

S537

.07

A55  
13 Rev.

# Homemade Yeast Breads

Extension Nutrition Specialists, Oregon State University, Corvallis

What family does not like the taste and wonderful smell of freshly baked yeast bread? Homemade bread or rolls can add a festive note to an ordinary meal or snack. You will enjoy making bread, and your family and friends will be impressed with your baking ability.

These recipes use several of the abundant foods, including all-purpose flour, lard, cornmeal, rolled wheat, bulgur, and nonfat dry milk. Milk makes bread tender

and gives added protein and calcium so important for your family's health.

If you have never made bread, you will enjoy learning how. Remember, the more you work with yeast breads the easier it gets and the better the results. Call your home Extension agent if you need any additional information on bread making or on other methods of preparing food.

## Bread-Making Tips:

*Flour may vary in moisture content. It may pick up additional moisture from the air in damp weather, or it may lose moisture during dry weather. Varying moisture affects the way the flour handles, so it is a good idea to start with a little less flour than the recipe calls for, adding more if needed.*

*An easy way to knead bread is to first fold the dough toward you. Then push the ball of dough away from you, using the heels of your hands. Give the dough a slight turn, fold and press again. Repeat this process until the dough becomes smooth, elastic, and satiny. Air blisters will appear just under the surface, indicating the dough has had enough kneading.*

*Yeast dough should rise at a temperature a little warmer than the average room—about 80-85° F. A good way to keep the dough warm and away from drafts is to place the bowl of dough in an unheated oven on a rack over a pan of warm water. When the dough has doubled in bulk, usually in about 1 to 1½ hours, press fingers deeply into dough. If the holes remain, the dough is ready to punch down.*

## Homemade Yeast Bread

Ingredients for two loaves are:

- 1 cake compressed yeast or 1 package active dry yeast
- ¼ cup lukewarm water
- 2 tablespoons lard or other shortening
- 2 tablespoons sugar
- 2 teaspoons salt
- 2 cups boiling water
- 6½ cups sifted all-purpose flour
- 1½ cups nonfat dry milk

How to make:

Soften yeast in lukewarm water and stir well. Set aside. Add lard, sugar, and salt to boiling water and mix well. Cool to lukewarm.

Sift flour and dry milk together. Stir 2 cups of flour-dry-milk mixture into the cooled liquid. Mix thoroughly. Add the softened yeast to the dough and stir well. Add enough more of the flour mixture to make a smooth, soft dough that handles easily.

Turn dough out on floured board, cover with a bowl and let stand 10 minutes. Knead dough until it is smooth and elastic—about 10 minutes. Separate dough in two equal rounds, cover and let stand 10 minutes. Grease two 5 by 9 inch loaf pans. Shape dough into loaves and place in pans. Lightly grease top of loaves. Cover with a damp cloth and let rise in a warm place away from drafts until double in volume—about 1½ hours. Bake in moderate oven (350° F.), for 45 to 55 minutes, or until done.

Brush crust with melted fat if you like a softer crust. Remove loaf from pan at once and place on cooling rack.

*Variations:* (1) Substitute ¼ cup of light molasses for the 2 tablespoons of sugar, and substitute 2½ cups of quick-cooking oats or rolled wheat for 2½ cups of the flour. (Dough will take a little longer to rise.)

(2) Add 2 teaspoons of molasses to the liquid mixture. Add 1 cup cooked cracked wheat bulgur with the flour. If dough is sticky, add enough additional flour to form a soft dough.

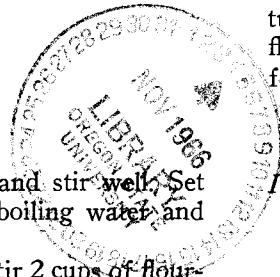
## Anadama Bread

Ingredients for one loaf are:

- 1½ cups water
- 1 teaspoon salt
- ⅓ cup yellow cornmeal
- ⅓ cup molasses
- 1½ tablespoons lard
- 1 cake compressed yeast or 1 package active dry yeast
- ¼ cup lukewarm water
- 4 to 5 cups sifted enriched all-purpose flour

Mix ½ cup cold water with cornmeal and salt. Bring 1 cup water to boil in saucepan. Add salt-cornmeal-water mixture. Stirring constantly, bring to a boil and immediately remove from heat and pour into a large bowl. Stir in molasses and lard and cool to lukewarm.

Crumble 1 cake compressed yeast or the packaged yeast into the ¼ cup lukewarm water. Blend the yeast



mixture into the first mixture. Then, mix in the 4 to 5 cups flour. (The dough will be sticky.)

Knead and let rise in bowl covered with a damp cloth until double in size. Punch down and turn into a greased 9 by 5 by 3 inch loaf pan. Pat into rounded shape. Let rise until double in size.

Before baking, brush top with melted butter, sprinkle with a little cornmeal and salt. Bake at 375° F. for 40 to 45 minutes.

This bread is moist, tender, and has good texture and volume. The recipe makes a very large loaf or two small loaves.

### Wheat Bread

#### *Ingredients for one loaf:*

- 1½ cups water
- 1½ teaspoons salt
- 1½ cups rolled wheat
- ½ cup brown sugar
- 1 tablespoon lard
- 1 cake compressed yeast *or* 1 package active dry yeast
- ¼ cup lukewarm water
- 3 to 4 cups sifted enriched all-purpose flour

Bring 1½ cups water to boil in saucepan. Add rolled wheat and salt to water. Pour into large bowl. Add brown sugar and lard. Stir and cool to lukewarm.

Crumble 1 cake compressed yeast or the packaged yeast into the ¼ cup lukewarm water. Blend yeast mixture into first mixture. With a spoon, mix in the 3 to 4 cups flour.

Knead and let rise until double in size. Punch down and turn into greased 9 by 5 by 3 inch loaf pan. Pat into rounded shape. Let rise again until double in bulk. Bake at 375° F. for 40 to 45 minutes.

This bread has fine texture and good flavor. It is heavier-bodied than the Anadama bread, but still moist and good tasting. The recipe makes one large loaf.

### Wheat-Nut Rolls

- ½ cup bulgur
- 1 cup cold water
- ½ teaspoon salt
- 1 package yeast, compressed or active dry
- ¼ cup lukewarm water
- 1½ cups reconstituted dry milk, lukewarm
- ½ cup sugar
- ½ cup melted lard
- 2 teaspoons salt
- 1 egg, slightly beaten
- About 8 cups flour

Cook the wheat in the 1 cup cold water and ½ teaspoon salt for 15 minutes. In a large bowl, dissolve the yeast in the warm water; stir in the lukewarm milk, sugar, melted lard, 2 teaspoons salt, and beaten egg. Add the cooked wheat mixture. Sift flour, measure, and mix in to make a stiff dough. Turn out on a floured board and knead until dough is smooth and elastic.

Place in a greased bowl and let rise in a warm place until almost doubled. Punch down, roll out on a lightly floured board, and cut into any desired roll shapes. Arrange on a greased baking sheet; let rise in a warm place until almost doubled. Brush tops of rolls lightly

with melted butter. Bake in a moderately hot oven (375° F.) about 20 minutes. Makes about 35 dinner-sized rolls.

### Easy-to-Make Basic Batter

(12 to 18 rolls with a light, airy texture)

- 2 cakes yeast *or*
- 2 packages dry yeast
- ¼ cup lukewarm water
- 1½ cups reconstituted dry milk, lukewarm
- ¼ cup lard or other shortening, melted
- 2½ tablespoons sugar
- 1½ teaspoons salt
- 3¼ cups sifted all-purpose flour

Mix yeast with lukewarm water. Combine milk, shortening, sugar, and salt. Add dissolved yeast and stir to mix. Add the flour. Stir until well-blended—about one minute.

Cover and let rise in a warm place until doubled in bulk, about 30 minutes. Stir batter down. Beat vigorously only about ½ minute. Do not overbeat.

Fill greased muffin pans  $\frac{2}{3}$  full. Let rise about 10 minutes. Bake in hot oven at 400° F., about 25 minutes.

*Variations:* Add  $\frac{3}{4}$  cup seedless raisins to milk, shortening, sugar mixture. Sprinkle tops of unbaked muffins with a mixture of cinnamon and sugar. Bake as directed.

### Raisin Cinnamon Rolls

- 1 package active dry yeast *or*
- 1 cake compressed yeast
- ¼ cup warm water (about 110° F.)
- ¾ cup milk
- ¼ cup fat
- ¼ cup sugar
- 1 teaspoon salt
- 1 egg, beaten
- About 4 cups unsifted flour

Dissolve yeast in warm water. Scald milk and pour over fat, sugar, and salt in a large bowl. Stir well. Cool to lukewarm. Stir in egg and dissolved yeast. Add 2 cups flour and stir until mixture can be beaten easily. Beat until smooth. Gradually beat in more flour until dough no longer clings to sides of bowl and is not sticky but still soft.

Turn dough out onto lightly floured board and knead until dough is smooth and elastic. Form dough into a smooth ball. Place in a lightly greased bowl and turn over once to grease top surface of dough. Cover with a damp clean towel and let rise in a warm place until almost double in bulk, about 1 hour.

Roll dough out on lightly floured board into a rectangle about ¼ inch thick. Brush with melted butter or margarine. Sprinkle with a mixture of ½ cup sugar and 2 teaspoons cinnamon. Press ½ cup raisins into dough.

Roll as for jelly roll; seal edge. Cut into ¾-inch slices. Place close together, cut side up, in a greased, shallow baking pan. Cover with a damp clean towel and let rise in a warm place until double in bulk, 45 minutes to 1 hour. Bake in a moderately hot oven (400° F.) 15 to 20 minutes. Makes 18 to 24 rolls.