



Victory breads. Circular 108 October, 1918

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Victory Breads

A MESSAGE FROM HOOVER

The recent careful survey by the Food Administrators of the United States, France, England, and Italy of the food resources of the 220,000,000 people fighting against Germany shows that to maintain enough supplies and necessary reserves against disaster there must be maintained in all countries a conservation of wheat flour during the coming year. It has been agreed that the wheat bread of the allies shall contain 20 per cent other grains than wheat, and it is only just that we should bear our share in this saving and our bread should be at least universal with those who are suffering more greatly in this war than ourselves.

—HERBERT HOOVER, August 26, 1918.

Victory Breads

HOME ECONOMICS DEPARTMENT

Victory bread is the common loaf which is served on the tables of France, England, Italy and the United States this year. It is made from 20 per cent substitute flours and 80 per cent wheat. The housewife must purchase 20 pounds of substitute flours for each 80 pounds of wheat flour she buys. Or if she wishes, she may buy the Victory Mixed flour in which the substitutes are mixed in the 20-80 proportion. The proportion and the substitute will be marked on the outside of the sack.

Flour milled from 95 per cent of the wheat berry is also considered Victory flour, and, therefore, whole wheat and Graham breads are Victory breads.

Recipes for Victory breads and other war breads are given in this book. If the housewife chooses to continue making breads with less than 80 per cent wheat flour, she will be saving more wheat for the world's flour bin for the next year.

FOOD VALUE OF CEREALS

Oatmeal contains more tissue-building material (protein) than wheat flour, while rye and barley contain about an equal amount. All three furnish about the same amounts of heat-giving material (starch and fat) and bone-building material (minerals). Corn-meal, corn flour, rice flour, and potato flour have lower amounts of tissue-building material but are higher in heat-giving materials.

All of these cereals are excellent foods and may be used by children, adults, and invalids. They require different methods in preparation and cooking to make them easily digested. All cereals require the addition of milk, fats and mineral matter to make them satisfactory muscle-building foods.

METHODS OF PREPARATION

Breads may be made by four methods: the dry starter; the liquid starter; the dry or compressed yeast sponge; or the quick method,

in which a large amount of compressed yeast is used. Any method may be used in any of the recipes, providing the actual amount of liquid, (water, milk, or whey) used is the same as in the original recipe.

For example, in the recipe for Victory Mixed bread the quick method is used. The amount of liquid is $5\frac{1}{4}$ cups (5 cups of milk and $\frac{1}{4}$ cup water). The same amount is used in the sponge method.

To use this recipe in making bread with the liquid starter, 4 cups of the starter and $1\frac{1}{4}$ cups of milk are used to give the $5\frac{1}{4}$ cups of liquid.

In the dry starter method 4 cups of starter and $1\frac{1}{4}$ cups of milk must be used.

All of the bread recipes in this book may be used in making bread by different methods if the **amount of liquid is always kept the same as it is in the recipe.**

VICTORY BREADS*

DRY POTATO YEAST STARTER

| | |
|----------------------------------|------------------|
| 1 quart riced potato | 2 teaspoons salt |
| $\frac{1}{4}$ cup sugar or syrup | 1 cake yeast |
| 2 tablespoons lukewarm water | |

Tightly pack a quart measure with riced potatoes. Turn into a bowl and mix with sugar and salt. Let cool. Soak a cake of yeast for 2 hours in the lukewarm water. Mix softened yeast with the potato mixture. Cover bowl with cloth and keep in warm place 24 hours. The following morning divide the yeast starter, using two-thirds for setting sponge. Cover the remainder and keep in a cool place such as in the ice box.

The day before the next baking add enough more riced potatoes to make a quart in bulk. Add 1 teaspoon of salt and 2 tablespoons of sugar. Keep in a warm place over night. Divide the following morning and proceed as before.

Oatmeal Flour Bread (Two loaves)

20-80

| | |
|--|-----------------------------------|
| 3 cups dry potato starter | 3 cups wheat flour |
| 2 cups scalded and cooled milk | 2 tablespoons sugar or syrup |
| Mix thoroughly and let the batter rise to "a drop". Add: | |
| 1 teaspoon salt | $1\frac{1}{2}$ cups wheat flour |
| 2 tablespoons fat | $1\frac{1}{2}$ cups oatmeal flour |

Mix thoroughly, adding enough wheat flour to form a dough which does not stick when kneaded. Knead thoroughly. Let the sponge rise to double its bulk. Knead into two loaves. Allow them to rise until double their bulk and bake in a moderate oven $1\frac{1}{4}$ hours.

* The following recipes are made on the basis of level measurements.

LIQUID STARTER

| | |
|-----------------------|-----------------------------|
| 1 medium sized potato | 1 teaspoon salt |
| 6 cups water | 1 tablespoon sugar or syrup |
| | 1 cake yeast |

Boil the peeled potato in the water. Mash and add enough water to make 1 quart. Add salt and sugar. When lukewarm add the cake of dried yeast, broken in pieces. Stir thoroughly. Let the mixture stand in a jar or a bowl in a warm place 12 hours. Use within the next 8 hours.

Barley Bread I (Four loaves)

20-80

| | |
|------------------------------|------------------------------|
| 1 quart liquid yeast starter | 3 tablespoons sugar or syrup |
| 1 tablespoon fat | 1 teaspoon salt |

Sift together:

| |
|-------------------------|
| 7 1/2 cups wheat flour |
| 2 1/2 cups barley flour |
| 1/2 level teaspoon soda |

Mix to stiff dough and knead, adding more of the flour mixture if necessary. 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 bulk. Mould into four loaves. Let rise about 80 minutes, or until double their size, and bake.

SPONGE METHOD

Soak 1 cake of dry yeast in $\frac{1}{4}$ cup of warm water. Add it to a batter made as follows:

| | |
|---------------------|--------------------------------|
| 2 teaspoons salt | 5 cups potato water or scalded |
| 2 tablespoons sugar | and cooled milk |
| | 7 cups wheat flour |

Beat the mixture until it is smooth. Cover and let it stand in a warm place over night. In the morning add sufficient wheat flour and wheat substitute to make a 20-80 bread.

Corn Flour Bread (Four or five loaves)

20-80

To the sponge made as given above add in the morning $3\frac{1}{2}$ cups of corn flour and sufficient wheat flour to make a stiff dough. Knead thoroughly; let it stand in a warm place for 45 minutes. Knead or cut until the gas bubbles have escaped. Allow the dough to rise for 30 minutes, or until double its original bulk. Mold into four or five loaves. Place in oiled pans, oiling the surface of the loaves. Let them rise 80 minutes, or until double the original size. Bake in a moderate oven 1 hour.

QUICK METHOD

In the quick method commercial or compressed yeast is used in such amounts that the bread dough rises very quickly and the entire process of bread making may be completed in $3\frac{1}{2}$ to 4 hours.

Oatmeal Yeast Bread (Two loaves)

20-80

| | |
|--|--|
| 2 $\frac{1}{4}$ cups boiling water, milk and water, or milk | 2 cups rolled oats (5 $\frac{1}{2}$ oz.) |
| 2 teaspoons fat | 5 cups wheat flour (20 oz.) |
| 2 teaspoons molasses | 1 cake compressed yeast |
| | $\frac{1}{4}$ cup lukewarm water |
| | 2 teaspoons salt |

Put the rolled oats, molasses, fat and salt in bowl. Pour the boiling water over it and let stand until lukewarm, about 30 minutes. Soften the yeast in lukewarm water and add it to the rolled oats. Add 2 cups of flour and beat vigorously until smooth. Add the remainder of the flour and knead. Let rise until double its bulk (about 3 hours). Knead slightly and shape into loaves. Let rise until double its bulk, and bake in a moderate oven 45 to 60 minutes.

As all grades of flour do not absorb the same amounts of moisture it may be that the amount of flour will vary slightly, but all war breads, with the exception of potato bread, should be kneaded to the same degree of stiffness as ordinary wheat bread.

Rice Bread

20-80

Follow directions for rolled oat bread (see recipe above) except use 3 cups of cooked rice in place of the 2 cups of rolled oats.

Potato Bread I

20-80

| | |
|--------------------------------------|---|
| 6 pounds mashed or riced po- tato | $\frac{1}{4}$ pint cottonseed or corn oil |
| 4 ounces brown sugar | 5 ounces compressed yeast |
| | 6 pounds wheat flour |

3 ounces salt

Put the mashed potato into a mixing bowl, add the sugar, salt, and fat. Mix the yeast cake with the lukewarm water, add it to the other materials, and stir in the flour until the dough will not stick to the sides of the bowl. Knead until elastic (10 to 15 minutes). Moisten the top of the dough with a little water to prevent a hard crust forming, and set to rise in a warm place. When double its bulk, cut down from the sides of the bowl and knead again for a few minutes. Divide the dough into three portions, shape into loaves and put into slightly oiled pans. Let rise to double their bulk and bake in a moderate oven for 1 hour.

Victory Mixed Flour Bread (Four loaves)

20-80

| | |
|----------------------------------|--------------------------------|
| 2 cakes compressed yeast | 2 tablespoons corn syrup |
| $\frac{1}{4}$ cup lukewarm water | 2 teaspoons melted fat |
| 2 teaspoons salt | 5 cups cooled and scalded milk |

Stir into the liquid and yeast enough Victory Mixed Flour to make a dough of medium stiffness. Knead or mix in a bread-mixer thoroughly. Allow the dough to rise to double its original bulk. Knead or mold into four loaves. Place in oiled pans, oil the surface of the loaves. Allow them to rise to double their original bulk. Bake in a moderate oven 1 hour.

ALL-WHEAT BREADS

Bran Bread

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

| | |
|---|--------------------------|
| 1 teaspoon salt | 2 tablespoons shortening |
| 2 tablespoons molasses | 5 cups whole wheat flour |
| 2 $\frac{1}{2}$ cups cooled, scalded milk | 3 cups bran |
| 2 cups raisins soaked and seeded | |

Follow directions for "quick method" bread (page 5).

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 |
| 6 cups flour | milk |

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.

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 or |
| 2 teaspoons melted lard or | molasses |
| 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 dough of medium stiffness. Allow to rise to double its bulk. Form into loaves, and when they have doubled their bulk, bake in a moderate oven.

OTHER WAR BREADS

Barley Bread II (Two loaves)

| | |
|--------------------------------|--|
| 2 cups boiling water, milk and | 2 teaspoons fat |
| water, or milk | $2\frac{1}{3}$ cups barley flour (8 oz.) |
| 4 teaspoons corn syrup, or | $4\frac{3}{4}$ cups wheat flour (19 oz.) |
| 2 teaspoons sugar | 1 cake compressed yeast |
| 2 teaspoons salt | $\frac{1}{4}$ cup lukewarm water |

Pour boiling water over salt, fat, corn syrup. When lukewarm add yeast. Add 1 cup each of barley and wheat flours; beat thoroughly. Add the remainder of flour and knead. Proceed as for oatmeal bread.

Rye Bread

Use any method for bread but be careful to use 2 cups rye flour and 3 cups wheat flour for every 5 cups standard 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 in the sponge.

Combination Bread

| | |
|--|----------------------------------|
| 2 $\frac{1}{2}$ cups boiling water or milk | 1 $\frac{1}{2}$ cups rolled oats |
| 2 tablespoons of sugar or syrup | 1 cup corn flour |
| 2 tablespoons fat | 1 cup barley flour |
| 2 teaspoons salt | 3 cups wheat flour |
| 1 yeast cake softened in $\frac{1}{4}$ cup luke warm water | |

Put the rolled oats, sugar, fat and salt in a bowl. Pour boiling water over it and let stand until lukewarm. Soften the yeast in lukewarm water and add it to the rolled oats. Sift together the corn, barley and wheat flours. Add 2 cups of the mixed flour and knead. Let rise until double its bulk (about 4 hours). Knead slightly and shape into loaves. Let rise until double its bulk and bake in a moderate oven 45 to 60 minutes.

Potato Yeast Bread II (Two loaves)

| | |
|-------------------------------------|---------------------------|
| $\frac{1}{2}$ cup hot water or milk | 3 cups mashed potatoes |
| 2 teaspoons salt | 4 cups wheat flour |
| 2 teaspoons fat | 2 cups corn or rice flour |
| 2 teaspoons sugar | 1 cake compressed yeast |
| 1 $\frac{1}{2}$ cup lukewarm water | |

Sift together the wheat, and rice or corn flours. Put hot water, salt, fat and sugar in a bowl; add mashed potatoes. Mix well, soften the yeast in lukewarm water, and add to the potatoes when lukewarm. Add one cup of flour and knead it thoroughly; then add the second cup, kneading thoroughly; then add the remaining cups. This dough will seem very stiff and difficult to knead, but all the flour must be added, or the dough will be very soft at the second kneading. Let rise until double its bulk (about 4 hours). Knead slightly and shape into loaves. Let rise until double its bulk and bake in a moderate oven 60 minutes.

Two manipulations are satisfactory. Either all the flour may be added in the first mixture, making a dough which is very difficult to knead, or part of the flour may be reserved and added with the second kneading. In either case, the dough is soft at the second handling, but after baking, it is a satisfactory bread.

As all grades of flour do not absorb the same amounts of moisture, it may be that the amount of flour will vary slightly, but all war breads, with the exception of potato bread, should be kneaded to the same degree of stiffness as ordinary wheat bread.

Less yeast may be used if a sponge is set the preceding night, or if a longer time is allowed for the first rising. If the sponge is set over night, one cake of yeast foam may be used for four loaves of bread.

USING THE BREAD CRUMBS

Any crust or small bits left from cutting bread should be placed in the warming oven until thoroughly dried, then ground through the meat chopper or rolled on the bread board and stored in a covered jar, where they are ready for any of the following uses:

Scalloped Vegetables

Place vegetables such as cauliflower, cabbage, or onion in a baking dish. Sprinkle over with flour and bits of butter. Pour in enough sweet milk to cover. Put the cover on the dish and bake in a slow oven until the vegetables are tender. Fifteen minutes before they are to be served add a thin layer of crumbs and bake with the cover of the dish removed.

Bread Crumb Griddle Cakes

| | |
|---|--|
| 1 $\frac{1}{2}$ cups fine bread crumbs | 2 tablespoons fat |
| $\frac{1}{2}$ cup whole wheat, rye or barley flour | 1 egg |
| 2 cups sour milk | $\frac{1}{2}$ teaspoon salt 1 teaspoon soda |

Sift together the flour, soda and salt. Add bread crumbs, sour milk, fat, and beaten egg. Beat thoroughly. Cook on soapstone griddle or aluminum griddle, without fat.

Queen of Puddings

| | |
|--|------------------------------|
| 2 cups stale, but not dried, bread crumbs | 4 egg yolks |
| 3 cups hot milk | 2 tablespoons butter |
| 1 $\frac{1}{4}$ cups corn syrup | 1 teaspoon vanilla |
| | 4 tablespoons powdered sugar |
| 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 45 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 | 1 $\frac{1}{4}$ cups corn syrup |
| 1 tablespoon vanilla | 1 teaspoon almond flavoring |
| 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.