Homemade Yeast Breads

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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.

Not only is bread good to eat, but it's good for you too. Ingredients such as flour, rolled wheat and oats, bulgur, and nonfat dry milk contribute protein as well as vitamins and minerals.

Call your home Extension agent if you need any additional information on bread making or on other methods of preparing food.

Homemade Yeast Bread

Ingredients for two loaves:
- 2 1/4 cups hot water
- 2 tablespoons shortening, butter, or margarine
- 2 tablespoons sugar
- 2 teaspoons salt
- 5 cups flour
- 1/2 cup nonfat dry milk
- 1 package active dry yeast

Pour hot water over fat, sugar, and salt in a large bowl and mix well. Cool to lukewarm.

Mix flour and dry milk together in a bowl. Stir about 2 cups of the flour-dry-milk mixture and the dry yeast together; then add to the cooled liquid and mix thoroughly. Stir in enough more of the flour-dry-milk mixture to make a smooth soft dough which leaves sides of bowl.

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. Since dough may be quite soft and sticky, it may be necessary to flour the board and fingers quite frequently. Divide dough in half. Shape each half into a loaf and place in two lightly greased 9 by 5 by 3 inch loaf pans. Cover with a damp cloth and let rise in a warm place away from drafts for 1 to 1 1/2 hours, press fingers deeply into dough. If the holes remain, the dough is ready to punch down.

Homemade Yeast Breads

Ingredients for one loaf:
- 1 1/2 cups warm water
- 1 1/2 teaspoons salt
- 1 1/2 cups uncooked cracked wheat bulgur with the flour.
- 1/3 cup brown sugar
- 2 tablespoons shortening, butter, or margarine
- 1 package active dry yeast

Pour hot water over fat, sugar, and salt in a large bowl and mix well. Cool to lukewarm. Then add dry yeast and stir well. 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 (moderate oven) for 40 to 45 minutes.

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 the 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 to 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 1/2 hours, press fingers deeply into dough. If the holes remain, the dough is ready to punch down.

Quick Bread or Rolls

Ingredients for one loaf:
- 2 cakes compressed yeast or 2 packages active dry yeast
- 5/4 cup warm water
- 1 1/4 cups buttermilk*
- 4 1/2 to 5 cups flour
- 1/4 cup shortening, butter, or margarine
- 2 tablespoons sugar
- 2 tablespoons baking powder
- 2 teaspoons salt

* To use reconstituted nonfat dry milk, put 2 tablespoons vinegar in cup and add milk to make 1 1/4 cups. Let stand 5 minutes before using.

Grease a 9 by 5 by 3 inch loaf pan. Dissolve yeast in water in large warm mixing bowl. Add buttermilk, 2 1/2 cups flour, 1/4 cup fat, sugar, baking powder, and salt.

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Blend slowly about 75 strokes (or at low speed of mixer for 30 seconds). Beat vigorously for 300 strokes (or at medium speed of mixer for 2 minutes). Stir in remaining 2 to 2 1/2 cups flour. Dough should remain soft and sticky. Knead 5 minutes or about 200 turns on a generously floured board. Shape into loaf. Place seam side down into loaf pan. Brush lightly with soft fat. Let rise in warm place until double, about 1 hour. (Dough in center should come about 2 inches above pan.) Bake at 425° F (hot oven) for 30 to 35 minutes. Remove from pan and brush with soft fat.

Note: May be baked in two greased coffee, peanut butter, or chopped meat cans.

Cinnamon Raisin Bread
Follow Quick Bread recipe, but stir in 3/4 cup raisins with second addition of flour. After rolling into a rectangle for shaping, sprinkle with 1 tablespoon water and a mixture of 1/4 cup sugar and 2 teaspoons cinnamon.

Cheese Bread
Follow Quick Bread recipe, but omit shortening. Stir in 1 cup shredded Cheddar cheese with second addition of flour.

Pan Rolls
Follow Quick Bread recipe, but roll into 13 by 9 inch rectangle. Place in greased 13 by 9 by 2 inch baking pan. Cut dough into 12 squares. Let rise until double. Bake at 425° F (hot oven) for 20 to 25 minutes.

Winner Rolls
Prepare half Quick Bread recipe. Shape into cloverleafs, crescents, or parkerhouse rolls. Let rise 1 hour. Bake at 375° F (moderate oven) for 20 to 25 minutes.

Wheat-Nut Rolls
1/3 cup bulgur
1 cup cold water
1/2 teaspoon salt
2 cups hot water
1/2 cup sugar
1/3 cup shortening, butter, or margarine
2 teaspoons salt
1 egg, slightly beaten
1/2 cup dry milk
1 package active dry yeast
About 7 cups flour
Cook the bulgur in the 1 cup cold water and 1/2 teaspoon salt for 15 minutes. Pour the hot water over the sugar, fat, and 2 teaspoons salt in a large bowl. Stir well. Cool to lukewarm. Then stir in beaten egg. Add the cooked bulgur mixture.

Mix flour and dry milk together in bowl or pan. Stir about 2 cups of the flour-dry milk mixture and dry yeast together; then stir this into the liquid egg and cooked bulgur mixture. Stir in enough of the remaining flour-dry-milk mixture 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 moderate oven (375° F) about 20 minutes. Makes about 35 dinner-size rolls.

Basic Sweet Dough
1 cup hot water
1/4 cup shortening, butter, or margarine
1/4 cup sugar
1 teaspoon salt
1 egg, beaten
About 4 cups unsifted flour
1 package active dry yeast
3 tablespoons nonfat dry milk
Pour 1 cup hot water over fat, sugar, and salt in a large bowl. Stir well. Cool to lukewarm. Stir in egg. Combine flour, nonfat dry milk, and yeast. Add 2 cups to liquid egg mixture and stir until smooth. Gradually stir in more flour until a soft dough forms which no longer clings to sides of bowl.

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 cloth and let rise in a warm place until almost double in bulk, about 1 hour.

Raisin Cinnamon Rolls
Roll basic sweet dough out on lightly floured board into a rectangle about 1/4 inch thick. Brush with melted butter or margarine. Sprinkle with a mixture of 1/2 cup sugar and 2 teaspoons cinnamon. Press 1/2 cup raisins into dough.

Roll as for jelly roll; seal edge. Cut into 3/4-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.

Honey Twist Coffee Cake
Shape basic sweet dough into long roll about 1 inch in diameter. Coil the roll loosely into greased 8 by 8 by 2 inch pan, beginning at the outer edge and continuing to center. Brush with honey topping. Let rise until doubled. Bake at 350° F (moderate oven) for 30 minutes.

Honey topping: Combine 1/4 cup soft butter or margarine, 2/3 cup powdered sugar, 1 egg white, and 2 tablespoons honey. Mix until smooth.

Doughnuts
Roll basic sweet dough into a sheet 3/4 inch thick. Cut into rings. Let rise until doubled. Fry with raised side down in the fat first. Turn. Fry in enough fat to cover, at 350 to 375° F. (Fat is hot when a one-inch cube of bread browns in 1 minute.) Roll in sugar or spread with powdered sugar icing.

Powdered sugar icing: Combine 3/4 cup powdered sugar, 2 tablespoons hot milk, and 1/4 teaspoon vanilla. Mix well.

Oatmeal Refrigerator Rolls
2 cups hot water
1/2 cup shortening, butter, or margarine
1/2 cup brown sugar
2 teaspoons salt
5 to 5 1/2 cups flour
2 packages active dry yeast
1/2 cup nonfat dry milk
2 eggs, beaten
1 1/2 cups rolled oats
Pour hot water over fat, sugar, and salt in large bowl. Cool to lukewarm. Combine nonfat dry milk, yeast, and flour. Stir 1 cup flour mixture and eggs into fat and sugar mixture. Fold in rolled oats. Add enough flour mixture to make a soft dough. Turn out on lightly floured cloth and knead until smooth and elastic. Place in greased bowl and grease surface. Cover and refrigerate overnight or for 3 or 4 days. When wanted, remove dough from refrigerator and punch down. Mold into desired shape. Let rise until doubled in size. Bake at 400° F (moderately hot oven) for 15 to 20 minutes. Makes 4 to 5 dozen rolls.