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EC64-917 Baking Bread

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baking bread



EXTENSION SERVICE
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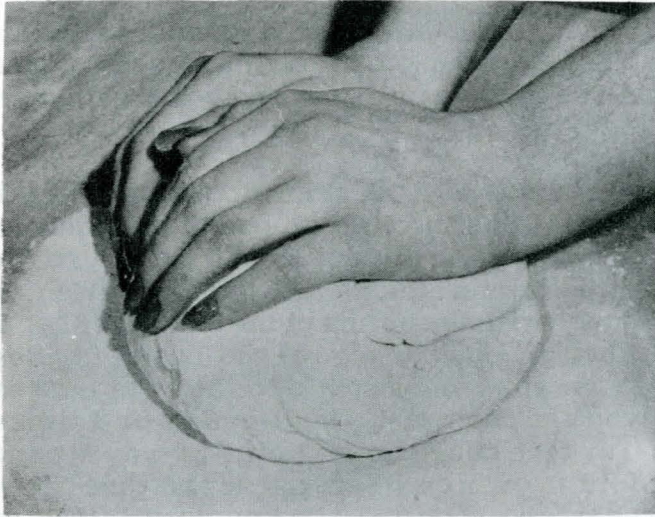


Fig. 1. Knead the dough.



Fig. 2. Flatten the ball of dough.



Fig. 3. Test dough for sufficient rising.

baking bread

suggestions and recipes

Ethel Diedrichsen
Extension Nutritionist

Bread is an important part of the meal. It helps supply plant protein, thiamine, riboflavin, niacin, and iron needed in the daily diet. You will find it wholesome, economical and popular with all members of the family.

Suggestions for Making Bread

Use only good quality yeast, flour, fat and other ingredients. Temperature is important too. Active dry yeast softens most quickly in warm, but not hot water (100°-105°). Compressed yeast is already moist and more sensitive to heat. Luke-warm water (90°-95°) is needed for softening it.

The exact amount of flour will vary with the flour and the kind of bread baked. Breads may be made from a stiff batter or dough. To develop gluten in batter



Fig. 4. Punch down.

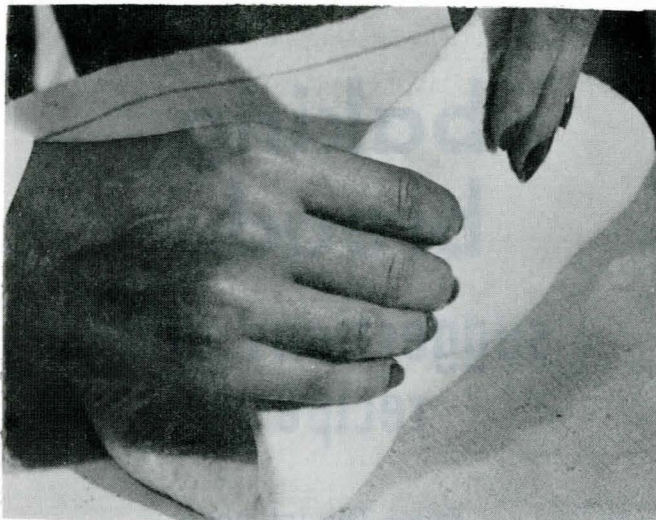


Fig. 5. Fold dough in half.



Fig. 6. Stretch dough slightly.



Fig. 7. Bring ends to center.

bread, beat the batter vigorously after the first two cups of flour have been added. A well-beaten batter looks shiny and smooth.

The dough is turned out on a lightly floured pastry cloth or board and kneaded to develop the gluten. Knead lightly, rhythmically and quickly. (Fig. 1) Flatten the dough with the palms of the hands. (Fig. 2) Then pick up the edge of the dough farthest from you, fold it over to the edge nearest you and push gently but firmly 2 or 3 times. Turn the dough a quarter of the way around, fold it over on itself again and push. Repeat for 200 or 300 strokes until the dough is smooth and satiny.

Grease the dough lightly, cover with a towel and let rise in a slightly warm place (no higher than 80° - 85°) until doubled in bulk. This may be tested by pressing two fingers into the dough. (Fig. 3) If an indentation remains, the dough is doubled in bulk. Punch it down. (Fig. 4) Then fold the edges of the dough to the center and turn the ball of dough so the bottom is on top. For more uniform texture and finer grain, let dough rise a second time. Punch down and divide into loaves. Shape each piece into a ball and let rest 5 minutes for easier handling.

Flatten the ball of dough into an oblong shape about 10 x 12 inches. Use back of fingers to press out all air. Fold dough in half lengthwise. (Fig. 5) Flatten again to press out all air. Stretch slightly. (Fig. 6) Bring the two ends to the center, overlap them and seal well by pressing down firmly with the knuckles. (Fig. 7)

Take the further edge of long side and fold over toward you, $1/3$ of the way at a time, sealing well with the heel of the hand. (Fig. 8) Roll back and forth to tighten. Seal each end by pressing with edge of hands. (Fig. 9) Place in 9 x 5 x 3 inch greased loaf pan with the sealed edge down. (Fig. 10)

Cover and allow bread to rise until doubled in bulk. Bake at 400° for 45 or 55 minutes. Remove from pan and place on wire cooling rack. When done the loaf should sound hollow when tapped on the bottom or sides.



Fig. 8. Fold dough over.

Standard Loaf

A good loaf of bread is symmetrical in shape, uniformly golden brown in color and light in weight. The crumb feels velvety and moist to the touch. The walls of the cells are thin and silky. The bread smells good and has a fresh, nutty, wheat like flavor.

Causes of Imperfect Bread

1. Sour fermented flavor: Poor quality ingredients. Too high temperature during

rising. Allowing dough to stand too long before kneading or baking.

2. Coarse texture: Insufficient kneading. Too soft a dough. Too cool an oven. Allowing dough to rise too long before baking.

3. Heavy or soggy bread: Too much liquid for flour. Too little or poor yeast. Insufficient kneading, rising or baking.



Fig. 9. Seal well.



Fig. 10. Place loaf in pan.

4. Loaves which bulge: Too soft dough. Too cool oven.

5. Cracked crust: Too stiff dough. Poor shaping of loaf. Uneven oven heat. Too hot an oven.

6. Streaked bread: Greasing surface too heavily. Using excess flour while shaping loaves. Allowing dough to become crusted while rising.

7. Dark crumb: Over-light or under-light when put in oven. Too cool an oven. Old or stale yeast.

Storing

Bread will stay fresh at room temperature for several days in a ventilated bread box. When stored in the refrigerator, it is less likely to mold but it will become stale more quickly.

The best place to store bread is in the freezer. Cool it first, then wrap in moisture-vapor-resistant material. It will keep moist, free of mold, and stay fresh for several weeks.

Spoilage in Bread

The two chief causes of spoilage in bread are mold and ropiness. Mold imparts a musty odor and flavor. It may be retarded by storing the bread in a cool, dry place.

Ropiness is a disease which occurs more often in hot humid weather. The bread looks fine when baked but in a few days it turns sour and sticky inside and has an "off" flavor. The bacteria which causes this disease may be found in potatoes, milk, flour, yeast, sugar, molasses, dust or any number of places.

The first step in getting rid of this disease is to clean thoroughly. Be sure to discard any bread that shows signs of ropiness. Scrub every utensil used in making bread, the bread board and the bread box with a solution of 1 tablespoon vinegar and 1 quart boiling water. Rinse with boiling water and dry thoroughly.

Bacteria grow best in a warm moist place so the disease may be hard to cure. These suggestions may help:

1. Make the dough slightly acid, since rope bacteria do not grow in acid. This can be done by using buttermilk or sour milk for $\frac{1}{4}$ to $\frac{1}{2}$ total liquid in the bread recipe. Do not add soda. A small amount of white vinegar may be added to the water in the bread recipe. Do not use more than 1 tablespoon vinegar for each quart of water.

2. Let the bread rise in a somewhat cooler place than usual, but add enough

yeast so that it will rise as fast as usual.

3. Make a stiffer dough than usual, so the finished loaves will contain as little moisture as possible.

4. Bake bread thoroughly.

5. Cool loaves quickly after baking.

6. Store in a cool, dry place. Keeping the loaves in the refrigerator or freezer will retard the action of the bacteria.

Recipes

White Bread

- 2 packages yeast
- 1/2 cup warm water
- 1 3/4 cups milk or potato water
- 3 tablespoons sugar
- 1 tablespoon salt
- 2 tablespoons soft shortening
- 6 - 6 1/4 cups sifted flour

Soften yeast in 1/2 cup warm water. Scald milk and cool to 80°-85°. Combine yeast mixture, milk, sugar, salt, shortening and half the flour. Mix with a spoon until smooth. Add remaining flour and knead until smooth and elastic. Let rise in warm place until doubled in bulk, (about 1 1/2 hours). Punch down. Let rise again until almost doubled in bulk, (about 30 minutes). Shape into 2 loaves, place in greased bread pans, let rise about one hour. Bake at 400° for 50 minutes.

Whole Wheat Bread

- 2 packages yeast
- 1 1/2 cups warm water
- 3/4 cup milk
- 3 tablespoons sugar
- 4 teaspoons salt
- 1/3 cup soft shortening
- 1/3 cup molasses
- 4 1/2 cups whole wheat flour
- 2 cups sifted white flour

Soften yeast in warm water. Scald milk and cool to 80°-85°. Stir in milk, sugar, salt, shortening, molasses and half the flour. Beat until smooth. Stir in remaining flour. Knead until smooth and elastic. Let rise in warm place, until

doubled in bulk, about 1 hour and 15 minutes. Punch down, divide dough in half and shape into loaves. Place in greased bread pans. Let rise about 1 hour and bake at 400° for 50 minutes.

French Bread

- 1 package yeast
- 1 1/4 cups warm water
- 1 1/2 teaspoons salt
- 1 tablespoon soft shortening
- 1 tablespoon sugar
- 3 1/2 cups sifted flour

Soften yeast in water. Add salt, shortening, sugar and stir in flour. Knead, cover and let rise in a warm place about 40 minutes. Punch down and let rise until almost doubled in bulk, about 30 minutes. Punch down and divide into equal parts.

To shape a French style loaf, roll each half into an oblong 15 x 10 inches. Roll up tightly from wide side. Seal ends by pinching together. With a hand on each end, roll gently back and forth to lengthen loaf and taper end. Place on greased baking sheet sprinkled with yellow cornmeal. Make 1/4 inch slashes in dough at 3 inch intervals with a sharp knife. Brush top with cold water. Let stand uncovered about 1 1/2 hours. Brush again and bake at 375° for 20 minutes. Remove from oven and brush with egg white and sprinkle with sesame or poppy seeds. Continue baking 25 minutes longer.

Pumpernickel

- 2 packages yeast
- 1 1/2 cups warm water
- 1 tablespoon salt
- 1 to 3 tablespoons caraway seed
- 1/2 cup molasses
- 2 3/4 cups sifted rye flour
- 2 tablespoons soft shortening
- 3 1/2 to 4 cups sifted white flour

Soften yeast in warm water. Stir in salt, caraway seed and molasses. Mix in rye flour and shortening and add white flour. Knead and let rise. Shape into 2 round, slightly flattened loaves. Place on opposite corners of greased baking sheet which has been sprinkled with cornmeal. Cover



Fig. 11. Braided loaf.

and let rise about 1 hour. Bake at 375° for 35 to 45 minutes.

Casserole Bread

- 1 cup milk
- 3 tablespoons sugar
- 1 tablespoon salt
- 1 1/2 tablespoons soft shortening
- 1 cup warm water
- 2 packages yeast
- 4 1/2 cups sifted flour

Scald milk and cool to 80°-85°. Stir in sugar, salt and shortening. Measure water into a large bowl and sprinkle in yeast. When yeast is softened, add milk mixture and flour. Stir until well blended, about 2 minutes. Cover and let rise in a warm place until tripled in bulk, about 40 minutes. Stir down. Beat vigorously about 1/2 minute. Pour into greased 1 1/2 quart casserole. Let rise until doubled in bulk, or bake immediately. Bake uncovered at 375° for 1 hour.

Braided Loaf

- 2 packages yeast
- 1/4 cup warm water
- 1 cup milk
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/2 cup soft shortening

- 2 eggs, beaten
- 5 1/2 cups sifted flour
- 1/4 cup chopped citron
- 1/4 cup raisins
- 1/4 cup chopped almonds

Soften yeast in water. Scald milk and cool to 80°-85°. Stir in sugar, salt and shortening. Add eggs and one-half the flour. Beat until smooth. Stir in the fruits, nuts and remaining flour. Knead until smooth and elastic. Cover and let rise until doubled in bulk, about 1 hour and 15 minutes. Punch down and shape into a loaf made of 3 different braids.

For the larger braid, divide one half of the dough into 3 equal pieces. Roll each piece into a strip 18 inches long. Braid and place on a greased baking sheet. Brush top with melted butter. For the second braid, divide 2/3 of remaining dough into 3 equal parts. Form into a second braid about 18 inches long and place on top of first braid. Brush lightly with butter. Form remaining dough into a third braid and place on top. Fasten with toothpicks if necessary.

Let rise in a warm place until doubled in bulk, about 1 hour. Brush with a mixture of 1 egg, 1 tablespoon water and decorate with 1/4 cup blanched almonds. Bake at 375° for 45 minutes.