cups freshly shredded Zucchini
- ¼ Teaspoon Baking Powder
- ½ Teaspoon Baking Soda
- 1 Teaspoon Ground Cinnamon
- ½ Teaspoon Salt
- ¼ Teaspoon Ground Cloves
- 1 ½ Cups All Purpose Gluten Free Flour mix*
- 1 Teaspoon Xanthan Gum
- 1 Cup Chopped Walnuts or Pecans

Directions:

- Lightly apply vegetable oil to Silicone Bread Pan.
- Beat eggs, sugar, and oil in a large bowl with electric mixer.
- Add vanilla and mix well.
- In a separate bowl, combine flour, baking powder, baking soda, cinnamon, cloves and xanthan gum.
- Add dry ingredients to wet ingredients and stir by hand to mix well.
- Add shredded zucchini and chopped nuts; stir to combine.
- Pour into Silicone Bread Pan.
- Preheat oven to 350oF / 175oC.
- Bake at 350oF for 60 to 70 minutes, or until a toothpick inserted into the middle comes out clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to cool completely, then slice as desired.

*** Use brand name Gluten Free All Purpose Flour OR this combination:**

- 1 Cup White Rice Flour
- 1/2 Cup Tapioca Flour
- 1/2 Cup Cornstarch

46. PUMPKIN BREAD RECIPE

Ingredients:

- 1 ½ cups of sugar
- ½ cup of oil
- 2 large grade “A” eggs
- 1 cup of pumpkin
- 1 ¾ cups of whole wheat flour
- ¼ teaspoon of baking powder
- 1 teaspoon of salt
- 1 teaspoon of baking soda
- ¼ teaspoon of cloves
- ¼ teaspoon of allspice
- ½ teaspoon of cinnamon
- 1/3 cup of water

Directions:

- Apply light vegetable oil to Silicone Bread Pan – parchment not needed
- Combine sugar and oil.
- Add rest of ingredients in order.
- Preheat oven to 350oF / 175oC.
- Bake 1 hour to 1 hour 15 minutes; check with toothpick – insert into center and it should come out clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to completely cool; slice as desired.

47. CRANBERRY PECAN BREAD RECIPE

Ingredients:

- 1/3 cup orange juice
- 1 ½ teaspoons grated orange zest
- 2/3 cup buttermilk
- 6 tablespoons butter, melted
- 1 large grade “A” egg
- 2 cups flour
- 1 cup plus 2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 ¼ cups fresh or frozen cranberries, coarsely chopped
- ½ cup toasted pecans

Directions:

- Lightly apply vegetable oil on your Silicone Bread Pan.
- In a small bowl, stir together orange juice, orange zest, buttermilk, butter and egg.
- Set aside.
- In a large bowl, whisk together flour, sugar, salt, baking powder and baking soda.
- Add liquids and stir with spatula until just moistened.
- Lightly mix in cranberries and nuts, being careful not to over mix.
- Pour batter into prepared pan and smooth the top.
- Preheat oven to 375oF.
- Bake for 20 minutes then reduce heat to 350oF.
- Bake for another 45 minutes longer or till toothpick inserted into center comes out clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to completely cool; slice as desired.

48. BASIC BUTTERMILK QUICK BREAD RECIPE

Ingredients:

- 2 cups all-purpose flour
- ½ cup white sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 ½ teaspoon salt

OPTION:

- 1 ½ cups of fruit, nuts, olives, cheese or other preferred ingredients
- 1 cup buttermilk (variation: use yogurt and milk)
- 1 large grade "A" egg
- 1/4 cup unsalted butter (or olive oil or vegetable oil)

Directions:

- Lightly apply vegetable oil to a Silicone Bread Pan.
- In a medium mixing bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.
- Add optional ingredients
- Melt the butter (if using that variant).
- Whisk it in a separate bowl with the buttermilk and the egg.
- Pour the liquid ingredients over the dry ingredients.
- Gently stir and fold the ingredients until all the flour has been incorporated and a choppy wet batter is formed.
- Do NOT over-mix.
- Scrape the batter into the Silicone Bread Pan and smooth into the corners.
- Pre-heat the oven to 350°F / 175°C.
- Bake for ~45-50 minutes; check with toothpick – insert into center and it should come out clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to completely cool; slice as desired.

Additional Variations:

Apple-Cinnamon Loaf:

- 1 cup diced apples

- 1 tsp. cinnamon
- 1/2 cup toasted and chopped nuts

Blueberry Loaf:

- 1 cup fresh or frozen blueberries
- 1 tsp. vanilla
- zest from one lemon

Pesto Loaf:

- Reduce sugar to 1 tablespoon
- ¼ cup pesto
- ½ cup shredded parmesan cheese

49. GLUTEN FREE PUMPKIN BREAD WITH RAISINS RECIPE

Ingredients:

- ¾ cup packed brown sugar
- ¼ cup soft butter
- 1 cup canned pumpkin
- 2 large grade "A" eggs
- ½ cup low-fat buttermilk
- ½ cup maple syrup
- 2 cups gluten-free all-purpose flower
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon baking soda
- ¼ teaspoon ground cloves
- ½ to 1 cup raisins (depending on your preference)

Directions:

- Lightly apply vegetable oil to a Silicone Bread Pan.
- Beat brown sugar and butter together in a mixing bowl.
- Add pumpkin, eggs, buttermilk, and maple syrup.
- Beat into the sugar mixture.
- In a separate bowl, stir flour, baking powder, salt, cinnamon, nutmeg, baking soda, and cloves together.
- Blend into the pumpkin mixture.
- Fold raisins into the batter.
- Pour batter into Silicone Bread Pan.
- Preheat oven to 350oF/175oC.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, ~55 to 60 minutes.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to completely cool; slice as desired.

50. BANANA BREAD RECIPE

Ingredients:

- 1 ¾ cups white sugar
- ½ cup soft butter
- 4 medium bananas mashed
- 2 large grade “A” eggs
- 2 cups all-purpose flour
- ½ teaspoon baking soda
- 1/3 cup milk
- 1/3 teaspoon salt
- 1 teaspoon vanilla extract

Directions:

- Lightly apply vegetable oil on the Silicone Bread Pan.
- Combine sugar, butter, bananas, eggs, flour, baking soda, milk, salt and vanilla extract in a large mixing bowl.
- Mix well.
- Pour batter into prepared Silicone Bread Pan.
- Preheat oven to 350oF / 175oC.
- Bake in preheated oven for ~60 minutes or until a toothpick inserted into the center of the loaf comes out clean.
- Allow Silicone Bread Pan to cool for about 10 to 15 minutes.
- Gently press from the outside to allow for easy release from pan.
- Allow to completely cool; slice as desired.

51. RICE BREAD RECIPE

Very often variety is given to bread by the addition of rice, which imparts an unusual flavor to bread and effects a saving of wheat flour. Oatmeal and other cereals may be used in the same way as rice, and bread containing any of these moist cereals will remain moist longer than bread in which they are not used.

RICE BREAD

Sufficient for Three Loaves

Ingredients:

- 1/2 c. uncooked rice
- 1-1/2 c. water
- 1 Tb. salt
- 1 Tb. sugar
- 1 Tb. fat
- 1/2 yeast cake
- 1 c. lukewarm liquid
- 6 c. white flour
- 1 c. white flour additional for kneading

Directions:

- Steam the rice in a double boiler in 1 and a half cupfuls of water until it is soft and dry.
- Add the salt, sugar, and fat, and allow all to become lukewarm.
- Dissolve the yeast in the lukewarm liquid, and add it to the rice.
- Put all in the mixing bowl, stir in 2 cupfuls of flour, and allow the mixture to become very light.
- Add the remainder of the flour and knead lightly.
- Let the dough rise until it has doubled in bulk and knead to reduce the quantity.
- Place in greased pans.
- When the loaves have risen sufficiently, bake for about 50 minutes.

52. SALT-RISING BREAD RECIPE

Recipes for bread would be incomplete if mention were not made of salt-rising bread. Such bread differs from ordinary bread in that the gas that causes the rising is due to the action of bacteria. Salt-rising bread is not universally popular, yet many persons are fond of it. Its taste is very agreeable, and, as a rule, its texture is excellent; however, it always has an unpleasant odor.

The method given in the accompanying recipe for salt-rising bread differs in no way from the usual method of making it. It is very necessary that the first mixture of corn meal, salt, sugar, and milk be kept at a uniformly warm temperature in order to induce bacteria to grow. Any failure to make such bread successfully will probably be due to the violation of this precaution rather than to any other cause. SALT-

RISING BREAD

Sufficient for Two Loaves

Ingredients:

- 1 c. fresh milk
- 1/4 c. corn meal
- 1 tsp. salt
- 2 tsp. sugar
- 2 c. lukewarm water
- 7 c. white flour
- 1/2 c. white flour additional for kneading

Directions:

- Scald the milk and pour it over the corn meal, salt, and sugar.
- Allow this mixture to stand in a warm place for several hours or overnight, when it should be light.
- To this batter add the warm water and enough flour to make a drop batter.
- Allow this to stand in a warm place until it is light; and then add the remainder of the flour so as to make a dough, and knead.
- Allow this to rise, shape it into loaves, put it in pans, let it rise again, and bake.

53. NUT LOAF

The use of nuts in a hot bread increases the food value and imparts a very delicious flavor. It is therefore very attractive to most persons, but it is not a cheap food on account of the usual high price of nuts. Thin slices of nut bread spread with butter make very fine sandwiches, which are especially delicious when served with tea.

NUT LOAF

Sufficient for One Medium-Sized Loaf

Ingredients:

- 2 c. flour
- 1/2 c. sugar
- 4 tsp. baking powder
- 1 tsp. salt
- 4 Tb. fat
- 1 egg
- 1 c. milk
- 1/2 c. English walnuts

Directions:

- Mix and sift the flour, sugar, baking powder, and salt, and then work in the fat.
- Add the egg, well beaten, and the milk, and then stir in the nut meats, which should be chopped.
- Turn into a well-greased loaf pan, and bake in a moderate oven for about 45 minutes.

54. COFFEE CAKE

When an especially good kind of biscuit that can be served for breakfast and eaten with coffee is desired, coffee cake made according to the following recipe should be used. Cinnamon sprinkled over the top of such cake imparts a very pleasing flavor, but if more of this flavor is preferred 1 teaspoonful of cinnamon may be mixed with the dough.

COFFEE CAKE

Sufficient for One Cake

Instructions:

- 1 cake compressed yeast
- 1/2 c. lukewarm milk
- 1 Tb. sugar
- 1/2 tsp. salt
- 2 c. white flour
- 1 egg
- 2 Tb. fat
- 1/4 c. brown sugar
- 1/2 c. white flour additional for kneading

Directions:

- Dissolve the yeast in the lukewarm milk and add the sugar and the salt.
- Stir in 1 cupful of flour and let the mixture rise.
- When the sponge is light, add the beaten egg, the fat and the brown sugar creamed, and the remaining flour.
- Knead until the dough is smooth and allow it to rise until it is double in bulk.
- Then roll the dough until it is 1/2 inch thick, place it in a shallow pan, and let it rise until it is light.
- Brush the top with 1 tablespoonful of melted butter and sprinkle it with 3 teaspoonfuls of cinnamon and 3 tablespoonfuls of sugar.
- Bake 10 to 15 minutes in a moderately hot oven.

55. BUCKWHEAT CAKES

Buckwheat flour is used for griddle cakes more than for any other purpose. When used in this way it has a very typical flavor that most people find very agreeable. Many prepared buckwheat flours, to which have been added the quantity of leavening agent necessary to raise the mixture, are on the market for the convenience of those who do not desire to prepare the mixture at home.

As a rule, these contain a combination of buckwheat and wheat flour. To make cakes from these flours, add the required amount of liquid, either milk or water, and a little sugar, if necessary, and then proceed to bake them on a griddle. While there is no objection to the use of such flours if they are found agreeable, it is more expensive to use them than to make up the buckwheat mixture at home. A recipe for buckwheat cakes that proves very satisfactory is the following:

BUCKWHEAT CAKES

Sufficient to serve six

Ingredients:

- 2 c. scalded milk
- 1/2 c. fine bread crumbs
- 1/2 tsp. salt
- 1/4 yeast cake
- 3/4 c. lukewarm water
- 1-1/2 c. buckwheat flour
- 1/2 c. white flour
- 1 Tb. molasses
- 1/4 tsp. soda

Directions:

- Pour the scalded milk over the bread crumbs and add the salt.
- Dissolve the yeast cake in 1/2 cupful of the lukewarm water and add this to the bread crumbs and milk.
- Stir in the buckwheat and the white flour, and let the mixture rise overnight.
- In the morning, stir it well and add the molasses, the soda, and 1/4 cupful of lukewarm water.
- Bake on a hot griddle.
- If cakes are to be baked the next day, retain 1/2 cupful of the batter, to which may be added flour, milk, salt, and molasses.
- By doing this each day, a starter may be had for a long period of time.
- If a strong buckwheat flavor is desired, use all buckwheat flour, but if only a slight buckwheat flavor is desired, make the proportion of wheat flour greater and that of the buckwheat smaller.

APPENDIX

TERMS USED IN COOKERY

It is important that every person who is engaged in the preparation of food be thoroughly familiar with the various terms that are used in cookery. Many of these are not understood by the average person, because they are foreign terms or words that are seldom employed in other occupations.

However, as they occur frequently in recipes, cook books, menus, etc., familiarity with them will enable one to follow recipes and to make up menus in a more intelligent manner. In view of these facts, a table of terms that are made use of in cookery is here given, together with definitions of the words and, wherever it has been deemed necessary, with as accurate pronunciations as can be obtained.

The terms are given in bold-faced type, and for easy reference are arranged alphabetically. It is recommended that constant use be made of this table, for much of the success achieved in cookery depends on a clear understanding of the words and expressions that are peculiar to this science.

À la; au; aux (ah lah; o; o).--With; dressed in a certain style; as, smelts à la tartare, which means smelts with tartare sauce.

Au gratin (o gra-tang).--Literally, dressed with brown crumbs. In actual practice, also flavored with grated cheese.

Au naturel (o nat-ü-rayl).--A term applied to uncooked vegetables, to indicate that they are served in their natural state without sauce or dressing applied. Potatoes au naturel are served cooked; but unpeeled.

Béchamel (bay-sham-ayl).--A sauce made with white stock and cream or milk-named from a celebrated cook.

Biscuit Glacé (bis-kü-ee glah-say).--Ice cream served in glacéd shells, sometimes in paper cases.

Bisque. --A thick soup usually made from shellfish or game; also, an ice cream to which finely chopped macaroons have been added.

Bouchées (boosh-ay).--Small patties; literally, a mouthful.

Boudin (boo-dang).--A delicate side dish prepared with forcemeat.

Bouquet of Herbs. --A bouquet consisting of a sprig of parsley, thyme, and sweet marjoram, a bay leaf, and perhaps a stalk of celery, tied firmly together and used as flavoring in a soup or stew. Arranged in this way, the herbs are more easily removed when cooked.

Café au Lait (ka-fay o lay).--Coffee with milk.

Café Noir (ka-fay nooar).--Black coffee.

Canapés (kan-ap-ay).--Small slices of bread toasted or sautéd in butter and spread with a savory paste of meats, fish, or vegetables. They are served either hot or cold as an appetizer or as a first course for lunch or dinner.

Canard (kan-ar).--Duck.

Capers. --Small pickled buds of a European shrub, used in sauces and in seasoning.

Capon. --A male fowl castrated for the purpose of improving the quality of the flesh.

Caramel. --A sirup of browned sugar.

Casserole. --A covered earthenware dish in which foods are cooked.

Champignons (shang-pe-nyong).--The French name for mushrooms.

Chartreuse (shar-truhz).--A preparation of game, meat, fish, etc., molded in jelly and surrounded by vegetables. The name was given to the dish by the monks of the monastery of Chartreuse.

Chiffonade (shif-fong-ad).--Salad herbs finely shredded and then sautéd or used in salads.

Chilies. --Small red peppers used in seasoning.

Chives. --An herb allied to the onion family. Chutney. --An East Indian sweet pickle.

Citron. --The rind of a fruit of the lemon species preserved in sugar. Collops. --Meat cut in small pieces.

Compote. --Fruit stewed in sirup.

Coquilles (ko-ke-yuh).--Scallop shells in which fish or oysters are sometimes served.

Créole, à la (kray-ol, ah lah).--With tomatoes.

Croustade (kroos-tad).--A thick piece of bread that has been hollowed out and then toasted or fried crisp. The depression is filled with food.

Croutons (kroo-tong***).--Bread diced and fried or toasted to serve with or in soup.

Curry. --An East Indian preparation made of hot seeds, spices, and dried herbs.

Demi-Tasse (duh-mee tass).--Literally, a half cup. As commonly used, it refers to a small cup in which after-dinner coffee is served.

Deviled. --Highly seasoned.

Dill. --A plant used for flavoring pickles.

En coquille (ang ko-ke-yuh).--Served in shells.

Entrées (ang-tray).--Small made dishes served with lunch or dinner. They are sometimes served as a course between the main courses of a meal.

Escarole (ays-kar-ol).--A broad-leaved kind of endive.

Farce or Forcemeat. --A mixture of meat, bread, etc., used as stuffing.

Fillets (fe-lay).--Long, thin pieces of meat or fish generally rolled and tied.

Fillet Mignons (fe-lay me-nyong).--Small slices from fillet of beef, served with steak.

Fondant. --Sugar boiled with water and stirred to a heavy paste. It is used for the icing of cake or the making of French candies.

Fondue. --A dish made usually with melted or grated cheese. There are several varieties of this preparation.

Frap**p**é (frap-pay).--Semifrozen.

Fromage (fro-magh).--Cheese.

Glacé; (glah-say).-Covered with icing; literally, a shining surface.

Glaze.--The juices of meat cooked down to a concentration and used as a foundation for soups and gravies.

Goulash (gool-ash).--A Hungarian beef stew, highly seasoned.

Gumbo.--A dish of food made of young capsules of okra, seasoned with salt and pepper, stewed and then served with melted butter.

Haricot (har-e-ko).--A small bean; a bit; also, a stew in which the meat and vegetables are finely divided.

Homard (ho-mar).--Lobster.

Hors d'oeuvres (or-d'uhvr').--Relishes.

Italiene, à la (e-tal-yang, ah lah).--In Italian style.

Jardinière (zhar-de-nyayr).--A mixed preparation of vegetables stewed in their own sauce; also, a garnish of various vegetables.

Julienne (zhü-lyayn).--A clear soup with shredded vegetables.

Junket. --Milk jellied by means of rennet.

Kippered. --Dried or smoked.

Larding. --The insertion of strips of fat pork into lean meat. The fat is inserted before cooking.

Lardon. --A piece of salt pork or bacon used in larding.

Legumes. --The vegetables belonging to the bean family; namely, beans, peas, and lentils.

Lentils. --A variety of the class of vegetables called legumes.

Macédoine (mah-say-dooan).--A mixture of green vegetables.

Marinade (mar-e-nad).--A pickle used for seasoning meat or fish before cooking.

Marinate. --To pickle in vinegar or French dressing, as meat or fish is seasoned.

Marrons (ma-rong).--Chestnuts.

Menu. --A bill of fare.

Meringue (muh-rang).--A kind of icing made of white of egg and sugar well beaten.

Mousse (moos).--Ice cream made with whipped cream and beaten egg and frozen without turning.

Nougat (noo-gah).--A mixture of almonds and sugar.

Paprika. --Hungarian sweet pepper ground fine and used as a seasoning. It is less stinging than red or Cayenne pepper.

Pâté (pa-tay).--A little pie; a pastry or patty.

Pimiento. --Sweet red peppers used as a vegetable, a salad, or a relish.

Pistachio (pis-ta-shioh).--A pale greenish nut resembling an almond.

Potage (pot-azh).--Soup.

Purée (pü-ray).-A thick soup containing cooked vegetables that have been rubbed through a sieve.

Ragoût (ra-goo).--A stew made of meat or meat and vegetables and served with a sauce.

Ramekin. --A preparation of cheese and puff paste or toast, which is baked or browned. This word is sometimes used to designate the dish in which such a mixture is cooked.

Réchauffé (ray-sho-fay).--A warmed-over dish.

Rissoles. --Small shapes of puff paste filled with some mixture and fried or baked. It also refers to balls of minced meat, egged, crumbed, and fried until crisp.

Roux (roo).--Thickening made with butter and flour.

Salmi (sal-mee).--A stew or hash of game.

Salpicon (sal-pee-kong).--Minced poultry, ham, or other meats mixed with a thick sauce.

2Sauce Piquante (sos-pe-kangt).--An acid sauce. Shallot. --A variety of onion.

Sorbet (sor-bay).--A sherbet, frozen punch, or water ice; the same as sherbet.

Soufflé (soo-flay).--Literally, puffed up. As generally understood, it is a spongy mixture made light with eggs and baked, the foundation of which may be meat, fish, cheese, vegetables, or fruit.

Soy. --A Japanese sauce prepared from the seed of the soy bean. It has an agreeable flavor and a clear brown color and is used to color soups and sauces.

Stock. --The foundation for soup made by cooking meat, bones, and vegetables.

Sultanas. --White or yellow seedless grapes, grown in Corinth.

Tarragon (tar-ra-gonk).--An herb used in seasoning certain dressing and sauces; it is also employed in flavoring tarragon vinegar.

Tartare Sauce (tar-tar sos).--A mayonnaise dressing to which have been added chopped pickle, capers, and parsley in order to make a tart sauce for fish. Timbale. --A pie raised in a mold; also, a shell filled with forcemeat or ragoût.

Truffles. --A species of fungi growing in clusters some inches below the soil, and having an agreeable perfume, which is easily scented by pigs, who are fond of them, and by dogs trained to find them. They are found abundantly in France, but are not subject to cultivation. They are used chiefly for seasoning and garnishing.

Vanilla. --The bean of the tropical orchid or the extract obtained from this fruit. Used in flavoring desserts, etc. Vinaigrette

Sauce (ve-nay-grayt sos).--A sauce made with oil and vinegar, to which are added finely minced chives, peppers, or other highly flavored green vegetables and spices.

Vol au Vent (vol o vang).--A crust of light puff paste. Also, a large pâté or form of pastry filled with a savory preparation of oysters, fish, or meat and a cream sauce.

Zwieback (tsouee-bak).--Bread toasted twice.