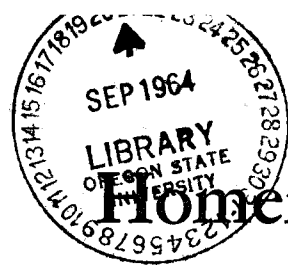


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Homemade Yeast Breads

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Analytics

This fact sheet was prepared for use in the Oregon Abundant Foods Distribution Program, but the information is basic and would be of use in any home.

The recipes use several of the abundant foods, including all-purpose flour, nonfat dry milk, lard, butter, cornmeal, dried whole eggs, rolled wheat, and bulgur.

What family doesn't like homemade yeast bread? For some it is "special" and may even add a festive air to a meal or snack-time. You can make your own bread and rolls, using your abundant foods. Add extra milk for tenderness and a brown crust. You'll get added protein and important calcium for your family's health. These breads are easy to make and taste good.

If you have never made bread you'll enjoy learning how. Call your home Extension agent if you need other information on food preparation.

Homemade Yeast Bread

Ingredients for two loaves are:

- 1 cake compressed yeast *or* 1 package active dry yeast
- $\frac{1}{4}$ cup lukewarm water
- 2 tablespoons lard or other shortening
- 2 tablespoons sugar
- 2 teaspoons salt
- 2 cups boiling water
- $6\frac{1}{2}$ cups sifted all-purpose flour
- $1\frac{1}{2}$ 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 with bowls 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 $1\frac{1}{2}$ hours. Bake in a moderate oven (350° F.) for 45 to 55 minutes, or until done.

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

To vary this recipe, substitute $\frac{1}{4}$ cup of light molasses for the 2 tablespoons of sugar, and substitute $2\frac{1}{2}$ cups of quick cooking oats or rolled wheat for $2\frac{1}{2}$ cups of the flour.

—Developed by USDA Research Home Economists

Anadama Bread

Ingredients for one loaf are:

- $1\frac{1}{2}$ cups water
- 1 teaspoon salt
- $\frac{1}{3}$ cup yellow cornmeal
- $\frac{1}{3}$ cup molasses
- $1\frac{1}{2}$ tablespoons lard
- 1 cake compressed yeast *or* 1 package active dry yeast
- $\frac{1}{4}$ cup lukewarm water
- 4 to 5 cups sifted enriched all-purpose flour

Mix $\frac{1}{2}$ 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 $\frac{1}{4}$ 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.



This is one of a series of *Fact Sheets* reporting Cooperative Extension work in agriculture and home economics, F. E. Price, director. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Oregon State University, Oregon counties, and U. S. Department of Agriculture cooperating.

Wheat Bread

Ingredients for one loaf:

- 1½ cups water
- 1½ teaspoons salt
- 1½ cups rolled wheat
- ⅓ 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

- ⅓ 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
- ⅓ cup melted lard
- 2 teaspoons salt
- 1 egg, slightly beaten (or 2½ tablespoons *sifted* dried egg mixed with 2½ tablespoons lukewarm water)
- 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.