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Homemade Yeast Bread

Susan Z. Wilder

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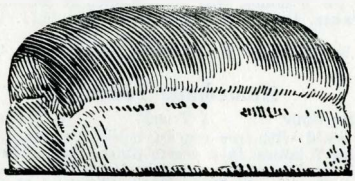
Each homemaker will have to decide whether it is economy for her to bake or buy bread. The fancy breads from the bakery are more expensive than the plain bread. They can be made with very little more time than that required to make plain bread. To determine the cost of making it is necessary to keep a record of the cost of the ingredients and fuel. The difference between this and the value of the finished product figured at market price will give the amount saved. At present prices about one-half the cost can be saved on plain bread and more than half on fancy breads.

Time has not been considered in this estimate of saving. It is a question whether the time spent in making bread would not give greater satisfaction to the family if used in some other way.

Ingredients in Yeast Bread

Flour

A yeast bread must contain a good gluten in right proportions. The carbon dioxide gas produced by the growth of the yeast in the dough stretches the gluten in the flour and makes the bread light. The oven heat stops the production of the gas and sets the gluten cell walls of the dough before they break so that the loaf holds its shape.



—Russel Miller Milling Company
"A Perfect Loaf of Bread"

Flour is sifted once before measuring in making yeast bread. The proportion of flour to liquid is four to one. It may be necessary to vary the amount of flour slightly in making yeast bread because the absorption power of different flours is not the same.

Yeast

There are two kinds of commercial yeast, dry and compressed. They give equally good results. Dry yeast is slower in its action than the compressed yeast because the cells are in an inactive state.

Yeast is made into cakes for ease in handling. The dry yeast cakes are a mixture of yeast plants and corn meal with the water evaporated. They are made into packages and if kept in a dry place will be good for a long

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time. The yeast plants are inactive until they are soaked in warm water. It takes some time for them to return to normal and for that reason the method of making bread with dry yeast is spoken of as the long process. The yeast plants require longer time to multiply. A smaller amount of dry than compressed yeast is used in bread making. Dry yeast is the least expensive. A package of five dry yeast cakes costs ten cents. One cake of compressed yeast costs three cents.

Compressed yeast comes in cakes of live, active yeast plants. They are fresh and must be kept so. They are packed in a solid mass. If placed in a refrigerator they will keep about a week. Good compressed yeast breaks with a sharp edge, is light grey in color and has a sweet, fresh odor. It is not safe to use poor yeast because the bread may have a rancid or sour flavor. Compressed yeast grows rapidly when placed in the bread mixture. The complete process from the separate ingredients to the baked bread can be carried through in from three to five hours.

Yeast is a tiny plant which can be seen only with a microscope. It grows by budding. The process can be followed very easily under a microscope. In growing the yeast plant feeds upon the starch of the flour and produces carbon dioxide gas. As a greater quantity is produced and as it expands in the dough the mass becomes light. When bread is very light too much carbon dioxide gas has been produced. The yeast has been allowed to grow too long. The heat of the oven kills the yeast plant and stops the production of gas. The gluten walls keep most of the gas in the dough. If there is very little gluten in the flour much of the gas will escape and the bread will be heavy.

It is possible to use too little yeast so that there will not be enough gas produced to raise the bread. The sour flavor which bread has, sometimes, is due to the presence of foreign bacteria because the yeast is old or the dough is not properly cared for.

Buttermilk Yeast

Scald 3 cups of good flavored buttermilk and cool. Add 3 broken cakes of yeast foam and allow mixture to rise for 6 hours. Stir in a sufficient amount of corn meal to make a firm dough. Make into cakes. Dry in a warm place (not hot). When perfectly dry store in a closed container.

The yeast plants will be destroyed if too high heat is used. The mixture will sour if the drying is too slow.

Homemade Yeast

1 T. White flour 1 T. salt 3 T. cornmeal

Mix into a paste and scald with one cup of boiling water. Cool. Add 2 broken yeast foam cakes. Allow to rise for 2 hours, in a warm place. Stir. Allow to rise 3 hours longer. Make into yeast cakes as above. Use the homemade dry cakes the same as the commercially dry cakes. (Buttermilk and Homemade Yeast from Montana Extension Service.)

Liquid Yeast

½ c. loose hops
4 c. water
1 c. flour
¼ c. sugar
1 T. salt
1 cake of dry or commercial yeast

Steep the hops five minutes in water in an enamel kettle. Strain out the hops. Sift the dry ingredients into the hot water stirring constantly. When lukewarm add the yeast dissolved in ¼ c. water. Keep the mixture lukewarm until the yeast is very active, about twenty-four hours. Store in a two-quart glass jar. Cover but do not seal. Allow double amount of space for fermentation. Loose hops can be purchased at the drug store.

One cup of liquid yeast is about equal to a cake of dry or compressed yeast in fermentation value if it is kept in a fresh active state.

Foreign bacteria are very likely to become active in homemade yeast and give a poor flavored bread. The amount of yeast in any bread recipe can be increased if it is desired to shorten the process. The bread will not have a yeast flavor when a large amount of yeast is used if the fermentation is controlled.

It is questionable whether it is economy to use homemade liquid or dry yeast instead of the commercially dried or compressed yeast. If a high quality bread results from the homemade yeast it is economy to use this form of yeast. Often it is of poorer quality than bread made of the commercial yeast because the fermentation is difficult to control at home.

Liquid

Water or milk, water and milk or potato water is used as the liquid in bread. Milk makes a slightly richer bread. The kind of liquid doesn't make as much difference as the amount of liquid. Milk is scalded and water boiled before they are used for bread in order to kill bacteria that might be present. This is a precaution that is worth taking because it may prevent the loss of bread. Use one and one-half cups of liquid for a two pound loaf of bread.

Fat

Any kind if sweet fat is used in yeast bread. Too much fat will retard the growth of the yeast plant and make a heavy loaf of bread. The right amount of fat will produce a tender, well flavored bread. Use one and one-half teaspoons of fat for a two pound loaf of bread.

Salt

Salt develops the flavor in bread. Too much salt will retard the action of the yeast. Use one and one-half teaspoons of salt to a two pound loaf of bread.

Sugar

Sugar is an aid to the growth of the yeast if it is not used in too large amount. Use two teaspoons of sugar for a two pound loaf of bread.

Family Baking

(Short Process)

5 qts. flour	2⅔ T. sugar
1½ qts. water or milk (scalded)	2 t. salt
1 cake of compressed yeast	2 T. fat

Place the fat, sugar and salt in a bowl and add the hot liquid. When luke warm (70-80 F.) add the yeast dissolved in a small amount of water. Stir well. Add the flour gradually.

The ingredients are thoroughly mixed in the bowl until the sides come clean. The bread is placed onto the board and dusted lightly with flour. It may not be necessary to use any flour on the board. The bread is kneaded by pushing down with the palm of the

—U. S. Bureau of Home Economics

"Parker House Fancies"

hands. The fingers are curved over the bread. The bread is turned one quarter around and pulled back as it is pushed down. The first kneading develops the gluten and for that reason should be continued for some time.

When the bread is smooth and spongy it is greased over the top, placed in a greased bowl, covered with a clean cloth and set aside to rise in a warm place. If the bowl is cold it can be placed in warm water. The bread must not be kept too warm.

The bread stands untouched until it has doubled in bulk usually about two hours. During this time the yeast grows rapidly and produces carbon dioxide gas which lightens the mixture.

Second Kneading

The second kneading may be omitted if desired. If it is used the bread is kneaded in the bowl until it is original size. The kneading helps to develop the gluten. The bread is greased over the top. In a standard recipe extra flour is not added after the amount

called for in the recipe is worked in. If flour is added after the first rising it is not acted upon sufficiently by the yeast. Poor bread is likely to result. Heavy streaks appear.

After the second kneading the dough is set aside to rise a second time before it is put into loaves. By the time the dough has doubled in size the yeast plants are very active. It requires about 45 minutes for the dough to double in volume.

Moulding into Loaves

After the second rising, the dough is cut into loaves. The loaves may be kneaded slightly and allowed to stand for about ten minutes and then kneaded again and put into tins. The extra kneading strengthens the gluten. The loaves are greased and placed in well greased separate pans.

Last Rising

The bread which is allowed to rise in the loaf for about one hour should double in size before it is ready for baking.

Baking

Yeast bread is baked forty-five minutes to an hour in a medium oven. The oven should be moderately hot when the bread is ready. Bread continues to rise but a short time aftre it is placed in the oven. During the baking bread should be turned around a number of times to that it will bake evenly throughout. The bread is done when it is well browned, shrinks from the pan, gives out a hollow sound, and the crust returns immediately to shape when pressed. If a soft crust is desired the bread is buttered immediately after it is taken from the oven.

Cooling Bread

Bread is properly cooled when it is placed on a wire rack the ends of the loaf supported so that the air circulates around it. The condition under which the bread is cooled has much to do with its flavor. Bread is better if not wrapped when stored in a bread box. Wrapping bread when warm may cause it to sour.

—U. S. Bureau of Home Economics

"Fruit Curls"

Long Process or Overnight Sponge

The same recipe is used as for the short process except one-half cake of dry yeast is substituted for the compressed yeast.

Method of Mixing

The yeast, one cup of water (boiled and lukewarm) and a fourth of a teaspoon of salt are mixed and allowed to stand for a half hour. The rest of the liquid, salt, fat, sugar and enough flour to make a batter are added. The rest of the ingredients are thoroughly mixed. The sponge is allowed to stand until it is very light, generally overnight, under the same conditions as the short process bread. The remaining flour is then added. The rest of the process is the same as for short process bread.

A cup of the liquid or homemade yeast is the sponge used in the following recipes.

The dry buttermilk or homemade yeast or the commercial dry or compressed yeast may be used in place of the sponge in the following recipes.

Recommended Recipes

Plain Bread (1 loaf)

2 c. flour
1 c. sponge
½ c. milk
1 T. fat
1 T. sugar
1 t. salt

Add the fat, salt, and sugar to the hot milk. When lukewarm add other ingredients. Knead thoroughly. When light make into a loaf and place in a greased pan. When double in bulk bake.

Whole Wheat Bread (1 loaf)

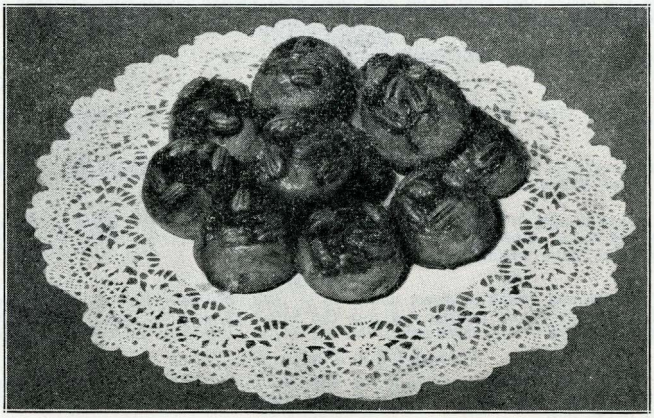
1 c.flour (white)
1 c. whole wheat
1 c. sponge
¾ c. milk
3 T. sugar
1 T. fat
1 t. salt

Add the sugar, fat and salt to the hot milk. When lukewarm add the sponge. Add the other ingredients. Knead until smooth. When double in bulk make into a loaf and place in greased pan. When light bake in moderate oven.

Raisin Bread (1 loaf)

2 c. flour (white)
1 c. sponge
½ c. milk
2 T. fat
¼ c. sugar
1 t. salt
¾ c. raisins

Combine and handle the same as for plain bread. Flour the raisins and work them into the dough at the first kneading. Chopped nuts may be used in place of the raisins.



—The Northwestern Miller

"Pecan Rolls"

Rye and Wheat Bread (2 loaves)

3 c. flour (white)
3 c. rye flour
2 c. liquid, scalded
½ cake yeast
1 T. sugar
2 T. fat
½ t. salt

Dissolve the yeast in a half cup of liquid when lukewarm, add half the flour. Beat thoroughly. When light add the sugar, salt and melted fat and then the rest of the flour. Knead. When double in bulk make into loaves. When light bake.

Oatmeal Bread (1 loaf)

2 c. graham flour
1 c. rolled oats
1 c. milk
1 T. fat
1 T. molasses
½ yeast cake
1 t. salt

Pour the scalded milk over the oats. Add the fat, salt and molasses. When lukewarm add the yeast dissolved in a small amount of water. Beat thoroughly. Add one half the graham. When light beat again. Add the rest of the flour. The dough must be very stiff. Bake in greased pan when double in bulk.

Fancy Breads

Many fancy breads are made of yeast bread dough or of sweet roll dough. In this sweet dough mixture two cups of graham flour may be substituted for two cups of white flour if desired.

Sweet Dough

6½ c. flour (white)
2 c. milk
2 eggs
¼ c. fat
½ c. sugar
2 cakes yeast (compressed)
3 t. salt

Sift white flour before measuring. Scald milk and add the fat, sugar and salt. When lukewarm add the yeast dissolved in a small amount of water and one-half the flour. Beat the mixture thoroughly. Add the rest of the flour, knead until smooth. When the dough is double in bulk make it into different kinds of rolls.

Rolls made of this dough can be stirred up and baked in a comparatively short time. A smaller amount of yeast can be used if the time of rising is lengthened.

Parker House Rolls

Roll the dough to one-half inch thickness and cut into biscuits. Butter, score across the center. Fold over. Place separately in greased pan. When double in size bake.

Parker House Fancies

Brown sugar and butter, honey, grated orange rind with sugar, jam or dried fruit may be placed in the fold of the roll before baking.

Quick Tea Biscuits

Cut the dough into 2½ inch squares. Prepare as for Parker House rolls. Fit the biscuit close together in the pan. There are no scraps of dough to work over.

Finger Rolls

Roll small pieces of dough 2½ inches long by one inch. Butter. These may be baked spearately or close together when light.

Clover Leaf Rolls

Work the dough into tiny balls. Dip them into melted butter and fit three into each muffin tin. When light bake.

Penny Puffs

Make the sweet dough into biscuits to fit small muffin tins. Allow the biscuit to become extra light. Bake.

Bread Knots

Roll narrow strips of dough to finger size. Tie in knots, dip in butter. When double in bulk bake.

Crusty Rolls

Form dough into four by one inch thick rolls. Taper them at both ends. Bake as separate rolls when double in size.

Fruit Curls

Roll sweet dough to ½ inch thickness, spread with a generous layer of butter, cover with chopped dates, candied fruit or fresh sliced fruit and sugar. Make into a roll. Cut into inch rolls. Bake when light. Serve hot.

Raisin Bread

Roll yeast bread dough or sweet dough to ½ inch thickness. Spread with butter, cover with sugar, cinnamon and raisins and roll. Cut into loaf size. Dampen the ends and pinch them together. Place in a greased pan. When double in bulk bake. Excellent for sandwiches.

Philadelphia Cinnamon Buns

The raisin bread roll of dough is cut into biscuits, placed in a greased pan. When double in size they are covered with two cups of sugar carmelized with ½ cup water. Bake one hour. Serve hot.

Orange Rolls

Roll the dough to ½ inch thickness, butter and spread with a mixture of grated orange rind and sugar moistened with sweet cream. Make the dough into a roll, cut into biscuits and place them in a greased pan. Bake when double in bulk.

Cheese Rolls

Work a cup of grated dehydrated cheese into the sweet roll dough. Prepare and bake as Parker House rolls.

Coffee Bread

Roll yeast dough to ½ inch thickness. Cut two pices to fit the pans. Butter one, cover with fruit and sugar. Place the second on top. Butter the second. Cover with brown sugar, fruit and chopped nuts. Press the fruit and nuts into the dough. When light, bake.

This dough may be cut into strips and baked separately.

Pieces of apple may be arranged like the petals of the rose about the center. When the bread is ready to go into the oven sugar is sprinkled over the top.

Pecan Rolls

Roll the dough to inch thickness. Cut into biscuits. Butter. Stick pecan nuts into the dough. When double in bulk cover with thick carmelized syrup. Bake.

Raised Doughnuts

4 c. flour (white)
⅔ cake compressed yeast
2 eggs, beaten
1 c. milk, scalded
⅓ c. sugar
¼ c. butter
½ t. salt

Mix the yeast in ¼ cup lukewarm milk. Add the other ingredients and mix thoroughly. Knead until smooth. Place in greased bowl. When double in bulk knead and roll to ½ inch. Cut into doughnuts. When light fry in deep fat. Dust with powdered sugar.

Doughnut Squares

Cut pieces of bread dough into oblong pieces. When double in bulk fry in deep fat. Cut a slit in the side and insert a spoonful of jell. Frost the top lightly.

Bread Pudding

4 c. milk (scalded)
2 c. bread crumbs
6 T. sugar
3 T. fat
2 eggs
¼ t. salt
1 t. vanilla

Grind stale dry bread. Cover the bread crumbs with hot milk. Combine all ingredients. Bake in greased pan.

Variations of Above Recipe

Add 2 squares of melted chocolate.

Add 2 squares melted chocolate and ½ c. shredded cocoanut.

Serve with caramel syrup, made by melting ¾ c. sugar and adding ¾ c. water. Boil until of right thickness.

Substitute ⅛ c. brown sugar for white and add ½ c. nuts.

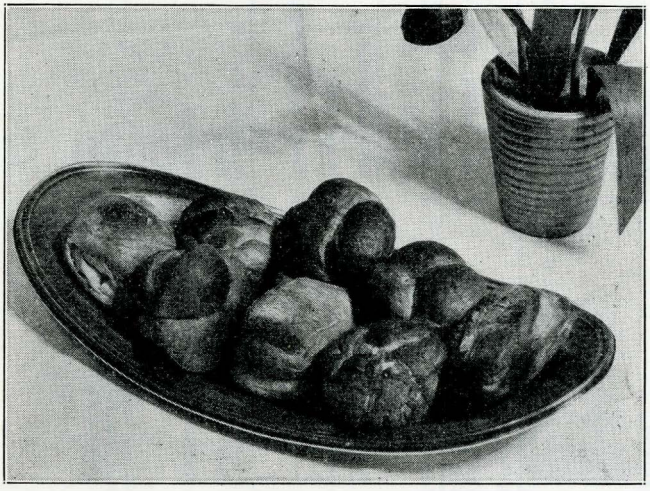
Add ½ c. each of raisins and dates.

Spread top with jell and cover with whipped cream.

Spiced Bread Crumb Pudding

1 c. sour milk
1 c. bread crumbs
1 c. brown sugar
¼ c. fat
½ c. flour
½ t. cinnamon
⅛ t. cloves
2 T. molasses
1 t. soda
¾ c. raisins

Sift the dry ingredients together. Soak the bread in milk. Combine all ingredients. Add the raisins dusted in a small amount of flour. Bake in buttered dish. Serve hot with whipped cream.



—The Northwestern Miller

"Clover Leaf Rolls, Bread Ends and Seed Bits"

Crumb Pie

2 c. fine crumbs
¼ c. hot water
¼ c. butter
1½ c. cream
½ c. sugar
½ t. cinnamon
¼ t. cloves
¼ t. nutmeg
2 eggs
1 c. seeded raisins chopped

Combine the first three ingredients. Add the other ingredients except the egg whites. Fold in the whites last. Bake in pastry shell.

Bread Omelet

1 c. milk
1 T. fat
1 T. flour
½ t. salt
1 c. bread crumbs
2 eggs

Cream fat and flour and add it to the hot milk. Pour hot over one cup fine bread crumbs. Add the beaten yolks of two eggs. Fold in the beaten whites. Cook in greased pan. Serve plain or with jell.

Points to Consider in Judging Bread

Points to Consider	Score	Perfect Loaf	Common Defect	Cause
Appearance	20	1. Oblong	1. Odd shape	Poor judgment as to quantity for loaf. Length of rising too long
		2. Oval top No cracks or bulges	2. Deep cracks	Not sufficient molding. Dough too stiff. Oven too hot and too rapid cooling
		3. Sides of same height	3. Higher on one side	Uneven heat
		4. Evenly browned	4. Burned	Too hot an oven
		5. Small break and shred at edge of pan	5. Extreme break at top of pan	Uneven heat
Crust	10	Uniformly ⅛ inch deep	1. Too thick	Not sufficient rising. Crust of dough not protected in rising
		Bright golden brown Crisp but not brittle	2. Very brittle, tough and hard	Baked too slowly and dried out
Color (crumb)	10	Creamy white	1. Dark	Poor ingredients. Poorly milled flour
			2. Streaked	Flour worked in too late so yeast did not act on it long enough. Uneven rising
Texture (Crumb)	20	1. Breaks easily but has tenacity	1. Falls apart easily	1. Too much flour, too light, oven too slow so bread dried out
		2. Cells are small, even and thin walled	2. Large holes	2. Too light due to too long rising
		3. Loaf is light but has body	3. Heavy streaks, soggy	3. Uneven mixing. Flour not evenly distributed. Gluten not well developed in the kneading. Too short kneading
Lightness	10	1. Light	1. Overlight for size	1. Too long a period of rising
		2. Moist	2. Heavy	2. Poor ingredients, low gluten flour. Ingredients not well mixed
		3. Elastic	3. Crumbly	3. Too much flour
			4. Dry	4. Too cool an oven and too long baking
			5. Firm	5. Bread not kneaded long enough to develop the gluten
Flavor	30	Sweet, nutlike. No indication of poor ingredients	1. Rancid	1. Rancid fat or other ingredients
			2. Musty	2. Mouldy flour
			3. Sour	3. Old yeast, other poor ingredients. Too high a temperature in the sponge. Improper cooling will destroy the best flavored. Stored bread in tight container
			4. Yeast flavor	4. Yeast improperly cared for so foreign bacteria develop Yeast flavor is not due to the use of too much yeast

Bread for exhibit purposes is always baked in separate tins. An odd shaped, very large, or a small loaf of bread has very little chance of winning in a contest.