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Other Kinds of Bread

Have you tried using barley, rye, rice, potatoes, and rolled oats as partial substitutes for wheat in making bread?

Other Kinds of Bread

ADA E. HUNT

If a Wisconsin housekeeper should decide to use on her table only bread made of home-grown products, she would have at least six varieties from which to choose. She could have famous southern spoon bread made from home-grown corn; she could have rye loaves made from Wisconsin rye; she could have barley muffins made from the well-known Wisconsin Oderbrucker barley; she could have flaky rolls made of wheat flour; she could have rolled-oat bread, for the Badger State grows many acres of oats; and last of all she could have bread made in part from Wisconsin potatoes. Should she go a step further and decide to patronize only home mills, she would find that there are more than one hundred and fifty mills in this state making flour.

FOOD VALUE OF CEREALS

Oatmeal contains more protein (tissue-building material) than hard wheat, while rye and barley have about an equal amount. All three furnish comparable amounts of heat-giving material (starch and fat) and bone-building material (mineral). Cornmeal and rice have lower amounts of tissue-building material but are higher in heat-giving materials.

PREPARING OTHER CEREALS TO USE WITH WHEAT FLOUR

Practically all cereals, as they are found on the market, may be used for bread-making purposes, provided certain methods of treatment are given to insure thorough cooking. Rolled oats, for example, has had partial cooking in the manufacturing process and needs only a preliminary scalding with equal parts of boiling water, while oatmeal and steel-cut oats are better if used after cooking. This may be easily done in a double boiler or in a fireless cooker. Cornmeal makes a smoother bread when scalded with an equal amount of boiling water and allowed to stand for one hour before using.

Some housekeepers prefer to grind their own meal in a small handmill which can be purchased at a hardware store for a very moderate sum. This is particularly true of barley. Grind and sift it, and it is ready for use without further treatment.

WHITE BREAD BY THE STARTER METHOD

Starter Recipe

1 medium sized potato	6 cups water
1 teaspoon salt	1 tablespoon sugar

Mash the potato in water in which it is boiled and make up to one quart. Stir in salt and sugar thoroughly. When lukewarm, place in a jar or bowl and add one cake of dried yeast (broken in pieces). Let stand in a warm place for 12 hours. Use some time within the following eight hours. Proceed as follows for bread:

1 quart yeast starter	3 tablespoons sugar
1 tablespoon lard	1 teaspoon salt
10 cups flour (sifted)	

Mix to stiff dough and knead. Place in a greased bowl and allow to rise in a warm place for 45 minutes. Fold over and push down until the gas bubbles are pressed out. Allow to rise again for about 30 minutes or until double its original size. Mould in four loaves. Let rise about 80 minutes or until double their size, and bake.

WHITE BREAD—SPONGE METHOD I

Soak 1 cake of dry yeast in $\frac{1}{4}$ cup of warm water and add to the following batter

2 teaspoons salt	5 cups water (or potato
2 tablespoons sugar	water or cooled, scalded
7 cups flour	milk)

Stir to smooth consistency and let stand in warm place over night. Add about $6\frac{1}{4}$ cups of flour the next morning. This will make 5 loaves of bread. Follow method for making white bread by the starter method.

WHITE BREAD—SPONGE METHOD II

Soak 1 cake of compressed yeast in $\frac{1}{4}$ cup of warm water and add to the same batter as in Sponge Method I. Start the sponge in the morning and let it stand for about three hours. Then follow the method for making white bread by the starter method.

QUICK-METHOD WHITE BREAD

Soak 2 cakes of compressed yeast in $\frac{1}{4}$ cup of warm water and add to the following:

2 teaspoons salt	5 cups water or cooled,
2 tablespoons sugar	scalded milk
4 teaspoons melted lard or butter	

Stir into the liquid and yeast enough flour to make a medium stiff dough. Allow to rise to double its bulk and form into loaves. When loaves have risen to double their bulk, bake in a moderate oven.

In the following recipes other cereals have been partially substituted for wheat flour.

WHOLE WHEAT BREAD

Soak 1 cake of compressed yeast in $\frac{1}{4}$ cup of warm water and add to the following batter:

2 teaspoons salt	3 tablespoons brown sugar
4 teaspoons melted lard or butter	5 cups water or cooled, scalded milk
7 cups whole wheat flour	

Stir to smooth consistency and let stand until light. Add enough flour to make medium stiff dough. Allow to rise to double its bulk. Form into loaves and when they have doubled their bulk, bake in a moderate oven.

GRAHAM BREAD

Soak 1 cake of compressed yeast in $\frac{1}{4}$ cup of warm water and add to the following batter:

2 teaspoons salt	1 tablespoon shortening
3 tablespoons molasses	5 cups water or cooled, scalded milk
6 cups white flour	

Stir to smooth consistency and let stand in a warm place until light. Stir in enough Graham flour to make dough just stiff enough to handle. Mold into loaves and put into pans to rise. When loaves are double their bulk, bake in a moderate oven.

BRAN BREAD

Soak 1 cake of compressed yeast in $\frac{1}{4}$ cup of warm water and add to the following batter:

$\frac{1}{2}$ teaspoon salt	2 tablespoons shortening
1 tablespoon molasses	$2\frac{1}{2}$ cups whole wheat flour
$1\frac{1}{4}$ cups cooled, scalded milk	$1\frac{1}{2}$ cups bran
1 cup raisins soaked and seeded	

Follow directions for "quick-method" white bread, page 3.

BARLEY BREAD

2 cups whole wheat flour	2 tablespoons molasses
4 cups barley meal or bar- ley flour	$\frac{1}{2}$ yeast cake (com- pressed)
1 cup water	1 teaspoon salt
1 cup milk	

Boil milk and water and cool. Add molasses, salt and yeast mixed with a little cold water. Stir in flour and barley meal (or barley flour) which have been sifted together. Knead to a soft dough, adding more flour if necessary. Cover and let rise until the mixture is double its bulk. Knead a second time, form into loaves, place in well-greased pans and let rise a second time until the dough has doubled its bulk. Bake in a hot oven from one-half to one hour, the time depending on the size of the loaves.

RYE BREAD

Use any method for white bread but be careful to use 2 cups of rye flour for each cup of wheat flour mentioned in the recipe. Rye bread should be softer than white bread but well kneaded. When light, form into loaves and allow to rise to double their size. Brush over with water and egg and bake in a slower oven than for white bread. Many people like the flavor of caraway seeds in rye bread. These may be put into the sponge.

ROLLED-OAT BREAD

Scald one cup rolled oats in 1 cup boiling water and allow to stand one hour. Make a sponge of

1 cup water	2 tablespoons molasses
1 cake compressed yeast	2 teaspoons shortening
1 teaspoon salt	$\frac{3}{4}$ cup flour

Add rolled-oat mixture to sponge and then flour to make medium soft dough. Form into loaf and let rise to double its bulk and bake.

CORNMEAL BREAD

Use either white or yellow cornmeal. Proceed as in the case of rolled-oat bread. Substitute two teaspoons of sugar for molasses and use the same method.

RICE BREAD

Follow directions for rolled-oat bread but use $1\frac{1}{2}$ cups cooked rice instead of the scalded oatmeal.

All the preceding recipes may be made into rolls. When the dough has risen the first time, form into rolls of desired shape and allow to rise until very light. Bake in hot oven. If desired, the amount of sugar and shortening used may be increased.

POTATO BREAD

1 cup mashed potatoes	2 teaspoons sugar
$\frac{1}{2}$ cup potato water	2 teaspoons melted shortening
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cake compressed yeast	

Make into a sponge. Keep warm. When light, add sufficient flour to make a medium soft dough. Let rise to double its bulk and bake.

BOSTON BROWN BREAD

1 cup white flour	$\frac{3}{4}$ cup molasses
1 cup cornmeal	$1\frac{3}{4}$ cups sweet milk
1 cup Graham flour	$\frac{3}{4}$ teaspoon soda
1 teaspoon salt	1 teaspoon baking powder

Sift dry ingredients together and stir into liquid ingredients. Fill well-greased cans two-thirds full, cover tightly, and steam four hours.

DON'T WASTE STALE BREAD

There are many delicious dishes that can be made of stale bread. Following are a few recipes:

BREAD CRUMBS

Any crusts or small bits left from cutting bread should be placed in the warming oven until thoroughly dried, then rolled to crumbs and stored in a covered jar. Many ways of using them will be discovered during the day's cooking.

BUTTERED CRUMBS

Melt 2 tablespoonfuls of butter or other sweet fats in a skillet and stir in $\frac{1}{2}$ cup coarse bread crumbs. Leave over low fire until crumbs are delicately browned. Use these with noodles, macaroni, or greens (spinach, lettuce, Swiss chard, and beet greens). After these are cooked, add the buttered crumbs, season, and serve.

SCALLOPED VEGETABLES

Place vegetables such as cauliflower or cabbage in a baking dish and sprinkle over with flour and butter. Pour in enough milk to cover. Put the cover on the dish and bake in a moderate oven until vegetables are tender. About 15 minutes before they are done, add buttered crumbs and finish baking without the cover.

QUEEN OF PUDDINGS

2 cups stale, but not dried, bread crumbs	2 tablespoons butter
1 quart hot milk	1 teaspoon vanilla
1 cup sugar	4 tablespoons powdered sugar
4 egg yolks	4 egg whites

Soak bread crumbs in hot milk; add butter. Beat egg yolks and sugar together, add vanilla and stir into crumbs and milk. Pour into a buttered dish and bake in a moderate oven forty-five minutes or until set. When the pudding is done, spread a layer of jelly or jam over it and cover with meringue made of the beaten egg whites and powdered sugar. Place in a moderate oven and bake until the meringue is set and slightly browned.

CRUMB ICE CREAM

(Mock Macaroon Ice Cream)

1 quart medium thick cream	$\frac{3}{4}$ cup sugar
1 tablespoon vanilla	1 teaspoon almond flavor- ing
1 cup browned bread crumbs	

Mix cream, sugar and flavorings. Chill and freeze; when it reaches a thick mushy consistency, open freezer and stir in the bread crumbs. Continue freezing to insure thorough mixing. Remove "dasher" and pack.