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Wilder, Susan Z., "Breads in Foreign Lands" (1933). *Extension Circulars*. Paper 338.
http://openprairie.sdstate.edu/extension_circ/338

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Breads in Foreign Lands

By Susan Z. Wilder

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Many of the American fancy breads are foreign breads or adaptations of them. The following observation on breads and other foods in foreign lands was made by the author during a visit to the British Isles and European countries in the summer of 1930.

The English breakfasts are similar in some ways to the American. Cooked fruits, green or purple plums, pears, peaches and gooseberries are frequently served for breakfast. The cooked fruit is placed on large plates instead of small sauce dishes. Some times fresh fruit only is served.



—Ewing Galloway

French baker delivering bread.

The waiter wheels in a cart with dishes of different kinds of fruit and the guests indicate what they want. At other times fruit is served from a side table.

The breakfast bacon is soft and white, not crisp like the American fried breakfast bacon. It has more lean meat than the American bacon and tastes like ham.

Extension Service
South Dakota State College of Agriculture and Mechanic Arts
Brookings, South Dakota

Published and distributed under Acts of Congress, May 8 and June 30, 1914, by the Agricultural Extension Service of South Dakota State College of Agriculture and Mechanic Arts, Brookings, A. M. Eberle, director, U. S. Department of Agriculture cooperating.

Hard, round crusty rolls of white raised dough are used three times a day. They are placed at the left of the plate on the napkin or tablecloth. In Germany, Italy and France, halfmoon and tiny long rolls of rich pastry are often served in place of the hard rolls.

Unsalted butter in tiny fancy rolls appears at breakfast but at no other meal throughout the British Isles and the continent.

The coffee is black and bitter. It contains much chickory and tastes as if it had been boiled for hours. The waiter fills the cup with equal amounts of hot coffee and hot milk. Cream is never used in coffee. The coffee is an impossible drink. Americans demand water with their meals. Wine and beer are served at lunch and dinner on order only.

A clear, cream or vegetable soup is generally served for lunch. The hard crusty rolls are eaten with it instead of crackers. Hors d'oeuvre is sometimes served first or in place of the fish course. The waiter brings in a large platter with four or five mounds of different kinds of foods. For example: Potato salad, shredded cabbage, shredded celery root, chopped pickled beets, cold sliced meat, smoked fish (very oily fish in Italy). He serves a small portion to each person by cleverly using a tablespoon and large fork in the right hand. This is quite a feat and is used throughout Europe from "soup to nuts" whenever the waiter places food on a guest's plate.

Fish is eaten as a separate course. A small piece is placed on a large plate with salad dressing. Hard rolls are always served with it.

In England, cold or hot roast mutton, chicken or beef, on the continent roast beef, veal or chicken is the main course. Often the roast beef is so rare that Americans will not eat it. There is always the same brown, watery gravy regardless of the kind of meat. Since there is no butter for lunch or dinner the gravy is better than nothing to make the rolls more palatable. No steak or fried meat of any kind is served. Sometimes scrambled eggs appear on the menu.

Green string beans are served once or twice almost every day. Carrots, carrots with peas, and beets prepared plain are a common dish. Attractive bowls of mixed fresh vegetables such as lettuce, cucumbers and tomatoes with slices of hard boiled eggs often appear on the British table. Green corn on the cob is never served although American corn grows in Italy.

The main course of the lunch or dinner is served by the waiter from one platter. He places meat, tiny potatoes and one or more vegetables with brown gravy on each plate with the spoon and fork in the right hand.

Pie appeared on the trip only in Canada. It is nothing like American pie. At one gathering a large deep pie with crisp brown crust was placed on the table to be served by one of the guests.

It looked as if there were enough for a dozen people but the crust, only a canopy, fell instantly when touched. It was at least two inches from the filling. The eight present had but a small serving each and that was eaten with a dessert spoon.

Ice cream is served in every country. One of the finest desserts is a rich ice cream with tiny chocolate cream puffs on top. Apparently neither in the British Isles nor the continent are the small dishes used for ice cream. Large plates are always used. It is rather difficult to eat ice cream with a dessert spoon when it is a hard ball sliding over a large plate.

Fruit is commonly used as dessert. In Italy it is served after the dessert at luncheon and dinner either once or twice a day. White grapes, black or green figs are the most common fruits in Italy although there are sometimes peaches and green almonds. At first the guests ate the figs, skin and all, but soon learned to peel them. Peaches are served often in Italy although they are not very good. Even though Italy grows the olive for export they are served seldom. Fresh almonds in the shell appear a number of times with the fruit. Excellent watermelon and cantaloupe are grown in Italy.

Italy is truly the land of macaroni and spaghetti. It is served at least once a day and generally twice. The waiters place a pile of spaghetti on the plate and then cover it with a thick tomato sauce and strong grated cheese.

The tomato sauce is prepared from dried tomato pulp. The tomatoes are cooked to a thick paste and spread in thin sheets in pans and placed in the sun to dry. After seeing the racks of spaghetti drying in the sun along the dusty road in Naples some doubt whether they ever want Italian spaghetti again. One member of the party from California says that she had always purchased spaghetti in Los Angeles from a shop which imports the real Italian spaghetti but since she has seen it drying in the roadside dirt she prefers an American brand. The Italians cook their vegetables in more grease than do the people in northern Europe. Cooked cucumbers is a new vegetable to Americans.

It is interesting to see how the shops of the British Isles and the continent handle food. In the London markets there are small tomatoes of one size about one and one-half inches in diameter, eight to the pound, long



—Ewing Galloway

A peasant girl in France coming from the baker's. French bread is baked in many sizes and formidable shapes. The loaves are heavy, even though there is a convenient hole by which to carry them.

cucumbers of even sizes that are sold by the inch, and gooseberries, eleven to a pound. Very little fresh food is protected by glass. Everywhere meats and baked goods are displayed unprotected. Nowhere are there screens. In many narrow streets in Italian towns there is little protection to the food. Even so the food displays are attractive. Most of the doors to public shops have curtains made of tiny bamboo pieces wired together. They are in constant motion from people passing in and out.

Throughout the British Isles everyone drinks tea at four o'clock. It is very black tea served with tiny bread and butter sandwiches, slices of fruit cake, fancy cakes and candies. Nowhere are there more wonderful displays of fancy cakes than at the English teas.

One of the most surprising things is the way bread is handled in France. It is never wrapped. Besides the small round and oblong rolls which are served every morning for breakfast the shops show huge round loaves with a hole in the center the size of a man's arm for convenience in carrying. There are two-wheeled small carts, hauled by donkeys or pushed by men with yard long loaves of unwrapped bread stuck endwise in the cart.

The people of no two nations have exactly the same foods or prepare and serve them the same way. Each has characteristic foods that are palatable and attractive. In America where many nationalities are living in the same community they should get much enjoyment through an exchange of foods and recipes from their home lands. It is in appreciation of interesting experiences in many lands that the author has compiled the following recipes.

Sweet Roll Dough

Foundation dough for fancy foreign breads

4½ c. flour	1 yeast cake
1 c. milk, scalded	3 T. water
¼ c. sugar	¼ t. lemmon extract
¼ c. fat	¼ t. vanilla extract
1 egg	¼ t. powdered mace
1 t. salt	

Combine hot milk, fat, sugar and salt. Soften the yeast in the water and add it to the milk when lukewarm. Add the beaten egg and flavoring and 1½ cups of flour. Beat thoroughly to develop the gluten. Add the rest of the flour. Turn onto the board and knead until smooth.

Place in a greased bowl and cover. When double in bulk make into different kinds of sweet rolls. When light bake. One-fourth cake of yeast may be used if the dough is to rise overnight. Two cakes may be used if the rolls must be made in a short time.

French Coffee Bread

Add the following to the sweet roll dough when light. Cut the ingredients in, handle as little as possible. Add very little flour. Make into different shaped breads. Bake.

¼ c. fat	¼ c. walnuts
⅛ c. sugar	¼ c. raisins
1 egg yolk	1 t. orange extract

French Turnovers

Roll the dough to one-fourth inch. Cut into four-inch squares. Place jam near one corner. Brush edge with egg. Fold over the dough. Pinch the edges together. When light bake. Frost lightly and sprinkle with cocoanut.

French Buns

Roll the dough to one-fourth inch. Spread with butter, cinnamon and sugar. Make into a roll and flatten it. Cut into oblongs, two by four inches. When light bake as separate biscuit. Frost.

French Circles

Roll the dough to one-half inch. Cut into doughnuts. Brush with a mixture of egg and two tablespoons water. Sprinkle with cinnamon, sugar, and cocoanut or nuts. When light bake.

French Jam Circles

Roll the dough to one-half inch. Cut into small biscuit. When light press down the center and fill with jam. Brush the edge with egg and water. Sprinkle with chopped nuts. Bake.

French Braids

Roll the dough to one-half inch. Cut into inch wide strips. Cross the strips at center and braid toward each end. When light brush with beaten egg, sprinkle with blanched almonds and bake.

French Peasant Cake

Add chopped dates and brown sugar to the sweet dough. Roll and cut as for Swedish tea ring but place one-half the biscuit alternately inside the ring and the other half outside. Twist each biscuit slightly to look like a cork screw. Brush with butter. Let the cake stand until double in bulk. Bake 35 minutes. Frost and sprinkle with nuts.

French Twist

Roll a sweet dough mixture to one-fourth inch thickness and cut into seven inch squares. Cut the squares diagonally. Roll the dough from the long side. Bring the ends together and place the twists separately in a greased pan to rise. Butter. When double in bulk bake 15 minutes in hot oven. Glaze with egg.

Swedish Tea Ring

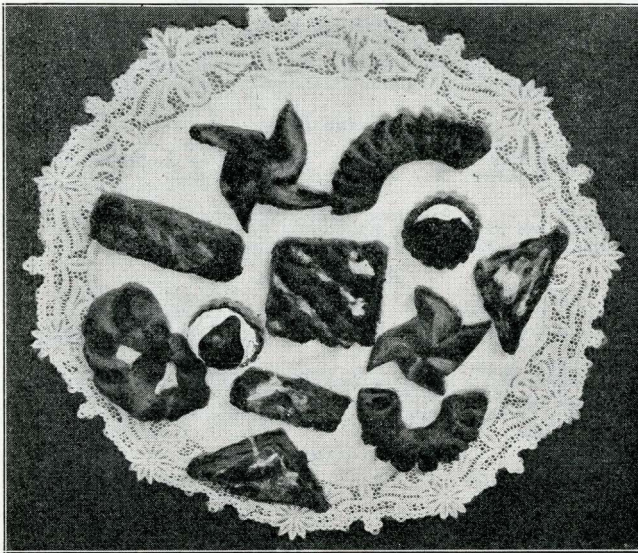
Roll the dough very thin. Spread with butter, cinnamon and sugar. Make into a roll. Join the end. Place on a greased pan. Every inch slash almost through the roll with the scissors. Turn the biscuit out onto the pan. Bake when light. Brush with confectioners frosting. Sprinkle with nuts.

Danish Pastry

Roll the sweet dough to one-half inch. Measure out seven-eighths cup of butter. Place one half the fat in bits on the center third. Fold over one third. Add the rest of the butter in bits. Fold over the other third. Pinch the edges together. Turn the dough one-fourth the way around. Fold the ends to the center. Double the dough. Roll out the dough and repeat the process four times. When light make into the following breads. Each one is brushed with confectioners frosting and sprinkled with nuts.

Horns

Cut the dough into triangles with two sides of five inches and a third of three inches. Place jam in the center. Fold and press the long edges together. Twist to represent a horn. Brush with egg. Bake.



—The Northwestern Miller

Different kinds of rolls made from Danish pastry.

Pin Wheels

Roll dough to one-fourth inch. Cut in four inch squares. Cut diagonally from each corner, almost to the center. Fold the alternate points to the center. Place jam in the center. Brush with egg. Sprinkle with nuts. Bake. Frost.

Knots

Roll the dough to one-fourth inch thickness. Cut into half inch wide strips. Place two together and form them into different shapes as figure eight, letter S, pretzels and knots. Bake. Frost. Place cream filling or jam in depressions.

Coils

Roll the dough thin. Cut into strips two and one-half by eight inches. Beginning one inch from one end cut the dough into half-inch strips. Wind each strip around the uncut end. Fill the centers with cream filling or jam. Bake.

Rye Meal Bread (Pumpernickle)

1½ c. flour	¼ c. molasses
1½ c. graham flour	1 cake compressed yeast
1 c. rye meal	2 T. fat
1¼ c. milk, scalded	1 t. salt
½ c. lukewarm water	

Dissolve the butter, sugar and salt in one cup hot milk. When cool add the dissolved yeast and rest of milk. Add flour until a stiff dough. Knead until smooth. Grease. When the dough has doubled in bulk twice cut it into biscuit. The biscuit may be prepared in one of the following ways:

1. Make deep slashes in each and fill them with apricot or prune paste. When double in bulk bake 20 minutes. Sprinkle with powdered sugar.
2. When the biscuits are light make a deep depression in the center for filling.
3. Cut the dough into squares. Place the filling in the center and bring the four corners together over the filling.

Filling

Cook one cup ground, dried, fruit, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water to a thick paste.

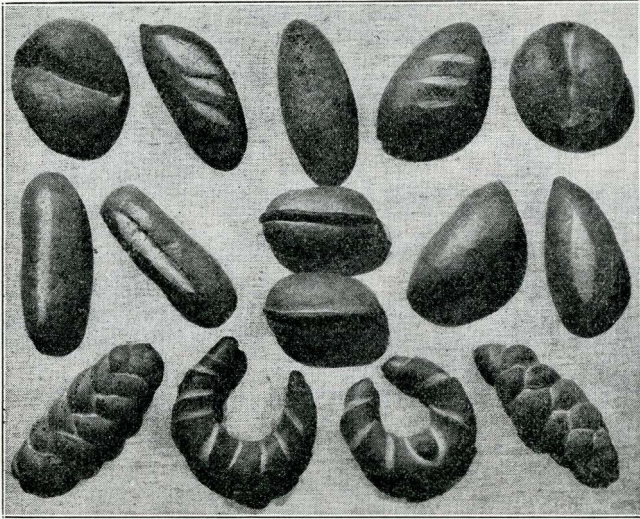
Dutch Apple Cake

Roll bread dough to $\frac{1}{2}$ inch thickness. Place in pan. Butter. Into slits in the top stick pieces of apple. Sprinkle with cinnamon and sugar. Bake 30 minutes.

Scotch Shortbread

$4\frac{1}{2}$ c. pastry flour $\frac{3}{4}$ c. sugar
 $\frac{1}{8}$ c. rice flour $1\frac{1}{2}$ c. butter

Combine ingredients and work the mass into a paste. Use no liquid. Roll to one-half inch thickness. Cut in squares. Place in pan lined with oiled paper. Bake in a slow oven 45 minutes. Scotch shortbread will keep a long time. Store in glass jars. Reheat in slow oven just before serving.



—The Northwestern Miller

A collection of foreign rolls.

Dundee Cake

1 c. butter	2 oz. candied orange peel, shredded
1 c. sugar	$\frac{1}{4}$ lb. raisins, cut
4 eggs	$\frac{1}{4}$ lb. currants, cut
2 c. pastry flour	3 oz. finely powdered almonds
$\frac{1}{2}$ t. vanilla	

Cream the butter and sugar. Add the eggs and other ingredients. Beat well. Bake in greased tin. Garnish with halves of almonds.

Italian Fritters

Shape left-over pieces of cold meat into convenient sizes. Dip into batter. Fry until golden brown in deep fat. Serve with hot tomato sauce.

Dutch Rolled Pancakes

Make the pancakes extra large. Spread with hot fat and browned crumbled sausage. Fold over, garnish with celery. Serve.

Pfeffernuesses—Germany

4 c. flour	1 lemon peel, grated
2 c. sugar	$\frac{1}{2}$ c. orange peel grated
2 t. baking powder	$\frac{1}{2}$ c. citron
$\frac{1}{2}$ t. mace	$\frac{1}{4}$ c. candied cherries
$\frac{1}{2}$ t. cloves	$\frac{1}{2}$ c. nut meats
1 t. cinnamon	5 eggs

Sift dry ingredients together. Add fruit and nuts cut fine. Add the eggs. When well mixed make into tiny balls and bake separately on greased pans.

Spritz

1 c. butter	3 egg yolks
$\frac{3}{8}$ c. sugar	$\frac{1}{4}$ c. almonds, fine cut
$2\frac{1}{2}$ c. flour, sifted	

Cream sugar and butter. Add the egg yolks, then the flour and almonds. Mix thoroughly. Chill. Shape with cookie press. Bake on ungreased pan.

Belgian Cookies

$1\frac{1}{2}$ c. brown sugar	2 eggs
1 c. fat	$\frac{1}{2}$ lb. almonds, fine
1 T. hot water	$\frac{1}{2}$ t. soda
$3\frac{1}{2}$ c. flour	

Combine first three ingredients. Sift soda with flour. Combine all ingredients. Chill. Roll thin. Cut into cookies. Bake.

Swiss Macaroons

1 c. sifted cornstarch	$\frac{3}{4}$ lb. almonds, coarse cut
$\frac{2}{3}$ c. sugar	2 orange rinds, grated
$\frac{1}{4}$ lb. almonds, fine	2 eggs, beaten

Sift together the first two ingredients, add the others. Make into tiny balls. Bake.

Lebkuehen (Austrian)

2 c. brown sugar	1 t. cinnamon
4 eggs	$\frac{1}{4}$ lb. almonds, cut fine
2 c. flour	$\frac{1}{4}$ c. citron, cut fine

Combine sugar and eggs. Combine the other ingredients and then add them to the first mixture. Bake in a sheet, cool, and cut into strips. Frost.

Norwegian Cookies

1 c. pastry flour	3 eggs
$\frac{1}{2}$ c. sugar	1 t. lemon extract
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. almonds, chopped

Cream the sugar and butter. Add the egg yolks, extract and flour. Spread thin on baking sheet. Sprinkle with almonds and sugar. When partially baked cut in squares.