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EC9940 Home Made Bread and Rolls

Mabel Doremus

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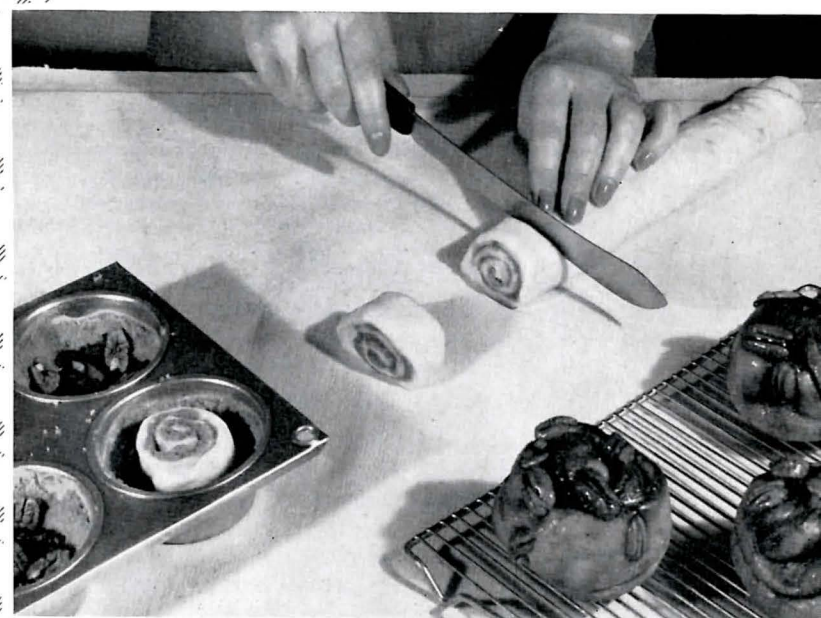
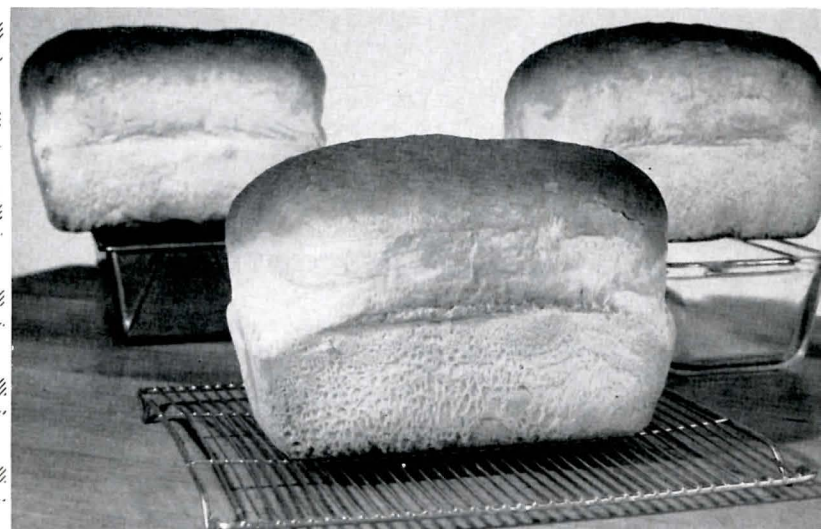
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Home Man Bread and Rolls

EXTENSION
CIRCULAR 9940



THE UNIVERSITY OF NEBRASKA
AGRICULTURAL COLLEGE EXTENSION
SERVICE AND UNITED STATES
DEPARTMENT OF AGRICULTURE
COOPERATING.
W. J. BROKAW, DIRECTOR, LINCOLN

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EXTENSION CIRCULAR 9940

APRIL, 1942

Acknowledgment is made to Miss Matilda Peters and Dr. Rebekah Gibbons, Associate Professors, Foods and Nutrition Division of the Home Economics Department, University of Nebraska, for their assistance in the preparation of this circular and to Mrs. Clara Gebhard Snyder of the Wheat Flour Institute, for assistance and for illustrative matter.

Home Made Bread and Rolls

MABEL DOREMUS

*Back of the loaf is the snowy flour,
And back of the flour the mill,
And back of the mill is the wheat and the shower
And the sun and the Father's will.*

—MALTBIE D. BABCOCK.

BBREAD MAKING is often referred to as one of the "lost arts." This is far from the truth even in these days when women participate in a wide variety of activities. Today's women are constantly alert to modern trends, and one of their most important concerns is good bread for the family.

Since bread is served so often in one form or another, it is most desirable that it be of excellent quality. The homemaker who takes pride in serving good foods often bakes some or all of the bread for her family. She decides whether she will bake or buy, and she considers the cost in time and money, the taste of the baked goods, and the nutritive value.

A recent study in Nebraska showed that the most frequently listed reasons for home baking were economy and superior quality. The saving from the home production of bread was calculated to be from 2½ cents to 5¼ cents per pound. Cost varied with the kind of liquid and fuel used. In considering the time question the homemaker needs to decide whether the time spent in making bread would give greater satisfaction to the family if used in some other way. There is no justification for the belief that commercial bread in general is less nutritious than bread produced at home.

PLACE IN THE DIET

Bread and other cereal products are good sources of starch and protein. Whole-grain bread contains more of the vitamin B complex and iron than white bread does. On the other hand, the bran of whole wheat is irritating to some people, especially small children. Ordinarily, therefore, at least a portion of the bread served should be white. If made with milk, bread supplies additional calcium and phosphorus. For good nutrition, families with children might well spend approximately one-fifth of their food money on bread, flour, and cereals if they are living on a low-cost diet; or about one-eighth of the food money if they can afford a moderate-cost diet.

INGREDIENTS

The four fundamental ingredients of bread are flour, liquid, salt, and yeast, and it is customary to use sugar and fat. Each of these makes a definite contribution to good bread. Other ingredients may be added to improve flavor and quality.

Flour.—The protein that flour contains forms gluten when the flour is made into a dough. The elasticity of dough is due to gluten, which is responsible for the gas-retaining power of the dough. Flours made from

hard wheat have a comparatively large quantity and good quality of gluten, and flours made from soft wheat in general have less and more pliable gluten. A homemaker wishes a strong flour for bread, one that contains more gluten than is required for pastries and cakes.

To tell whether a flour is from hard or soft wheat, press some in the hand. Hard-wheat flour falls apart when the pressure of the fingers is released. Soft-wheat flour retains the imprint of the fingers. Hard-wheat flour is more granular than soft-wheat flour. One can tell the difference by rubbing samples between the thumb and forefinger.

Several varieties of flour are found on the market. Cake and pastry flours are milled from soft wheat. All-purpose flours give good results in all types of baking; that is, they contain a moderate amount of gluten. Whole-wheat flour, entire-wheat flour, and graham flour are made by grinding wheat and contain, in their natural proportions, all of the constituents of the cleaned grain. Rye more nearly approaches wheat in baking qualities than any other grain but it will not form enough good gluten to form a dough. Therefore some wheat flour is always added to rye to make bread if the bread is to be at all light and porous.

For a one-pound loaf of wheat bread usually about three-fourths of a pound of flour is needed. A forty-eight pound sack will yield approximately sixty-four one-pound loaves of bread.

Liquid.—The liquid used may be milk, water, potato water, or whey. Milk improves the quality, adds to the food value, and the bread keeps its fresh qualities longer.

Fat.—Fat is used to help produce a tender, well-flavored bread. It improves the keeping quality and adds to the fuel value. Butter is sometimes used. Lard is an economical shortening, and any other good cooking fat is satisfactory. One tablespoon of fat to one loaf of bread is a good proportion.

Yeast.—Yeast is a small one-celled plant, which causes fermentation when added to the dough. Some of the starch of the flour is changed to sugar and the sugars are changed to carbon dioxide gas and alcohol. The carbon dioxide gas leavens the dough and the alcohol evaporates during the baking.

Yeast may be used in the form of dry and compressed cakes, granular form, or as a "starter" grown at home. Absolute cleanliness and sanitation are important in handling yeasts and yeast breads, to prevent bacterial contamination. See pages 9 and 10 under "Recipes."

One way to avoid the expense of using large quantities of compressed yeast is to keep some kind of starter from one baking to the next. Such a mixture is called sponge, ferment, starter, or liquid yeast, and is usually made from yeast, sugar, salt, water, and either potato or flour or both.

Sugar.—The dough will rise more quickly when a small quantity of sugar is added. Added sugar is essential for continued fermentation unless the flour is very heavily malted. It also gives the bread a brown crust. Liquid honey may be used instead of sugar. Sorghum or molasses is often used in whole wheat and rye breads in place of sugar.

Salt.—Salt is added for flavor and it also helps control fermentation.

Other ingredients.—Fancy breads and rolls often contain eggs. Eggs give a rich flavor, delicate texture, and a deep creamy color to the crumb.

Egg yolk gives a flaky, delicate crust. Certain breads and rolls also contain fruits, nuts, or spices.

EQUIPMENT FOR BREADMAKING

For accurate measurements it is desirable to use standard equipment in making bread. A standard measuring cup or pint measure and standard measuring spoons should be used. Have a wooden spoon for beating the sponge, a spatula, flour sifter, suitable bowls, and a clean molding board or table surface. Many women use a dishpan in which to mix large quantities of bread. If this is done, be sure to scald the pan carefully before using for bread. A bread mixer is good labor-saving equipment to have in a home where large amounts of bread are baked frequently. To insure uniform, thorough baking every loaf should be baked in a separate pan. Two pounds of dough require a pan eight and one-half inches by four inches by three inches. Keep in mind when purchasing bread pans that black pans absorb heat very fast and as a result the bread darkens too much on the bottom before it browns enough on top. Aluminum pans, oven glass, or heavy tin are satisfactory. Shiny tin prevents browning of loaves on the bottom; therefore it is desirable to "condition" shiny tin pans before using by greasing them and then "baking" them empty in a hot oven until the pans darken. Scrub them in hot soapy suds with steel wool, and they are ready to use. This is not necessary with aluminum.

A dairy thermometer to test the temperature of the dough and an oven thermometer make bread baking more accurate.

An insulated oven proves more satisfactory than an uninsulated oven. If the oven is not well insulated, a higher temperature is required than the recipe mentions, depending upon the amount of insulation.

METHODS OF MIXING BREAD

There are two methods of mixing bread—the straight dough method and the sponge method. In the straight dough method enough flour is added at once to make a dough; in the sponge method only enough flour is added at first to make a sponge and the rest of the flour is added later.

Straight Dough Method

Soften the yeast in a small amount of the liquid (about one-half cup). If milk is used it must be scalded first to check the growth of bacteria. The part reserved for the yeast should be cooled quickly. Pour the rest while still hot over the sugar, salt, and fat and cool to lukewarm (85°F.). Add the softened yeast and then the sifted flour, all but one cupful, gradually, mixing thoroughly.

Kneading.—The main purpose of kneading is to develop the gluten. Use the reserved cupful of flour for flouring the board lightly. When the dough is stiff and does not stick to the sides of the mixing bowl it is ready to knead. Knead thoroughly with the palms of the hands until the dough is soft, smooth, and elastic.

First rising.—Place dough in a warmed and lightly greased bowl. Grease the top of the dough lightly. Cover the bowl and set in a warm place to rise (80° to 85°F.). When the dough has risen to about double its original bulk,

it should be tested with the finger to determine whether it is ready to punch down for a second rising.

Punching down.—If a slight touch of the finger on the dough leaves a depression, it is ready to punch down. The center should be punched in, the sides pulled over and pressed into the center, and the ball of dough turned with the smooth side up. This punching down is to reduce the size of the gas cells, stretch the gluten into a finer meshwork, and thus make a finer, silkier-textured finished product.

Second rising.—The second rising helps to give good texture and fine, even grain. It is not advisable if soft wheat flour is used. When the dough has again doubled its bulk it may be punched down and made into loaves.

Molding or shaping.—Again punch down the dough and divide so that each piece when placed in the pan will fill it about half full. Form each portion into a smooth ball and let it stand or rest a few minutes before molding. The purpose of allowing the dough to rest is to allow for the formation of more gas to make the dough resilient and responsive to handling.

Flatten the dough into an oblong sheet with the palms of the hands. Fold and seal the long sides together with the knuckles. Flatten the dough again slightly, then stretch it until it is about three times as long as the pan in which it is to be placed. Fold one end to the center, and fold over the other end so that it just overlaps. Seal the two ends by pressing them together firmly. Now fold the nearest long side one-third and seal. Fold opposite side of dough over and seal it; then shape with the hands into a long roll that will fit the pan. Place in a greased pan smooth side up. Brush the top lightly with melted fat.

Rising in the pans.—Set the loaves aside in a warm place (80° to 85° F.) to rise until double their bulk. The pans may be set in warm water and covered with a clean cloth.

Baking.—The material of the pan affects the temperature of baking, as has been mentioned. Bake the bread at a temperature of 425° F. for the first fifteen minutes; then lower it to 375° F. In a wood or coal range the beginning temperature should be 400° F. or lower. The loaves should be turned around after they have been in about fifteen minutes unless the oven bakes very evenly.

A loaf of bread should bake from 45 minutes to one hour, depending on the temperature of the oven and the size of the loaf. The baking process may be divided into approximately four periods:

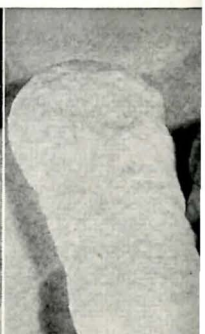
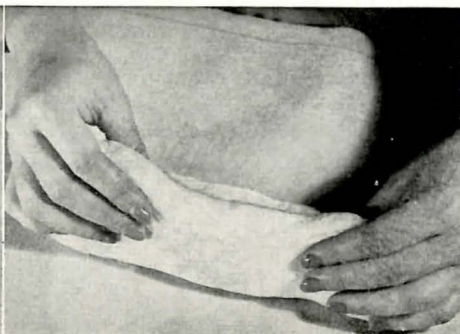
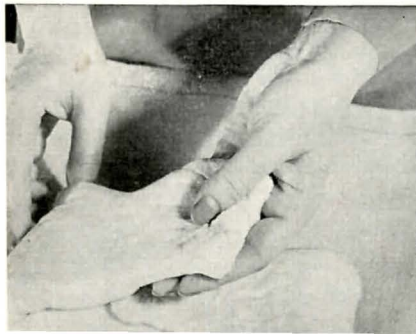


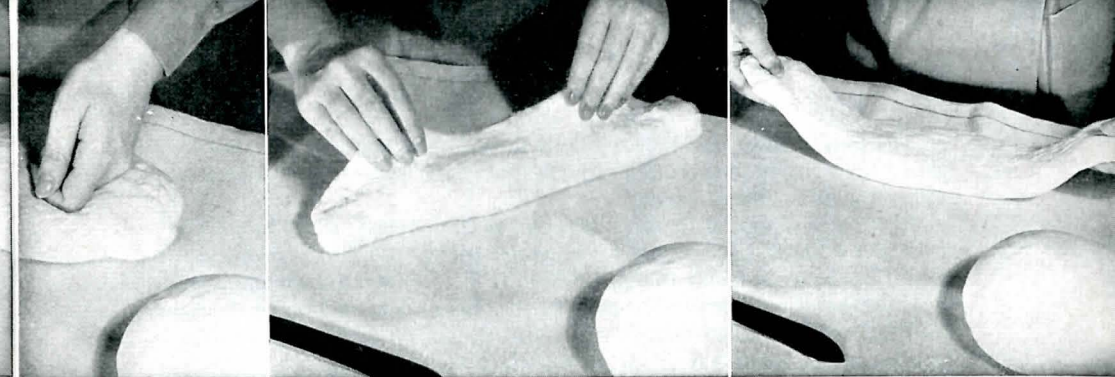
1. Flatten

4. Overlap ends at center

5. Fold lengthwise

6. Fold lengthwise





1. Ball of dough

2. Fold lengthwise

3. Stretch the dough

STEPS IN MOLDING A LOAF

First quarter: The dough should continue to rise.

Second quarter: The dough should crust over and brown slightly.

Third quarter: The center of the loaf should bake and the crust continue to brown.

Fourth quarter: The loaf should shrink from the sides of the pan and should be browned evenly over its entire surface. It should have a hollow sound when tapped.

When the bread is done the color is a rich golden brown and the loaf shrinks slightly from the sides of the pan.

Care after baking.—If desired, brush the loaves with milk, butter or lard just before taking them from the oven to improve the color of the crusts and to make them glossy and more tender. As soon as the loaves are taken from the oven they should be turned out of the pans and placed on a rack to cool. Do not cover while the bread is warm.

Sponge Method

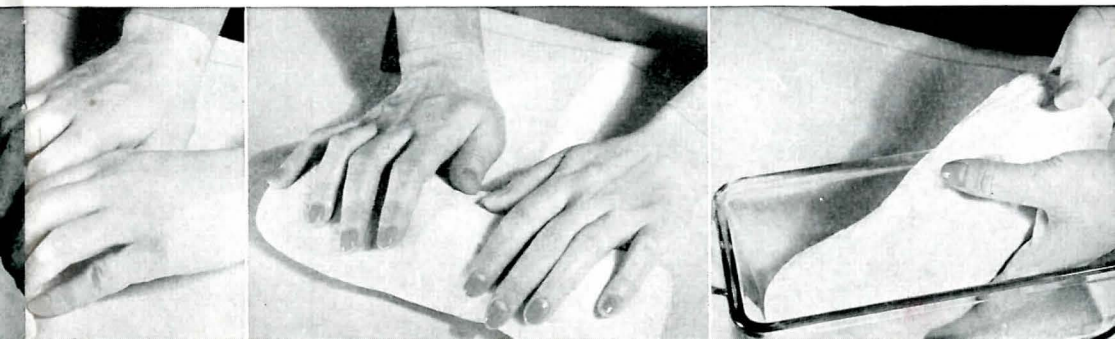
Dry or cake yeast requires a longer time in which to become active than does compressed yeast or granular yeast. With dry yeast it is generally more satisfactory to make a sponge early in the morning or the night before the bread is to be baked.

Break up the dry yeast cake and soak it in lukewarm water until it is soft or for about one-half hour before mixing. If the sponge is to stand overnight, only about half as much yeast is needed as called for in the recipe for the straight dough.

4. Fold again

7. Roll

8. Put into pan



The liquid, yeast, and half the flour should be mixed and left until they form a light frothy sponge. For a quick sponge the sugar may also be mixed with these other ingredients.

When the sponge is to rise overnight, ordinary room temperature (65° to 75°F.) is warm enough, but for a shorter sponge process the temperature should be the same as for dough (80° to 85°F.). When the sponge is light it should be stirred well. The salt, sugar, melted fat, and the rest of the flour are then added to make the dough. When the dough is mixed, it is handled in the same way as in the straight dough method.

WHAT IS GOOD BREAD?

Many homemakers like to examine their finished product and check the points that make for quality in homemade bread. They ask themselves these questions:

Is my bread light in weight in proportion to size?

Does my bread have a tender, elastic crumb, not dry or doughy?

Are the cells evenly distributed with thin cell walls?

Is my bread uniformly creamy white in color and free from dark streaks?

Does my bread have a pleasing, tempting aroma when cut?

Does my bread taste like a blend of well-baked ingredients, free from undesirable flavor caused by bacterial action (sourness) or of yeast or other ingredients?

Is my loaf well proportioned with an evenly rounded top?

Do my loaves have a uniformly brown crust, slightly darker on top, about one-eighth of an inch deep, crisp, tender, smooth, free from cracks and bulges?

DIFFICULTIES ENCOUNTERED IN HOME BAKING

CAUSE

REMEDY

Soggy or Heavy Bread

- | | |
|---|--|
| 1. Too much flour or not enough liquid. | 1. Use one part liquid to three parts flour. |
| 2. Insufficient kneading, rising or baking. | 2. Sufficient kneading, rising or baking.
Let rise until fully doubled. |
| 3. Inferior yeast or flour. | 3. Good yeast and flour. |

Streaked Bread

- | | |
|---|---|
| 1. Allowing dough to become crusted on top while rising or greasing surface of dough too heavily. | 1. Grease top of bread lightly and keep bread covered while rising. |
| 2. Folding dry flour into loaves. | 2. No flour should be used during kneading. If dough is very soft, grease hands very lightly to facilitate handling it. |
| 3. Insufficient or incorrect mixing and kneading. | 3. More thorough mixing and kneading. |
| 4. Starting baking with too cold oven. | 4. Correct oven heat (425°F. to start). |
| 5. Letting dough rise in too warm a place, letting bottom of pan become too hot. | 5. Proper temperature for rising (80° to 85°F.). |

Dry Crumbly Bread

- | | |
|---------------------------|--|
| 1. Too stiff a dough. | 1. Use approximately one part liquid to three parts flour. |
| 2. Too long rising. | 2. Proper rising period. |
| 3. Insufficient kneading. | 3. More thorough kneading. |

CAUSE**REMEDY****Coarse Texture**

- | | |
|---------------------------------------|--|
| 1. Too cool an oven. | 1. Proper oven heat. |
| 2. Too long rising or too soft dough. | 2. Proper rising period, sufficient flour. |
| 3. Insufficient kneading. | 3. More thorough kneading. |

Cracked Crust

- | | |
|--|--|
| 1. Cool air striking loaves as they are removed from oven. | 1. Keep loaves out of draft until cool. Grease surface of loaf on removal from oven. |
| 2. Uneven heat in oven. | 2. Change position of loaves while baking. |
| 3. Hard wheat flour not fermented enough. | 3. Longer fermentation. |

Hard Lumps

- | | |
|------------------------------------|-----------------------------------|
| 1. Insufficient mixing. | 1. More thorough mixing. |
| 2. Incorrect kneading. | 2. Proper kneading. |
| 3. Working in flour while shaping. | 3. Flour board only very lightly. |

Ropy Bread

- | | |
|--|---|
| 1. Use of flour, potatoes, or yeast that contain the bacteria, or storage of flour near vegetable bin. | 1. Change type of flour or potatoes used and get new starter or fresh cake yeast. |
| 2. Storage at too warm a temperature or near vegetable bin. | 2. Store bread in a cool place. |
| 3. Growth of highly resistant spore-forming bacteria. | 3. Sterilize all utensils. Boil them in water and vinegar in proportion of one part vinegar to three parts water. |

Poorly Shaped Loaves

- | | |
|---|--|
| 1. Inexperience in handling dough. | 1. Practice molding and shaping loaves. |
| 2. Two loaves in a pan or pans touching. | 2. Bake in single loaf pan with pans not touching in oven. |
| 3. Oven too cool at first or uneven heat. | 3. High temperature, heat oven early. |
| 4. Dough too light or not light enough before baking. | 4. Allow for some rising in oven. |

Mustiness or Rancidity

- | | |
|--|---|
| 1. Mold that thrives in moist, warm air. Wrapping or storing while warm. | 1. Scald, dry, and air flour bin and bread boxes. Thoroughly cool bread before wrapping or storing. Store in properly ventilated bread box. |
|--|---|

Sour Bread

- | | |
|--|---|
| 1. Growth of lactic acid bacteria in the dough for too long a period before baking or too long fermentation. | 1. Stop rising of the dough at the right point. |
|--|---|

RECIPES**Homemade Dry Yeast**

Bring to a boil one cup fresh buttermilk, add to it one cup cold water and one cake yeast (dry or compressed) which has been softened in one-fourth cup of lukewarm water. Make a thick batter at night with flour, thick enough to drop from the spoon in chunks. Let stand until morning and stir in enough cornmeal to make a mixture that can be kneaded. Mix thoroughly and roll out one-half inch thick. Cut in two-inch squares, cover with a clean cloth, and dry in the air away from dust for about three days or until thoroughly dry. Wrap carefully and store in a clean covered jar in a cool place.

Liquid Yeast

1 cup "starter" or 1 cake yeast ($\frac{1}{2}$ oz.)	in 1 cup water
3 potatoes ($\frac{3}{4}$ lb.)	4 T. sugar
$1\frac{1}{4}$ c. boiling water	$1\frac{1}{2}$ T. salt
About $1\frac{1}{2}$ c. 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 $3\frac{1}{4}$ cups of liquid and allow this mixture to become lukewarm. Add one cup of the starter reserved from the last baking. If none of this starter is available, one cake of dried or compressed yeast soaked in one cup 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 one cup in a clean scalded jar. Cover and set away in a cool place and use as a starter for the next baking. In very cold weather it must be protected from freezing. The remainder is ready to use. If the mixture should by any chance develop any unusual appearance or odor, it should be discarded and a new starter made with clean materials using scalded utensils.

White Bread (Four loaves)

2 c. milk	2 c. water
$\frac{1}{4}$ c. sugar	1 cake yeast
4 t. salt	$\frac{1}{4}$ c. lukewarm water
2 T. shortening	12 c. sifted flour (about)

For the method see "Straight Dough Method" and "Sponge Method," as explained above.

Bread and Rolls Made from Liquid Yeast

$2\frac{3}{4}$ lbs. or 3 qts. sifted flour, approximately	$3\frac{1}{4}$ c. liquid yeast (Rolls are especially good if 1 or 2 eggs are added to the dough.)
5 T. sugar	
3 T. fat	

Set the yeast for about half an hour in a pan of water of the right temperature to bring it to about 82°F . Add the fat and sugar and gradually stir in the flour. The exact quantity of flour required for a given quantity of liquid differs, of course, according to the flour. The dough should be soft and pliable but not sticky.

If bread is baked twice a week or oftener and the starter is cared for properly, there should be no trouble with spoilage. If bread is not baked this often, the starter should be renewed by making a new mixture.

Whole Wheat Bread

Whole wheat flour has less baking strength than white flour and for that reason must be handled somewhat differently. The dough ferments more quickly, is softer and more moist. Whole wheat flour from hard wheat will make an acceptable bread without the addition of any white flour, but whole wheat flour, unless the bread is made with great skill, requires some white flour with it to make the bread light.

Partial Whole Wheat Bread

(Two loaves)

2 c. lukewarm liquid	2 T. fat
½ cake dry yeast	2 t. salt
2 T. sugar	2 c. whole wheat or graham flour
	4 c. white flour (about)

If preferred, equal parts of white and whole wheat flour may be used. Do not sift whole wheat or graham flour. Proceed according to the directions for white bread.

Whole Wheat Raisin Bread

Add one cup raisins or currants, or chopped walnuts, to dough after first rising. Knead and shape into loaves.

Whole Wheat Prune Bread

Add one tablespoon grated orange rind to soft dough. Knead one cup chopped, cooked prunes into dough after first rising and shape into loaves.

Sorghum Bread

Milled sorghum grain may be used in the same proportion as whole wheat flour in the recipe for partial whole wheat bread.

Rye and Caraway Bread

1 c. scalded milk	2½ t. salt
1 c. boiling water	1 T. sugar
1 T. butter	1 yeast cake softened in ¼ c
1 T. lard	lukewarm water
3 c. sifted white flour	3 c. rye flour

Put shortening, sugar, and salt in bowl or top of large double boiler. Add liquid. When lukewarm, add softened yeast cake and three cups rye flour. Mix thoroughly with knife or spoon. Add two cups rye flour. Mix with knife. Add remaining flour gradually, using just enough to prevent sticking. Turn on board and knead until dough is smooth and elastic. Let rise to double its bulk. Cut down, add white or entire wheat flour and caraway and turn on board. Knead and shape into loaves. Cover and let rise to double its bulk. Bake 15 minutes in hot oven (425°F.), then reduce to 375°F. (moderate) and bake 30 to 35 minutes longer.

Wheat Germ Yeast Bread

1 c. milk	1 T. fat
1 cake compressed yeast	3 c. wheat flour
1½ t. salt	1 c. wheat germ
1 T. sugar	

Scald the milk and pour all but a small portion of it over the sugar, salt, and fat. When the remaining milk has cooled to lukewarm, soften the yeast in it and add to the first mixture. Stir the flour and wheat germ together, add gradually to the liquid mixture until a moderately stiff dough is formed, and knead. Let rise until double in bulk. Punch down or knead lightly. When bulk is doubled again, form into a loaf, let rise until again doubled, and bake 45 minutes to one hour at a temperature of 400°F. Makes one loaf.

Oatmeal Bread

3 c. finely ground rolled oats	4 T. sugar
9 c. sifted all-purpose flour	4 t. salt
3½ c. milk	2 T. fat
1 to 2 cakes compressed yeast	

Mix the rolled oats with the white flour and proceed as for white bread. These ingredients make four pounds of bread.

Cinnamon Bread

Roll a portion of standard bread dough flat on the table to about one-fourth to one-half inch thick. Spread the whole piece with butter, sprinkle generously with sugar, and over the sugar sprinkle cinnamon. Beginning at one end, roll the dough into a loaf. Fold the ends under so that the loaf will fit into the pan, pinch the loose edges of dough together, and place the loaf in the pan. Press it down a little, brush with egg or milk, and sprinkle with sugar and cinnamon over the top and set in a warm place to rise. Bake the same as bread.

Standard Rolls

2 c. milk scalded	⅓ c. shortening
2 t. salt	1 to 2 cakes compressed yeast
¼ c. sugar	6 c. sifted flour (about)
	(1 or 2 eggs may be added)

Place milk, salt, sugar, and one-third cup shortening in large bowl and cool. When lukewarm, add crumbled yeast cake and three cups flour and beat thoroughly. Gradually stir in remaining flour, adding just enough to make a dough slightly softer than that for bread. Turn out on floured board and knead until smooth and elastic, adding flour as necessary. Place dough in greased bowl and brush lightly with melted shortening. Cover and let rise in warm place until doubled in bulk (for 2 to 4 hours). Knead, shape as desired, and place in greased pan; brush with melted shortening, cover, and let rise in warm place until very light (for three-fourths to one hour). Bake in hot oven (400° to 425°F.) for 15 to 20 minutes. Approximate yield: 3 to 4 dozen rolls.

Refrigerator Rolls

2 cakes yeast	¼ c. sugar
¼ c. lukewarm water	½ c. shortening
1 c. milk	3 eggs
1½ t. salt	5 c. sifted flour (about)

Soften yeast in lukewarm water. Scald milk, add salt, sugar, and shortening and cool to lukewarm. Add two cups flour and beat well. Add yeast and beaten eggs. Blend thoroughly. Add remaining flour to make a soft dough. Turn out on slightly floured board and knead until satiny. Place in lightly greased bowl; cover and let rise in warm place (80° to 85°F.) until doubled in bulk. Punch down; form into smooth ball. Grease the surface lightly, cover and put into refrigerator. When wanted, remove dough from refrigerator and punch down. Mold at once in any desired shape or, if preferred, let dough stand in warm room for an hour before molding.

Place in greased pans and let rise until doubled in bulk. Bake in hot oven (425°F.) 15 to 20 minutes. Yield: about 2½ dozen rolls.

Refrigerator Potato Rolls

1 c. mashed potatoes	2 eggs
1½ c. liquid (milk or potato water)	1½ t. salt
½ c. sugar	1 cake compressed yeast
½ c. shortening	6-8 c. flour or 3 c. whole wheat flour and 3 c. white flour

Break yeast in bowl. Mix with sugar. Add liquid (80° to 85°F.), beaten eggs, potatoes, and half of the whole wheat flour. Beat thoroughly. Add melted fat and salt. Add rest of flour to make a soft dough. Place in refrigerator until ready for use. Take out amount desired, put in a warm place, and let rise once. Make into size of rolls desired. Let rise and bake 15 minutes in a hot oven (425°F.). Yield: about 3 dozen rolls.

The dough is soft and will require much flour to handle, but it should be kept as soft as possible. This dough may be kept four or five days in the refrigerator if kept covered and if the refrigerator is kept cold.

Finger Rolls

The finger roll, sometimes called the dinner roll, is a simple variation. To make it, shape the dough until it is long and narrow, about the size and shape of your finger. Place on a greased baking sheet. Let rise until double its bulk and bake at 425°F., 15 to 20 minutes.

Bow Knots

Roll dough under hand to one-half inch thickness. Cut in pieces about six inches long. Tie in knots. Place on greased baking sheet. Let rise. Bake at 425°F. 15 to 20 minutes.

Fan Tans

Roll dough into very thin rectangular sheet. Brush with melted butter. Cut in strips about one inch wide. Pile six or seven strips together. Cut pieces one and one-half inches long and place on end in greased muffin pan. Let rise and bake at 425°F. 15 to 20 minutes.

Clover Leaf Rolls

Form dough into small balls. Dip each into melted butter and place three balls in each section of a greased muffin pan. Let rise and bake at 425°F. 15 to 20 minutes.

Pecan Rolls

Roll into a long strip one-fourth inch thick. Brush with soft butter and sprinkle with brown sugar. Roll and cut as cinnamon rolls and place in muffin pan which has in the bottom of each section one teaspoon of butter, one teaspoon brown sugar, and a few pecans. Let rise and bake at 375°F. 20 to 25 minutes.

Crescents

Roll ball of dough into circular sheet about one-fourth inch thick. Cut in pie-shaped pieces. Brush with melted butter and roll up, beginning at the wide end. Curve into crescents on greased baking sheet. Let rise and bake at 425°F. 15 to 20 minutes.

Twists

Roll dough one-half inch thick. Cut in narrow strips and roll with the palm of the hand into eight-inch strips. Twist from ends in opposite directions. Then bring ends together. Place in greased pan one inch apart, brush with egg yolk diluted with one tablespoon milk. Bake at 400°F. 15 to 20 minutes.

Plain Rolls

Cut the dough into small pieces. Shape pieces into small balls with smooth tops. Place the rolls close together on a greased baking sheet and let them rise until double their bulk. For rolls with crusty sides, place them farther apart so they will not come together as they rise. Bake at 425°F. 15 to 20 minutes.

Poppy Seed Rolls

Brush plain rolls with egg and sprinkle with poppy seed and sugar. Cover and let rise until double in bulk. Bake in hot oven (450°F.) 12 to 15 minutes.

Sesame Seed Rolls

1 cake compressed yeast	$\frac{1}{4}$ c. sugar.
1 T. sugar	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. lukewarm water	$2\frac{1}{2}$ c. flour
$\frac{1}{4}$ c. shortening, melted	1 slightly beaten egg white
1 whole egg, beaten	Sesame seeds

Soften crumbled yeast and 1 tablespoon sugar in 2 tablespoons of the lukewarm water. Combine shortening, egg, sugar, salt, and remaining lukewarm water. Add softened yeast, mixing well. Add flour to make soft sponge, beating thoroughly. Do not knead. Cover and let rise about 2½ hours. Knead on lightly floured surface, roll in circle to ¼ inch thickness, spread lightly with melted fat. Cut in pie-shaped pieces and roll each piece from wide end to the point. Dip in slightly beaten egg white and then into sesame seeds. Allow to rise in warm place until almost double in bulk, about 45 minutes. Bake in hot oven (400°F.) for 20 minutes. Makes 1½ to 2 dozen rolls.

Raised Doughnuts

1 c. milk	1 cake compressed yeast
$\frac{3}{4}$ c. flour	

Heat the milk to scalding and cool to lukewarm. Crumble the yeast in the milk, add the flour, and then beat to a smooth batter. Let rise until very light and full of bubbles. Then add:

1 c. sugar	$\frac{1}{2}$ t. salt
1 c. butter	$\frac{1}{2}$ t. nutmeg
1 c. scalded milk cooled to warm	6 c. flour (about)
2 beaten eggs	

The sugar and butter may be added to the scalded milk or they may be creamed together and added. Add the beaten eggs, then sift salt, nutmeg, and flour together and add to make a soft dough. Knead lightly and set

to rise. When double in bulk, roll to about one-half inch thick and cut with a large doughnut cutter, or roll about one inch thick and cut into rounds about the size of walnuts. Arrange on a lightly floured surface and let rise until very light. Fry in deep fat (375°F.) to a golden brown. Dredge in sugar.

In making raised doughnuts it is important to let them rise until about double in size. When lowering the doughnuts into the fat, place the raised side down in the hot fat. This allows the under side to rise.

Bran Refrigerator Rolls

1 c. shortening	1½ t. salt
1 c. boiling water	2 eggs, well beaten
¾ c. sugar	2 cakes compressed yeast
1 c. bran	1 c. lukewarm water
6 c. flour (about)	

Mix shortening, boiling water, sugar, bran, and salt, stirring until shortening is melted. Let stand until mixture is lukewarm. Add eggs and yeast cakes softened in lukewarm water. Add flour. Beat thoroughly. Cover bowl and place in refrigerator overnight or until ready to use. Form balls of the dough to fill muffin pans about half full. Let rise until doubled in bulk. Bake in hot oven (450°F.) for about 20 minutes. Yield: 3½ dozen small rolls. Dough can be made into Parker House rolls if desired.

Cheese Rolls

1 c. hot water	1 t. granulated sugar
¼ c. granulated sugar	1 egg, well beaten
1 t. salt	2 to 2½ c. grated American cheese
1 cake compressed yeast	3½ to 4 c. all-purpose flour
2 T. lukewarm water	

Combine the hot water with ½ c. sugar and the salt. Cool until lukewarm (about 85°F.). Meanwhile soften the yeast cake in the lukewarm water, add one teaspoon sugar, then stir into the first mixture. Next add the well-beaten egg and grated cheese, and as much all-purpose flour as can be stirred into the dough without kneading (about 3½ to 4 c.). Toss dough on a lightly floured board. Knead until smooth and satiny. Then form pieces of the dough into smooth balls ¾ inch in diameter. Place three balls in each section of the greased muffin pan; cover and let rise in a warm place until nearly double in bulk. Bake in oven 375°F. for 12 to 15 minutes or until done. Remove from the oven and brush with melted fat. This recipe makes two dozen cloverleaf rolls or one large loaf of bread. This bread makes delicious sandwiches or toast for breakfast or tea. If preferred, the dough may be brushed with melted fat, tightly covered, stored in the refrigerator, and used over a period of one week.

Orange Rolls

1 c. mashed potatoes	1 t. salt
1¾ c. milk, scalded	½ c. sugar
1 cake compressed yeast	1 c. orange juice
7½ c. sifted flour (about)	2 T. grated orange rind
2 eggs, well beaten	¼ c. shortening, melted

Force mashed potatoes through fine sieve into large mixing bowl and stir in hot milk. When lukewarm, add crumbled yeast cake and 4 cups flour and beat thoroughly. Cover and let rise in warm place until double in bulk. Combine eggs, salt, sugar, orange rind and juice, and shortening. Add to light sponge and beat well. Gradually stir in remaining flour and proceed as for standard rolls. Approximate yield: 4 dozen rolls.

STALE BREAD

Bread at least a day old is preferred for many different recipes. Plain toast may be varied in the following ways:

Cinnamon Toast

Toast thin slices of stale bread. Remove crusts, cut in strips, triangles, or other shapes, and spread with butter. Sprinkle with a mixture of one-half teaspoon cinnamon and one-fourth cup granulated or brown sugar and place in broiler or oven to melt sugar. Serve hot for breakfast or afternoon tea.

Orange Toast

Sprinkle toasted bread with a mixture of one-half tablespoon grated orange rind, two tablespoons orange juice, and one-fourth cup sugar.

Melba Toast

Cut stale bread in one-eighth inch slices, arrange on baking sheet and bake in slow oven (300° to 325°F.) 15 to 20 minutes or until evenly browned and crisp, turning several times for uniform toasting and drying.

French Toast

2 eggs slightly beaten	1 c. milk
$\frac{1}{4}$ t. salt	6 slices bread
2 T. fat	

Mix together eggs, salt, and milk in bowl. Dip bread into mixture and fry in fat in heavy frying pan, turning with spatula to brown both sides; or fry in hot deep fat (380° to 390°F.) for one to two minutes, or until browned. Serve with powdered sugar or syrup.

CRUMBS

Soft bread crumbs.—Remove crusts from stale but soft bread. Crumble between fingers, tear out with fork, grate, put through coarse sieve, or cut in cubes or squares. Use for stuffings and puddings.

Dry bread crumbs.—Use dry bread. Dry without browning in slow oven (300°F.) if not crisp. Roll, crush, or grind and sift. Use to coat food or to top escalloped or baked dishes. Store crumbs in covered container in dry place. To make buttered crumbs mix melted butter with dry bread crumbs, allowing two tablespoons butter to one-half cup crumbs.