
Oregon Agricultural College Extension Service

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Liberty Breads, Cakes, and Pastry



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LIBERTY BREADS, CAKES, AND PASTRY

BREADS

The familiar term "Liberty Bread" means bread prepared by combining a minimum amount of wheat flour with other materials for bread making.

Suggested Substitutes for Wheat Flour in Bread—

Some of the materials which may be substituted for wheat flour are:

Corn meal, buckwheat flour, rice flour, rolled oats, potato flour, barley flour, and mashed potatoes.

Corn meal may be used in the proportion of one part corn meal to two parts wheat flour.

Buckwheat flour combines well with wheat flour in any proportion.

Boiled mashed potatoes may be substituted for slightly less than half the flour. Boiled rice may also be used with flour in about the same proportion.

Equal measures of cooked bean pulp and flour are satisfactory in muffins.

Potato Bread—U. S. Department of Agriculture.

3 lbs. boiled and peeled potatoes	2 cakes compressed yeast
(equivalent to about 3 $\frac{3}{4}$ lbs. of	4 T water
water and 3 c flour)	1 $\frac{1}{2}$ T salt
2 $\frac{1}{4}$ lbs. flour	3 level t sugar

In making this bread it must be remembered that a pound of mashed potatoes contains about one and one-fourth cups of water and starch and other substances about equivalent to those in one cup of wheat flour.

Clean and boil potatoes until they become soft. Pour off water, peel and mash while hot, being careful to leave no lumps. Take three pounds, or five solidly packed half-pint cups of the potatoes, and, when lukewarm, add the yeast, previously soaked in four tablespoons of lukewarm water. Add the salt, sugar, and a scant half-pint of sifted flour. Mix thoroughly and let rise until very light. To this add the remainder of the flour, kneading thoroughly until the dough becomes smooth and elastic. The dough must be stiff, as the boiled potatoes contain much water, which causes the dough to soften as it ferments; therefore, add no more water unless absolutely necessary. Let rise until it trebles in bulk. Divide the dough into four parts, mold, and place in greased pans. Allow the loaves to rise until double in bulk. Bake 45 to 50 minutes.

Corn Meal and Wheat Bread—

1 $\frac{1}{2}$ c corn meal	{ Cook as a mush, allowing it to steam 10 minutes. Cool to lukewarm.
1 $\frac{3}{4}$ c boiling water	
2 t salt	1 c milk or water
4 c flour, or enough to make good dough	$\frac{1}{2}$ cake yeast soaked in
1 T sugar	$\frac{1}{4}$ c lukewarm water.

Abbreviation Key—

c=cup
T=tablespoon
t=teaspoon

Add yeast, sugar, and liquid to the mush. Mix in the flour, making a stiff dough the consistency of light bread. Knead until dough is light and elastic. Let rise to nearly three times the original bulk. Knead lightly, mold into loaves, place in slightly warmed and greased pans, let rise to about double the bulk, and bake.

Rice Bread—

$\frac{1}{2}$ c milk	7 c boiled rice
4 T fat	(boiled soft and dry as possible)
4 T sugar	About 8 c flour
2 t salt	$\frac{1}{2}$ yeast cake dissolved in $\frac{1}{4}$ c lukewarm water

Put sugar, salt, and fat into bowl, and pour over them the liquid. When lukewarm add the yeast and the rice. Then work in all the flour. When light it is very soft and needs to be worked with a spoon. Put into pans, let rise to double the bulk, and bake. The upper crust is not smooth because of the very soft dough. This recipe makes two large or three small loaves.

Shorts Bread—

1 c liquid	$\frac{1}{4}$ to $\frac{1}{2}$ cake of yeast
1 t fat	2 c shorts
1 T corn sirup	1 c flour (white and barley mixed)
$1\frac{1}{8}$ t salt	

Make a sponge, using white flour. When this is light, stir in shorts and proceed in the usual manner.

Cottonseed-meal bread may be made by using the above proportions and substituting one cup of cottonseed meal and two cups white flour.

Crackling Bread—U. S. Department of Agriculture.

1 qt. corn meal	2 t salt
1 pt. cracklings	Boiling water

Mix the corn meal and salt; pour over this mixture enough boiling water to moisten but not enough to make a mush. When the meal has cooled, work the cracklings into it with the fingers. Form the dough into cakes about four inches long, two inches wide, and one inch thick. Bake 30 minutes. This bread, because of its large percentage of fat, is eaten without butter and should be served very hot. "Cracklings" like "scraps" is a name given to the crisp, brown, meat tissue left after the lard is "tried out." Cracklings consist of connective tissue with a large amount of fat adhering to it.

Corn Meal and Hominy Bread—

1 c cooked hominy	1 c white corn meal
1 c milk	2 eggs
1 T melted fat	$1\frac{1}{2}$ t salt

Mix the ingredients and bake 30 minutes in a moderate oven.

Rolled Oats Bread (1 loaf)—

1 c liquid	1 t corn sirup
$\frac{1}{4}$ yeast cake or $\frac{1}{4}$ c liquid yeast	1 t salt
1 T lukewarm water	$1\frac{3}{4}$ c ground oatmeal
1 t fat	2 c white flour

Mix as other yeast bread.

Rolled Oat Corn Bread—

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| 1 c liquid | 1 t salt |
| $\frac{1}{4}$ yeast cake or $\frac{1}{4}$ c liquid yeast | 1 c ground rolled oats |
| 1 T lukewarm water | $\frac{3}{4}$ c corn meal |
| 1 t fat | 2 c white flour |
| 1 t corn sirup | |

Mix as any other bread.

Corn Bread—U. S. Department of Agriculture.

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|--------------------------------|------------------------|
| (1) With sweet milk— | (2) With sour milk— |
| 2 c corn meal | 2 c corn meal |
| 2 c sweet milk (whole or skim) | 2 c sour milk |
| 4 t baking powder | 1 t soda |
| 1 T sugar | 1 T sugar |
| 2 T fat | 2 T fat |
| 1 t salt | 1 t salt |
| 1 egg (may be omitted) | 1 egg (may be omitted) |

Mix dry ingredients. Add milk, well-beaten eggs, and melted fat. Bake in shallow pan for about 30 minutes. (Corn sirup may be used instead of sugar.)

Oatmeal Bread—

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| 1 c flour | 2 T sugar |
| $1\frac{1}{2}$ c corn meal | $\frac{1}{2}$ c cooked oatmeal or rolled oats |
| 1 t salt | 1 egg |
| 5 t baking powder | 2 T shortening |
| 1 c milk | |

Sift together flour, corn meal, salt, baking powder, and sugar; add oatmeal. Add beaten egg, melted shortening, and milk. Mix well, and bake in greased, shallow pan in moderate oven 40 to 45 minutes.

Barley Bread (1 loaf)—

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| 1 c milk | $1\frac{1}{3}$ t salt |
| 1 T fat | $\frac{1}{4}$ to 1 cake of compressed yeast |

Soak the yeast in one-fourth cup of tepid water, scald the milk in a double boiler, and add the fat. Let cool until lukewarm, then add the yeast and salt. Use from one-third to one-half barley flour and the remainder white flour. This may be made into a sponge and allowed to become light before adding the entire amount of flour, or it may be made into a straight dough by adding the required amount at once. Proceed as for any light bread. Different dark breads may be made by using the above recipe, but substituting various flours in different proportions, viz.:

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| $\left\{ \begin{array}{l} \frac{1}{3} \text{ barley flour} \\ \frac{1}{3} \text{ buckwheat} \\ \frac{1}{3} \text{ white flour} \end{array} \right.$ | or | $\left\{ \begin{array}{l} \frac{1}{3} \text{ corn meal} \\ \frac{1}{3} \text{ barley flour} \\ \frac{1}{3} \text{ white flour} \end{array} \right.$ |
| or $\left\{ \begin{array}{l} \frac{1}{3} \text{ corn meal} \\ \frac{1}{3} \text{ white flour} \\ \frac{1}{3} \text{ rye flour} \end{array} \right.$ | or | $\left\{ \begin{array}{l} \frac{1}{3} \text{ rice flour} \\ \frac{1}{3} \text{ white flour} \\ \frac{1}{3} \text{ buckwheat or barley flour} \end{array} \right.$ |

Rice Muffins—

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| $1\frac{3}{4}$ c flour | $\frac{3}{4}$ c boiled rice |
| 4 t baking powder | 1 T shortening |
| 2 t sugar | $1\frac{1}{4}$ c milk |
| $\frac{1}{2}$ t salt | |

Mix and sift dry ingredients. Add boiled rice and milk; mix well. Add melted shortening and bake in greased muffin tins in moderate oven 30 minutes.

Buckwheat Muffins—

1 $\frac{1}{4}$ c buckwheat flour	1 c milk (more or less as needed to make a drop batter)
$\frac{3}{4}$ c flour	2 T shortening
4 t baking powder	$\frac{1}{8}$ t soda
2 T corn sirup	1 egg
1 t salt	

Mix and sift dry ingredients, add milk and melted shortening and beat until smooth. Bake in greased muffin tins in hot oven 20 to 25 minutes.

Oatmeal Biscuit—

1 $\frac{1}{4}$ c flour	1 $\frac{1}{2}$ c cooked oatmeal (or uncooked rolled oats)
3 t baking powder	6 T shortening
$\frac{1}{2}$ t salt	$\frac{3}{8}$ c water or milk
2 T sugar	

Sift the flour, baking powder, salt and sugar together. Add the oatmeal, melted shortening, and enough water or milk to make a soft dough. Roll out thin on floured board. Cut with biscuit cutter and bake in a greased pan in a moderate oven 20 to 25 minutes.

Potato Biscuit—

1 c white flour	1 T fat
$\frac{3}{4}$ c corn meal	5 t baking powder
$\frac{1}{2}$ c mashed potatoes	$\frac{3}{4}$ t salt
$\frac{1}{2}$ c milk or enough to make a soft dough	

Make as any baking powder biscuit.

Note: Barley flour may be substituted for the corn meal or part of it, or for part of the white flour.

Barley Biscuits—

2 c barley flour	4 T fat
5 t baking powder	$\frac{3}{4}$ t salt

Enough milk to make a soft dough.

Sift the dry ingredients together, work in the fat and add the milk. Cut into shape and bake as other biscuits.

Corn Meal Wheat Biscuit—

1 $\frac{1}{2}$ c flour	4 t baking powder
$\frac{1}{2}$ c corn meal (white)	4 T fat
$\frac{3}{4}$ t salt	

Enough milk to make a soft dough.

Less flour and more corn meal can be used if desired.

Proceed as for any biscuit.

CAKES

In these days of necessary conservation of materials, we should keep in mind the fact that cake, if used at all, should be of the simplest kind. Rich fillings and icings should be supplanted by a jam or jelly spread on the cake just before serving.

The use of pastry and doughnuts at this time is also very undesirable, because of the large amount of fat used in their preparation.

Other fats, such as meat drippings, lard, and oils, may be used in place of butter in the proportion of four-fifths cup of fat for each cup of butter.

In localities where honey is plentiful and cheap, it may be substituted for sugar, using one cup of honey for each cup of sugar, or part sugar and part honey may be used. If honey is used in a recipe calling for sugar, then decrease the amount of liquid one-fourth and add one-fourth teaspoon of soda.

Honey Cake—

$\frac{1}{2}$ c butter (or $\frac{1}{3}$ c fat with	1 level t soda
$\frac{1}{2}$ t salt)	4 c flour, measured after once sift-
1 c honey	ing and resifted with $\frac{1}{2}$ t each
1 egg well beaten	of cinnamon and ginger.
$\frac{1}{2}$ c sour milk	

Beat the shortening to a cream; add honey and beat; then add the beaten egg and the milk; adding a little of the flour to keep a uniform creamy consistency. Fold in the rest of the flour, sifted with the soda and spices. Bake in a rather shallow pan and serve in squares without frosting. A few blanched and sliced almonds may be scattered over the top just before baking. Honey cake would be economical only where honey is cheaper than sugar.

In substituting corn sirup in standard recipes calling for sugar, the general rule is to use one-third more corn sirup than sugar, and reduce the liquid about one-third.

Barley Cake, Plain—

$\frac{1}{3}$ c fat	$\frac{1}{8}$ t salt
1 c corn sirup	2 c barley flour
2 small eggs	$2\frac{1}{2}$ t baking powder
$\frac{1}{2}$ c milk	$\frac{1}{2}$ t vanilla

Cream fat and sirup. Add egg yolks, then add alternately the milk, and flour sifted with baking powder and salt. Add the vanilla, and last, the beaten egg whites.

With the above recipe as a basis, the following adaptations may be made:

Raisin Barley Cake—

Add one-half cup chopped raisins which have been mixed with part of the flour.

Nut Barley Cake—

Add one-half cup chopped nut meats and leave out one tablespoon of the fat.

Chocolate Barley Cake—

Add one ounce baker's chocolate melted, or four tablespoons ground chocolate before the egg white is added.

Barley Spice Cake—

Add one-fourth teaspoon ground cloves and one-half teaspoon cinnamon.

Barley Chocolate Cake—

$2\frac{1}{2}$ c barley flour	1 c sour milk
1 square chocolate or 4 T cocoa	$\frac{1}{2}$ t soda
$\frac{3}{4}$ c corn sirup	3 t baking powder
$\frac{1}{2}$ t salt	1 t vanilla
1 T solid fat	

Mix dry ingredients and combine as for any other cake.

Liberty Cake—

$\frac{1}{4}$ c solid fat	$\frac{1}{2}$ c milk
$\frac{1}{4}$ c sugar	2 t baking powder
$\frac{1}{2}$ c corn sirup	$\frac{1}{2}$ t flavoring
2 eggs	$1\frac{3}{4}$ c mixed flour

The flour used in this cake may be one-third rice flour, one-third barley flour and one-third wheat flour; or one-third rye flour, one-third rice flour and one-third barley flour; or one-third barley flour, one-third buckwheat flour, and one-third rye flour. Combine as for any other cake. Bake in loaf in moderate oven.

Spice Potato Cake—

3 T solid fat	$\frac{1}{4}$ c cornstarch
$\frac{1}{2}$ c sugar	3 t baking powder
3 T corn sirup	$\frac{1}{2}$ t cinnamon
1 T water	$\frac{1}{8}$ t nutmeg
$\frac{1}{2}$ c cold left-over mashed potatoes	$\frac{1}{2}$ c raisins
3 T ground chocolate or cocoa	1 egg yolk
1 c flour	1 egg white beaten stiff

Mix the dry ingredients, cream the sugar and fat. Add the corn sirup, water, egg yolk, and mashed potato. Flour the raisins with a portion of the flour. Combine the ingredients, beat well, fold in the egg white, and pour into a greased pan. Bake in a loaf for 45 minutes.

Dried-Apple Cake—

1 c dried apples, cooked until plump	$3\frac{1}{2}$ c flour
1 c molasses	1 t soda
$\frac{1}{2}$ c butter or $\frac{1}{3}$ c fat	1 c sugar
1 c buttermilk	1 t cloves
1 t cinnamon	1 t nutmeg
1 egg	

Cook molasses and dried apples until thick. Allow the mixture to cool. Cream the butter, add the sugar, and egg slightly beaten. Mix and sift the dry ingredients. Add the milk and dry ingredients alternately to the egg mixture. Then add the molasses and apples. Mix thoroughly. Turn into a prepared pan and bake 30 minutes in a moderate oven.

Raspberry Cake—

2 eggs	$\frac{1}{2}$ t nutmeg
1 c brown sugar	1 t cinnamon
$\frac{1}{2}$ c butter or $\frac{1}{3}$ c fat	1 T sour milk
$\frac{1}{2}$ c canned strawberries, raspberries, or Loganberries, or well-soaked dried berries. Fill the remainder of cup with juice.	1 t soda
	1 c flour

Cream the butter, add the sugar and egg well beaten. Mix and sift the dry ingredients. Add the milk and dry ingredients and fruit to the egg mixture and mix thoroughly. Turn into a prepared pan and bake 30 minutes in a moderate oven.

Barley Cookies—

1 c corn sirup	1 egg
4 T oil	2 t baking powder
2 c barley flour, or $\frac{1}{2}$ barley and	1 t flavoring
$\frac{1}{2}$ rice flour	1 c cocoanut
$\frac{1}{2}$ t salt	

Beat oil, corn sirup, and egg together, add cocoanut, extract, and flour to which baking powder has been added. Bake as drop cookies in quick oven. This makes 36 cookies.

Oatmeal Cookies—

$\frac{1}{2}$ c fat	2 t baking powder
$\frac{1}{4}$ c brown sugar	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c corn sirup	$\frac{1}{2}$ t cinnamon
1 egg	$1\frac{1}{4}$ c rolled oats (ground)
3 T water	$\frac{1}{2}$ c chopped raisins
1 c barley flour	

Cream shortening, add sugar and sirup, beaten egg, and water. Add flour, baking powder, salt and cinnamon, sifted together. Mix well and add rolled oats and raisins. Drop by spoonfuls on greased pan and bake in moderate oven 15 to 20 minutes.

Oatmeal Macaroons—

2 eggs beaten very light	$2\frac{1}{2}$ c rolled oats
1 c honey or corn sirup	$\frac{1}{2}$ t salt
1 T melted fat	$\frac{1}{2}$ t almond extract or other
1 c chopped dates or raisins	flavoring

Put the rolled oats through the food chopper. Beat the eggs, add honey, fat, chopped fruit, and salt. Add oatmeal and flavoring. Allow to stand 10 minutes. Drop by spoonfuls on greased baking sheet and bake in a moderate oven. No baking powder is needed if the eggs are beaten stiff enough.

PASTRY**Corn Meal Pastry—**

Oil a pie tin and sprinkle a medium thick layer of corn meal over it. Pat it down tight and fill with carrot, squash, or other cooked filling, bake as for any other pie.

Carrot Filling—

Scrape and cook the carrots. Put through a sieve. Then use as any pumpkin or squash pie filling.

Liberty Pie Crust—

The usual pie crust recipe may be adapted to conservation needs by using all barley flour, or all ground rolled oats, or by substituting one-half corn meal for one-half of the wheat flour. If ground rolled oats are used, scald with boiling water, using one-half as much water as rolled oats; add the salt and fat and allow to get cold. For every two cups of oats used one-half teaspoon baking powder should be added.

Rice Pastry—

$\frac{1}{4}$ c rice
$\frac{1}{2}$ c boiling water
$\frac{1}{4}$ t salt

Cook in double boiler until rice is tender and all the water is absorbed. Turn into a pie tin and spread in a thick layer. Fill with a cooked filling, cover with meringue, and bake long enough to cook the meringue. Let cool before trying to remove from the pan.