

1937

EC9917 Dry and Liquid Yeasts

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U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
9917

1937

DRY AND LIQUID YEASTS

Homemade Dry Yeast

Boil one cup fresh buttermilk, add to it 1 cup cold water and 1 cake yeast (dry or compressed) which has been dissolved in one-fourth cup lukewarm water. Make a thick batter at night with flour--batter soft enough so as to drop readily from a spoon in chunks. Let stand until morning and stir in enough cornmeal to make a mixture that will roll (dough is very soft.) Cut in 2-inch squares and dry in the air for about three days.

Liquid Yeasts

1 1/8 cup "starter" or 1 cake yeast (1/2 oz.)	in 1 1/8 c. water
3 potatoes (3/4 pound)	3 3/4 T. sugar
1 1/4 cup boiling water	1 1/2 T. salt
About 1 1/2 cup cold water	

Pare the potatoes, cut in small pieces and cook until tender in the boiling water. Mash them in the water in which they were cooked. Add the sugar, salt and enough cold water to make 3 1/4 cups of liquid and allow this mixture to become lukewarm. Add 1 1/8 cups of the starter reserved from the last baking. If none of this starter is available, one cake of dried or compressed yeast soaked in 1 1/8 cups of lukewarm water may be used instead. Allow this mixture to stand overnight. In the morning it should be light and frothy. Stir it well and pour off 1 1/8 cups in a clean scalded jar, set away and use as a starter for the next baking. It should be covered loosely and stored in a cool place. In very cold weather, it must be protected from freezing. The remainder is ready to use.

Whole Wheat Bread -- 2 loaves

2 c. lukewarm liquid	1 to 2 T. fat
1/2 cake dry yeast	2 t. salt
1 to 2 T. sugar	2 c. whole wheat or
3 to 4 c. white flour (approximate)	graham flour

Soak the yeast in 1/2 c. of lukewarm liquid about one hour. Stir the sugar and the soaked yeast into the rest of the lukewarm water (1 1/2 c.) Add 3 cups of the white flour and beat well. A sponge should be about the consistency of a medium batter. Cover and set to rise in a moderately warm place until light and full of bubbles. It should be kept out of a draft.

When dry yeast is used the sponge is usually mixed after supper and allowed to rise overnight. The next morning, place 2 cups of whole wheat flour in the mixing bowl. Make a hole or "well" in the center. Add the sponge, salt and melted fat. Stir until the ingredients are well mixed. The amount of flour required for bread cannot be given exactly because it varies. Some flours absorb more moisture than others. Since the proportion for a soft dough is approximately one part liquid to three parts flour, the above recipe calls for 6 cups of flour for the two cups of liquid. When the dough is difficult to stir the last flour may be kneaded into it. Add just enough so that it will knead easily. It may be less or it may be more than the remaining cup.

Spiced Bread Sponge Cake

Mix together 1 cup bread sponge, 1 cup sugar, butter size of an egg, 1/4 cup molasses, 1 cup raisins, and 1 1/2 cups flour sifted with 1 tsp. soda, 1 tsp. cinnamon, and 1/2 tsp. cloves. Bake at once.

Taken from Extension Circular 940 - Home Baking of Breads

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