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# Oregon Agricultural College Extension Service

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**BOYS' AND GIRLS' INDUSTRIAL CLUBS**  
Oregon Agricultural College, United States Department of Agriculture, and  
State Department of Education, cooperating

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## **BAKING CLUB LESSON NO. 3**

Circular No. 5

### **PARKERHOUSE ROLLS, ZWEIBACH, AND HOT CROSS BUNS**

You now know how to make light bread and at least one variation of it. This lesson will teach you how to make some other kinds of light bread that require a slightly different foundation recipe.

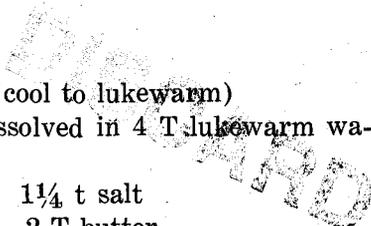
The recipe for Parkerhouse Rolls is the one that the girls at the Oregon Agricultural College serve at a great many of the luncheons and dinners they prepare for guests of the College.

#### *Parkerhouse Rolls.*

- 1 c scalded and cooled milk (cool to lukewarm)
- 2 cakes compressed yeast, dissolved in 4 T lukewarm water, or
- 1/2 c liquid yeast
- 2 T sugar
- 1 1/4 t salt
- 2 T butter

Flour to make as stiff as can be beaten.

Dissolve compressed yeast in water. Melt butter. Combine all ingredients except flour. Add flour gradually, beating vigorously until no more flour can be beaten in. Cover and allow to rise until three times its original bulk. Roll 1/2 inch thick. Cut with a round cutter, spread one half with butter and fold the other half over. Put one inch apart in buttered tins to rise. Butter tops. Bake, when light, in a hot oven for 15 to 20 minutes.



*Zweibach.* Add 4 eggs, 2 T sugar and 2 T melted butter to the recipe for Parkerhouse rolls, for Zweibach. Do not put butter, sugar, or eggs into the sponge. After the sponge is light, beat in these ingredients and add as much flour as can be beaten in. Let rise again. When light, shape into rather small balls, let rise again, and bake in a hot oven.

These may be eaten this way but they are intended to be sliced when cold and browned thoroughly in a very slow oven.

The name Zweibach means twice baked. When prepared in this way, it is a very excellent food for little children and invalids, as part of the starch has been changed to dextrin which is more easily digested than starch.

*Hot Cross Buns.* To the recipe for Parkerhouse Rolls, add

2 T sugar	$\frac{1}{4}$ c raisins, seeded and cut up
1 egg	$\frac{3}{4}$ t cinnamon
$\frac{1}{4}$ c currants	

Make the sponge as for Parkerhouse rolls, adding the cinnamon, sugar, currants, raisins, and egg after the sponge has risen. Add enough flour to make as stiff a dough as you can beat. Cover and let rise until light. Form into large biscuits. Cut a cross in the top of each bun. Let rise again. Brush over with slightly beaten egg. Bake in a hot oven for 20 to 25 minutes.

When you have tried any of these recipes once and baked bread once, fill in the report card and mail it to the State Club Leader; then begin working on Lesson No. 4 while the instructions for Lesson No. 5 are being sent to you.

HELEN COWGILL,  
Asst. State Club Leader.

#### LEAVENING AGENTS

In your bulletin called "Essentials of Bread Making" you have read concerning yeast, that it is a tiny plant which grows by budding and that it "eats" starch and sugar and exhales a gas, (the same gas, by the way, that we exhale) and that this gas, which you all remember is carbon dioxide, in trying to get

away, pushes the lump of dough up and so makes it full of holes. You also read in your bulletin that there are several kinds of yeast.

You know, of course, that there are other agents used to make dough light. In making popovers you use no baking powder and no yeast. In this instance, it is *steam* which makes the dough light. In your sponge cakes, you will not use baking powder but you will use a good many eggs and beat them until they are very light; in other words, until they are full of air. So in sponge cakes it is the air which is beaten into the eggs that makes the dough light. When the egg is cooked it becomes stiff, and so the cake stays light and is full of little holes.

When you make butter cakes you will use baking powder. Baking powders are made from soda and some kind of an acid and starch. Sometimes this acid is cream of tartar, sometimes a phosphate, and in the cheaper grades it is frequently alum. Avoid the alum baking powders as they are generally considered unhealthful. If baking powder is unusually cheap, beware of it; for if it does not contain alum it will probably contain more starch than is necessary to keep the soda and acid from acting before we desire. Starch is called a filler when used in baking powder and is always present because without it the least bit of dampness in the atmosphere would cause the acid and soda to combine, so the baking powder would have less strength, and therefore more would be required to make the dough light. If you wish to see just what actually happens when baking powder, or sour milk and soda or cream of tartar and soda, are put into dough, put a little sour milk, about 2 tablespoonsful, in a glass and then add  $\frac{1}{4}$  teaspoon of baking soda. If you will quickly light a match and hold the flame into the top of the glass you will be able to tell what gas is being given off. If it is carbon dioxide, the match will always go out immediately. Try it and see whether it is carbon dioxide.

Put a teaspoonful of baking powder into a glass, add a teaspoonful of water. Does it act like the sour milk and soda? Hold the match close to the water. Does the match go out?

Doughs raised with yeast must be given time for the yeast plants to grow, so they must be allowed to stand for some time before baking. When baking powder is used, the raising is due to a gas which is given off when the acid and soda are added to the moist mixture. In this case, it is necessary to bake the product as soon as possible after combining the ingredients, in order to harden the mixture before it has an opportunity to fall.