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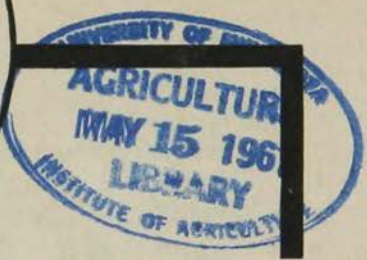
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UNIVERSITY OF MINNESOTA  
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# *Planning Your Bread Project*

You and your mother will be using the same kitchen. It is important that the two of you make plans for your regular baking. By so doing you will work together in greater harmony and your products will fill a more important place in the family's baking needs.

- **KEEP AN ACCURATE RECORD** of all the baking you do, not only of breads, but also of cakes, cookies, and pies. On your project record you will find a list of **REQUIRED** bakings.
- **JUDGE** all your baked products, using the standards given in this bulletin. If you should have some disappointments or failures try to find the causes so that you can do better next time.
- **DEMONSTRATE** some phases of your baking work at one or more of your local club meetings and also at a county event.
- **EXHIBIT** some of your baking at the county fair.

## **HANDY EQUIVALENTS AND ABBREVIATIONS**

The following table of equivalents and abbreviations may help you in measuring and in calculating the cost of your products:

3 teaspoons (tsp.) = 1 tablespoon (tbsp.)	4 cups sifted all-purpose flour = 1 pound (lb.)
16 tablespoons (tbsp.) = 1 cup	3¾ cups stirred whole wheat flour = 1 pound (lb.)
2 cups = 1 pint (pt.)	package = pkg.
4 cups = 1 quart (qt.)	degree Fahrenheit = ° F.
2¼ cups granulated sugar = 1 pound (lb.)	
2 cups lard or butter = 1 pound (lb.)	

# Your 4-H Bread Project

Ina B. Rowe and Evelyn D. Harne

**W**HAT IS more delightful than a golden brown loaf of bread or delicately light rolls, a tender biscuit that melts in the mouth, or waffles, hot off the griddle? You and your family can enjoy all of these good things and many more when you carry the 4-H bread project.

Bread baking is easy and exciting. Through practice you will gain confidence. Your hands will learn to love the "feel" of the dough and you will be proud of the satisfaction and pleasure that loaves of fresh bread and tasty rolls give to your family and friends.

## Choose High Quality Ingredients

**Only good ingredients will give good results.** Flour, liquid, and leavening agents are **essential** ingredients for

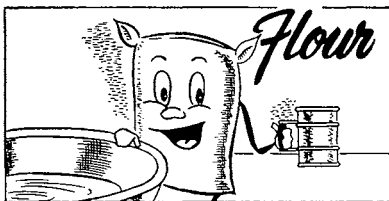
bread. Shortening, salt, and sugar are added for flavor, texture, and food value. You may want to add other ingredients, such as fruits or nuts, for variety, flavor, and color.

## Things to Know About - - -

The chief ingredient of all breads is flour. It furnishes a large part of the food value in the form of starch which gives us energy. If it is enriched, it also supplies iron and three of the B vitamins.

### Types of Flour

**All-purpose flour** (sometimes called **general-purpose flour**). This is the kind most commonly used in the home. It contains enough gluten (a type of protein) to form an elastic framework which will stretch without breaking when steam, air, or carbon dioxide gas



is entrapped in the dough and causes it to expand or "rise." In a flour suitable for yeast bread the gluten must be much stronger and more elastic than if the flour were to be used only in pies, cakes, and biscuits but all-purpose flour is suitable for any of these uses.

If, however, you want an extremely light and fluffy product you may prefer to use packaged **cake flour**.

Cake flour is made from softer wheat (containing less gluten) and is more finely milled. It measures about 4½ cups to the pound instead of the 4 cups which all-purpose flour averages, although there is some variation among brands in the number of cups per pound in either type. Cake flour is higher in starch and absorbs less liquid. It is practically never used in bread.

You can tell the difference between all-purpose flour and cake flour very easily. Press a pinch of each between the thumb and forefinger. All-purpose flour will feel dry and granular and will scarcely show the imprint of your finger. Cake flour will feel soft and smooth and will stick together enough to retain your fingerprint.

There are many different brands of flour on the market, but if handled correctly all the well known brands of all-purpose flour will make good bread and cake flours will make good cakes. Select the one you and your mother like best to use regularly.

Practically all brands of all-purpose flour are now **enriched**. During World War II enrichment was required. Most

of the states have passed laws since the war to make it necessary. Even in the states where enrichment is not compulsory, the milling companies furnish enriched flour, because they know what an important contribution it makes to the general health of the nation. In milling the wheat into the fine white flour preferred by most housewives, some of the health giving components which occurred originally in the wheat are lost. Enrichment is the process by which iron, thiamine, riboflavin, and niacin are added to restore nutrients lost in milling.

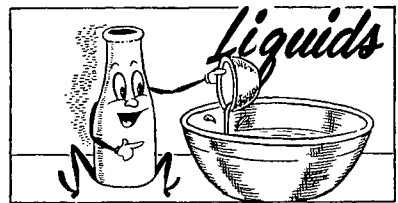
**Whole wheat flour** is made by using more of the wheat kernel such as the outer coverings and sometimes the germ. Stir whole wheat flour before measuring but do not sift it.

Whole wheat flour does not keep as well as all-purpose flour, particularly if the germ is left in. It is best to purchase it in small amounts and store it in an airtight container until all is used. In fact, all flour should be stored in a cool, dry, well ventilated place, in a tightly covered container.

Rye, oatmeal, and corn are other types of flours used in bread or quick breads. Plan to use them for their nutritive value and for variety.

## Things to Know About - - -

Milk, water, or water in which potatoes have been cooked are commonly used in breads. Milk adds food value, improves keeping quality, and gives a velvety texture and a creamy white crumb. Bread made with milk toasts more evenly and quickly than all water bread. Fresh milk, buttermilk, evaporated milk, or dried milk may be used. There is a factor in a raw milk which softens the gluten in the flour. Heating inactivates this factor. Therefore all milk or buttermilk **must** be heated be-



fore it is put into the bread. Bring the milk just to the boiling point. Let it cool, or cool it quickly by adding cold

water if the milk is to be diluted.

Evaporated milk does not need this special treatment because it was heated sufficiently in the process of manufacture.

Dry milk may require more heating to get a high, light, well rounded loaf. To give it this heat treatment you would have to reconstitute the milk (mix it with water), heat it just to the boiling point, and cool it as you would

fresh milk. You can get good bread, however, if you merely add the milk dry, along with the flour and other dry ingredients. Try it both ways. If you find that you get a better loaf by reconstituting and scalding, adopt that method. It may be that you will notice little if any difference to pay for the extra work, but this is for you to decide. However, there may be some difference in the brand of dry milk used.

## Things to Know About - - -

A **leavening agent** is an ingredient used in a batter or dough to make it light in proportion to its size. The lightness develops before and during baking. Some common leavening agents are: air, beaten into the batter or incorporated with beaten egg; steam, produced during baking from the liquid used; or carbon dioxide, formed by the growing yeast plant or added in the form of soda. These serve as leavening agents when entrapped in the dough before baking. All of these will expand when heated but will have been driven out of the product by the time baking is finished.

**Yeast** is a tiny plant, so small that it can be seen only with the aid of a powerful microscope. A mass of these plants are encased in a paste or a cereal product to protect it and to give it enough bulk to measure and handle. In the soft, pastelike coating it is known as **compressed** yeast. In the flaky cereal-like coating it is known as **active dry yeast**. These tiny plants are very sensitive to heat. Compressed yeast softens best at a temperature which is about the same as body heat. Active dry yeast can safely endure slightly hotter liquid.

To test the temperature of the liquid in which the yeast is to be softened place a drop on the inside of the wrist. If it is lukewarm it will feel neither hot nor cold. If you have a dairy or

candy thermometer, it will register 98 to 100° F. If you are using active dry yeast and have a thermometer to test the temperature, your bread will rise faster if you use a temperature of 110° F. However, do not try to guess this temperature. If your guess is wrong and you have the liquid too hot you will kill your yeast.

In using active dry yeast in liquid at 110° F. and then adding flour and other ingredients which have been at normal room temperature (approximately 70° F.) the temperature of your dough will naturally come to about 80 or 85° F. This temperature develops the best flavor and texture in your dough and you do not have to resort to any other device to keep the dough warm. You should never let it be chilled by subjecting it to cold draughts of air.

Like other plants, yeast requires moisture and food as well as warmth to make its best growth. These are supplied by the other ingredients in



the dough, mainly the liquid and the sugar. Sugar is the food yeast uses most easily. If there isn't enough sugar to supply its need, the yeast will attack the starch in the flour and convert it to sugar. This takes longer and your bread will not be so fine in flavor.

**Soda** is another leavening agent which, when combined with acid, gives off carbon dioxide. It is used in so called "quick" breads. If the product you are baking contains an acid ingredient, such as molasses, fruit juice, sour milk, or sour cream, soda is used. If there is no acid in the product the common practice is to use **baking powder**. This is merely soda which has already been combined with an acid in dry form plus a "filler" put in to keep the soda and acid from combining in the can instead of waiting until it gets into the product for baking. If your can of baking powder has become hard and lumpy, it is no longer suitable for

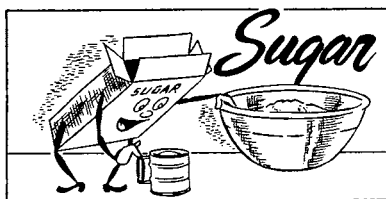
use. Keep the can tightly covered so that no moisture from the air can get in and cause this to happen. Always be sure to dip it out with a dry spoon for the same reason.

There are many different types of baking powder on the market, and they do not all react in the same way. However, the recipes in this bulletin have been tested with the type most commonly found in Minnesota homes—a "double action" baking powder. "Double action" means that part of the gas is given off while the product is still cold, but that most of the action takes place after the batter gets into the oven.

In each recipe the correct amount of soda or baking powder to balance the other ingredients will be listed. Some recipes call for both. If too much is used, either soda or baking powder will leave a taste; therefore measure with extreme care.

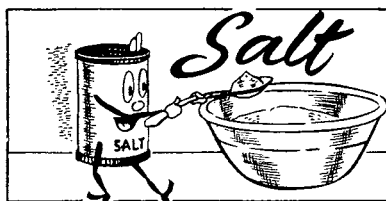
## Things to Know About - -

Sugar adds caloric value and improves texture and flavor. It helps to give a good brown color to your bread or toast. It furnishes food for the yeast plants. Honey, sorghum and molasses, and maple sirup are all forms of sugar and may be used to give variety to your breads.



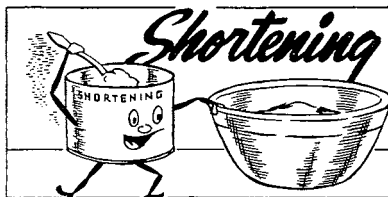
## Things to Know About - - -

Salt improves the flavor of bread and helps to give a whiter color. In yeast products it helps to control the growth of the yeast. A yeast bread made without salt will rise fast, but it will be porous in texture with holes uneven in size and shape. Too much salt will damage the yeast plant. Therefore we are always careful to dilute the salt with other ingredients before it is allowed to come in contact with the yeast.



## Things to Know About - - -

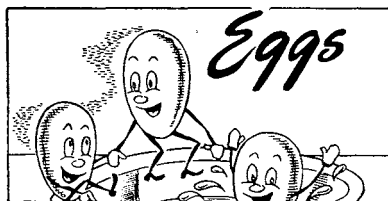
Fat or shortening helps to make a flour mixture tender, to improve flavor and food value, and to keep bread moist. You may use any good household fat, although lard and butter are the shortenings most commonly used in Minnesota. Besides what goes into the bread, enough extra shortening must be allowed to grease the bowls and the pans and usually to brush the crust after baking to make it shine. The shortening may be softened enough to stir before adding, or it may be blended into the dry ingredients the same way



you work in shortening for pie crust. It should never be added hot. Fat used to grease the tops of the loaves should always be soft enough to spread easily so that it will not roughen the surface.

## Things to Know About - - -

Rolls and fancy breads, muffins, popovers, and griddle breads usually contain eggs. They give flavor, increase food value, and help to produce a desirable texture. Yolks add a deep, creamy color to the crumb. If you want a crisp, glazed crust on fancy breads brush the surface with egg white or egg yolk diluted with an equal amount of water or milk.



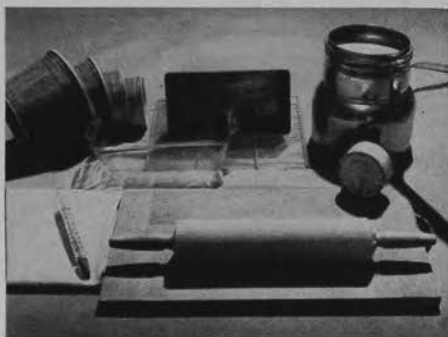
## Select Good Equipment

Assemble all of your utensils ahead of time. Use only standard measuring cups and spoons. Use the size baking pan that your recipe indicates.

The following pieces of equipment are suggested:

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|---|--|
| <input type="checkbox"/> Measuring cup for liquids—glass with pouring edge                | <input type="checkbox"/> Dish cloth  |
| <input type="checkbox"/> Measuring cup for dry ingredients—nested cups in different sizes | <input type="checkbox"/> Dish towel  |
| <input type="checkbox"/> Measuring spoons—standard sizes                                  | <input type="checkbox"/> Towel to cover bread  |
| <input type="checkbox"/> Mixing bowl  | <input type="checkbox"/> Hand towel  |
| <input type="checkbox"/> Wooden mixing spoon  | <input type="checkbox"/> Two hot dish holders  |
| <input type="checkbox"/> Tablespoon   | <input type="checkbox"/> Flour sifter  |
| <input type="checkbox"/> Spatula  | <input type="checkbox"/> Bread pan (approximately 8½ x 4½ x 2½, top inside measurements) |
| <input type="checkbox"/> String or long, sharp knife for cutting dough                    | <input type="checkbox"/> Cooling rack  |
| <input type="checkbox"/> Double boiler or aluminum stew pan for scalding milk             | <input type="checkbox"/> Rolling pin   |
| <input type="checkbox"/> One or two trays   | <input type="checkbox"/> Stockinette rolling pin cover                                   |
| <input type="checkbox"/> Rubber scraper   | <input type="checkbox"/> Bread board or pastry canvas                                    |
|   | <input type="checkbox"/> Containers for fat, salt, and sugar and for soaking yeast       |





### Don't Depend on Guesswork

Get your ingredients out ahead of time so they will be at room temperature. Learn to use accurate measurements in all your baking. For liquids, use a cup with the one-cup mark below the top of the cup. For dry ingredients use nested measuring cups, correct when filled to the very top. Cups for dry ingredients come in sets consisting of one-fourth, one-third, one-half, and one cup. Heap dry ingredients into the cup or spoon and level off with the straight edge of a spatula or knife. Pack brown sugar firmly into the cup before leveling off.

To measure shortening, use one of several methods. (1) Pack firmly into a spoon or cup and then level off. (2) If lard or butter in brick form is used, cut the brick in half for 1 cup, cut one of these portions in half for one-half cup, and divide the half cup in two to get one-fourth. (3) The water displacement method may be used for shortening. If one-half cup shortening is desired, fill the cup one-half full of water. Add shortening until the cup is full. Pour off the water and one-half cup shortening remains.





## PART I

# Making Yeast Breads

### How To Measure Flour

Practically all recipes calling for flour instruct you to sift before measuring. Flour packs when allowed to stand. The object of sifting before measuring is merely to loosen the pack so that your measurement will be accurate. An alternative is to weigh the flour, but all homes do not have scales which are sufficiently accurate for this purpose. Recipes are not often given by weight.

There are several ways of sifting and measuring but be sure to use correctly the equipment which you have.

1. When using a large sifter: Sift a generous quantity of flour onto a square of wax or locker paper. Let your cup set on the edge of the paper, and carefully spoon the flour into it, heaping

the flour well over the top of the cup. Using a knife or spatula with a perfectly straight edge, scrape off the excess flour exactly even with the top of the cup. Empty this cupful into your bowl and repeat until you have the amount required. If measuring more than two or three cups, count aloud as you empty them. This will help you remember how many cups you have measured. The cup should not be held in hand while it is being filled because there is a great temptation to level by shaking the cup. This would undo all the work of sifting.

2. When using a small in-the-cup sifter: Set the cup on a square of wax or locker paper. Sift the flour **directly into the cup**, heaping it generously. Then level off as described above. With

an in-the-cup sifter it is inefficient to sift onto a paper and then lift again to the cup.

## Step by Step, from Flour to Bread Box

The pattern for making yeast bread falls into six basic steps. They are:

1. Mixing—yeast, batter, dough
2. Resting
3. Kneading—with rolling pin or hand
4. Rising—first rising, punching down
5. Shaping the loaf
6. Pan rising
7. Baking

**MIXING**—Mixing consists of soaking yeast in lukewarm water and making a batter and finally a dough in preparation for kneading. See the steps following the recipe for procedure for combining ingredients.



**RESTING**—When the dough has been mixed you should dust your board or pastry canvas well with flour, turn the ball of dough out onto it, rub the loose dough out of your bowl, and

grease the bowl well to the very top. Turn the bowl over the dough and wait 10 minutes. This is called a "rest period." During this time the dough will "tighten" as the flour mixture absorbs part of the liquid.

It will become easier to knead and there will be less danger of adding too much dusting flour. Use this time to clean up the table, wash your dishes, and grease your pans.

**KNEADING**—Thorough kneading helps produce a fine grained, white bread. It blends the ingredients, incorporates air needed by the yeast, and develops elasticity in the gluten, so that the cells will stretch without breaking when the gas formed by the growth of the yeast begins to expand them. Start your kneading with the rolling pin. This saves time. Flour the rolling pin well, then roll it back and



forth to the very edge of the dough five or six times. Then fold the dough over into thirds, turn it the long way, and repeat. Roll and fold in this way three or four times. Finish kneading by hand.

1. Curve the fingers of both hands over the dough. Bring the far side of the dough over onto itself and toward you. This is a folding motion.

2. Push the dough from you with one or two short, quick motions using the heel of your hand (the thick part of your palm that is nearest the wrist).

3. Give the dough a quarter turn on the board, and repeat steps 1, 2, and 3. Keep up this rhythmic motion, fold, push, turn, fold, push, turn, for about 5 minutes or until the dough is smooth and velvety in appearance. When pressed with the finger it will feel springy and elastic and will not stick to your hands. Tiny bubbles of gas will start to form under the surface.

It may be necessary to dust the board with a small amount of flour from time to time to keep the dough from sticking. Do not add more than is necessary as it is easy to get the dough too stiff. It may be enough merely to flour your fingers instead of the board. If you use a rolling motion instead of pushing the dough down hard against the board, it will be less likely to stick and less flour will be needed. You will tire less if you use a full-arm movement while kneading.

When your dough has been kneaded sufficiently, roll it around and turn it over in the greased bowl. This greases the surface and prevents drying out. Cover the dough and set it to rise in a warm place, away from drafts.

**RISING**—The yeast cells are already at work producing gas. It is a slow, steady process which changes the compact ball of dough into a porous, much larger, spongy one. This is called "rising."

If the yeast is to grow well and produce enough gas for adequate rising,



the dough **must** be warm. The warm liquid you used will help hold a warm temperature for some time and the yeast itself, in the process of growth, will give off some heat. Do not set the bowl where a cold draft will strike it. A thermometer which can be thrust into the dough is very handy here. A temperature of 80 to 85° F. is considered ideal to develop the best flavor in the bread. Your hand cannot guess at this temperature accurately. A temperature of 80° F. is sure to feel cool. In cold weather rinse the bowl with warm water before using. If you are sure the temperature is dropping below 80° F., here are some ways to bring it back up to 80° F.

Set the bowl of dough on a rack over a pan of warm water. Cover with a towel.

Place the bowl of dough, uncovered in an unheated oven with a large pan of lukewarm water on the shelf beneath it. Shut the oven door tightly.

If the room is cold, warm the bowl a little, but be sure it is not too hot before putting the ball of dough into it.

The time required for dough to rise varies with the amount of yeast used, the temperature, and the other ingredients. It will have risen enough when it is slightly more than twice its original size, when fairly large gas bubbles have formed just under the surface, and when two fingers, thrust about an



up the larger gas bubbles already formed and will give the yeast cells new food on which to work.

To punch down, double up the fist of one hand, flour it lightly, and plunge it into the center of the dough. Then pull each corner of the dough over into the depression left by your fist. You can go round the bowl two or three times doing this pull-fold motion, until the ball of dough is smooth and shiny and back to the size it was before it was set to rise.

**SHAPING THE LOAF**—Sprinkle the bread board or canvas very lightly with flour. Turn the bowl upside down and let the dough fall onto the floured board. Divide it into even portions to make the number of loaves for which



inch into the surface of the dough leave a deep impression.

At this point, if time is limited, the dough may be shaped into the loaf. If there is time, however, the dough should be punched down and allowed to rise again. This will give a finer texture and a whiter color. It will break

you planned. Round each portion into a ball to seal the cut surface.

There are various methods of loaf-shaping that you might use. However, you will want to choose a method which will turn out a well shaped loaf, quickly and efficiently. Here are two standard methods. Use one of these or develop a method of your own.

### "Rolled Dough" Method

Step 1. Set bread pan in front of your ball of dough. With a rolling pin or with the heel of your hand pat out dough into a rectangular shape, about 3 inches narrower than the length of your bread pan and about 12 to 18 inches long. Break down all gas bubbles along the outer edge of the dough.

Step 2. Starting at either end, roll the dough up like a jelly roll and seal it after each turn. Use the heel of your hand or the fingertips, depending on whether you are rolling toward you or from you. Seal final seam by carefully pushing it into the loaf with your fingertips. Avoid pinching it together in a ridge.

Step 3. Seal ends by pressing with the edge of your hand.

Step 4. Fold sealed ends under, using fingers. Avoid tearing dough, and try not to leave a ridge. Roll loaf.

Step 5. Place shaped loaf, seam side down, in well greased bread pan.

Step 6. Grease the entire surface of the loaf.



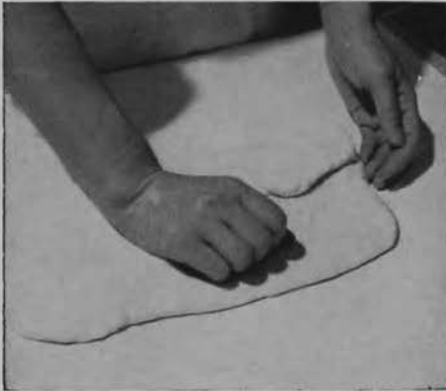




### "Eight-Step" Method

Step 1. Set bread pan in front of your ball of dough. With your hand or rolling pin pat out the dough to uniform thickness to form a rectangle approximately 9 by 12 inches. Make certain to break down all gas bubbles on outer edge of dough.

Step 2. Fold the long side of the dough over toward the center so that the strip is only two-thirds as wide. Seal the seam using the heel of the hand.



Step 3. Repeat with other side, so that the strip is one-third the original width.

Step 4. Pick up the strip of dough by the two ends, and stretch it to about twice the length of the bread pan. (Slapping the dough gently against the board will help to stretch it evenly.)





Step 5. Using the bread pan as a guide, fold each end of the dough to the center so that the ends overlap, and so that it will be about 3 inches shorter than the length of the pan. The thickest part should be in the middle.

Step 6. Seal by pressing edges with the heel of the hand or fingers.



Step 7. Beginning with the edge nearest you, roll the dough over. Seal final seam but try to avoid a ridge.

Step 8. Place the loaf with seam side down in a well greased bread pan, and grease all surfaces. Cover with a cloth.





**PAN RISING**—Let the loaves rise in a warm place until “double in bulk,” or until they are even with the top of the pan. When the dough is light enough, preheat oven to a moderately high temperature of 375° F.

**BAKING**—Baking “sets” the gluten, drives off the carbon dioxide and part of the moisture, stops the work of the yeast, and brings out color and flavor.

Place the loaves on the center shelf of your preheated oven, allowing a couple of inches between the pans for circulation of heat. **Bake for approximately 45 minutes in a moderately hot oven (375° F.)** The first quick rising is called “oven spring” and takes place during the first 10 minutes of baking.

The bread is done when it shrinks from the sides of the pan and is evenly browned. It will sound hollow when

tapped with a finger and will not burn your hand when you hold it close to the bottom of the loaf.

Remove baked bread from the pan immediately. This prevents a condensation of moisture that might make it soggy. Place the bread, uncovered, on a rack or crosswise on bread pans to allow free circulation of air and slow cooling. Do not let a draft strike it or you may get a crackled crust.

After the bread has cooled a little, brush the top with melted shortening or butter. This will help to give it a soft, shiny crust.

**BEFORE YOU START TO BAKE**—Your 4-H Bread Bulletin should have been read up to this point. You now know what ingredients you will be using. You know how to measure them, how to test the temperature, and how

## Bread Recipes

	1 loaf	2 loaves	4 loaves	2 loaves whole wheat	2 loaves rye
Yeast.....	½ cake or package	1 cake or package	1-2 cakes or packages	1 cake or package	1 cake or package
Water for soaking yeast.....	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup
Liquid*.....	1 cup	2 cups	4 cups	2 cups	2 cups
Sugar or other sweetening.....	1 tbsp.	2 tbsp.	¼ cup	2 tbsp. sugar and 2 tbsp. molasses or ¼ cup brown sugar	2 tbsp. sugar and 2 tbsp. molasses or ¼ cup brown sugar
Flour.....	about 3 cups	about 6 cups	about 12 cups	3 cups whole wheat and about 3 cups white	3 cups rye and about 3 cups white
Dry milk if used†.....	¼ cup	½ cup	1 cup	½ cup	½ cup
Salt.....	1½ tsp.	1 tbsp.	2 tbsp	1 tbsp.	1 tbsp.
Shortening.....	1 tbsp.	2 tbsp.	¼ cup	2-4 tbsp.	2-4 tbsp.

\* Liquid may be all milk or half milk and half water. If only milk is used bring it to a simmer and cool to the proper temperature—lukewarm for compressed yeast or if you have no thermometer a drop of liquid placed on the inside of the wrist will feel neither hot nor cold. If you have a thermometer use 110° F. for active dry flaked yeast but not for compressed. Do not try to guess at 110° F.

† Dry milk may be used. It may be added dry with the flour or it may be mixed with water, then simmered and cooled. The amount given here makes an all-milk bread. If you prefer half milk and half water, use just half as much dried milk as the recipe calls for. The amount of water used would remain the same.

each of the processes is performed. Steps for mixing follow the recipe.

If you have never handled dough before we suggest that you start with one or two loaves. Making two loaves is more practical as far as time and baking is concerned. You will also have two loaves to compare, which is the first step in judging. As you become more skilled you can increase the number of loaves and also try some variations. One loaf is usually made for demonstration purposes due to the limited amount of oven space and is often the quantity made by 4-H members at project meetings.

### Mixing—Method No. 1

#### The yeast

1. Dissolve yeast in  $\frac{1}{4}$  cup water. Use lukewarm water (98-100° F.) for compressed yeast, a temperature up to 110° F. for dry flaked yeast. Let stand 5-10 minutes.

#### The batter

2. Add sugar to liquid which may be all milk or half milk and half water. If dry milk is used it should be all water.

3. Add half of the flour. If dry milk is used, sift it in with the flour. Beat until smooth. Stir in the yeast.

#### The dough

4. Add salt and soft fat.

5. Add remainder of flour, mixing after each addition to form the dough.

When sufficient flour has been added the mixture forms a dough ball which follows the spoon around the bowl. When adding flour put it in a circle around the bowl rather than in the middle. Turn out on a floured board. Clean and grease your bowl. Turn the bowl over the dough to rest. Wait 10 minutes before kneading.

Follow steps for kneading, rising, shaping, pan rising. Bake approximately 45 minutes at 375° F.

### Mixing—Method No. 2

#### The yeast

1. Soften the yeast in  $\frac{1}{4}$  cup lukewarm water. Combine soaked yeast with other liquid. If water is used as the liquid, the  $\frac{1}{4}$  cup could be combined with it and the yeast could be soaked in all of the liquid.

#### The dry ingredients

2. Prepare flour mixture containing flour, sugar, salt, shortening, and dry milk if desired. The shortening is cut into the dry ingredients.

#### The batter

3. Place flour mixture in bowl, make a well in the center, add liquid, and beat, working in the dry ingredients a small amount at a time to form dough.

#### The dough

5. After the mixture of dry ingredients has been worked in, add flour until the dough forms an irregular ball that comes away from the sides of the bowl as you stir. It may be necessary to add a little more flour. Place dough on floured board and let it rest 10 minutes.

Follow steps for kneading, rising, shaping, pan rising. Bake approximately 45 minutes at 375° F.

## YEAST ROLLS

Yeast rolls are similar to bread and are made by the same general method. They are usually richer because they contain more sugar, fat, eggs, and other ingredients. Several shapes and variations can be made from one type of dough. The method of mixing given below may also be used for loaf bread.

### Basic Yeast Roll Recipe

Quantity: 40-50 rolls

Baking time, temperature, and pan size

is given with each recipe on pages that follow.

- 1 to 2 cakes compressed, or 1 to 2 packages dry yeast
- ¼ cup lukewarm water
- 1¾ cups milk or 1¾ cups water plus ½ cup dry milk (see pages 4 and 5 for discussion on use of dry milk)
- ½ cup sugar
- 7 cups sifted enriched flour
- 2 eggs
- ½ cup shortening
- 1 tablespoon salt

*(Preliminary: Assemble utensils and measure ingredients.)*

1. Crumble yeast into ¼ cup warm water. (The water should feel neither hot nor cold when a drop is placed on the wrist.) Let stand until softened, 3-5 minutes, then stir until the yeast is well mixed in. Scald milk, pour into mixing bowl, and let cool until it feels neither hot nor cold when a drop is placed on the wrist. Soften fat, and set aside until cool but not hardened.

2. Add sugar, beaten egg, and half of the flour to milk mixture. Stir and add dissolved yeast to the mixture. Beat hard until smooth and elastic.

3. Add softened fat and salt. Add remaining flour a little at a time, and stir after each addition until dough forms an irregular ball that comes away from the sides of the bowl.

4. Let rest 10 to 15 minutes and knead.

5. Set aside to rise in a warm place until double in bulk.

6. Turn the bowl upside down to let the dough fall onto a lightly floured board. Then divide the dough for easy handling and mold into any desired shape. A few variations are given, and you will find any number of others in recipe books, magazines, and newspapers.

## Yeast Rolls Made as a Mix

### Yeast mixture

- 2 cups water (see page 5 for temperature)
  - 1 to 2 cakes compressed or 2 packages (tablespoons) active dry yeast
- Sprinkle yeast over water and set aside without stirring while you prepare the flour mixture.

### Flour mixture

- 7 cups sifted enriched flour
- ½ cup dry milk
- ½ cup sugar
- 1 tablespoon salt
- ½ cup shortening

Mix dry ingredients thoroughly. Work in shortening as for biscuits until as fine as meal. Make a well in the center.

### Batter and dough mixture

- Yeast mixture
- 2 eggs
- Flour mixture

Stir yeast and empty into the well in the flour. Add unbeaten eggs and beat, stirring in enough of the flour, and work until soft dough is formed.

Turn dough onto a well floured board or pastry canvas. Wait 10 minutes, longer if more convenient. Then roll and fold with the rolling pin until the dough is firm enough to knead by hand. Knead until smooth and elastic.

Return the dough to a bowl which has been well greased. Turn it over in the bowl, cover, let it double in bulk. Then turn out onto floured board or canvas (do not lift out) and shape into rolls.

This makes 40 to 50 medium rolls. If this is too much to make at one time, after the dry ingredients are prepared, divide the dry ingredients into two equal portions. Set one portion aside for future use. Put the other portion

into a bowl, make a well in the center, and continue as indicated, using 1 cup liquid,  $\frac{1}{2}$  to 1 package of yeast, and 1 egg.

## YEAST ROLL VARIATIONS

### Pan Rolls

Quantity: 18-20 rolls  
Pan size: 8 x 8 inches  
Bake: 25-30 minutes  
Moderately hot oven (375° F.)

1. Use  $\frac{1}{2}$  of your Basic Yeast Roll Dough.

2. With palms of hands, pat out dough to  $\frac{3}{4}$  inch thickness.

3. Cut dough into 2 inch squares.

4. Form each biscuit into a ball by drawing out edges of dough under and pinching together.

5. Grease pan. Brush each ball with melted shortening or butter and place in 8 x 8 inch pan. Place rolls about 1 inch apart.

6. Cover and let rise in a warm place for about 40 minutes until double in bulk. Bake.

### Cloverleaf Rolls

Quantity: 18-20 rolls  
Pan size: medium muffin pan (bottom of each cup, 2 inches in diameter)  
Bake: 18-20 minutes  
Moderately hot oven (375° F.)

1. Use  $\frac{1}{2}$  of your Basic Yeast Roll Dough.

2. With palms of hands, pat out dough to 1 inch thickness on floured bread board.

3. Cut dough into 2 inch squares.

4. With scissors, cut each round of dough into three parts and shape into balls by drawing out edges of dough under and pinching together.

5. Grease muffin pan and place three balls into each muffin cup.

6. Cover, let rise in warm place about 40 minutes until double in bulk. Bake.

### Butterscotch Rolls

Quantity: 18-20 rolls  
Pan: medium muffin pan (bottom of each cup, 2 inches in diameter)  
Bake: 18-20 minutes  
Moderately hot oven (375° F.)

1. Use  $\frac{1}{2}$  of your Basic Yeast Roll Dough.

2. With palms of hands, pat out dough into a rectangle (about 9 x 18 inches) on lightly floured bread board.

3. Blend  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  teaspoon cinnamon, and  $\frac{1}{4}$  cup melted shortening. Grease muffin pan. Place 1 teaspoon of sugar mixture and 2 or 3 pecans in each muffin cup.

4. Spread remainder of sugar mixture on dough. Roll lengthwise in jelly-roll fashion and seal edge.

5. With scissors or sharp knife, cut in 1 inch slices. Grease muffin cups and place slices, cut side down, in them.

6. Cover, let rise in warm place about 40 minutes until double in bulk. Bake.

### Orange Rolls

Quantity: 18-20 rolls  
Pan: medium muffin pan (bottom of each cup, 2 inches in diameter)  
Bake: 18-20 minutes  
Moderately hot oven (375° F.)

1. Use  $\frac{1}{2}$  of your Basic Yeast Roll Dough.

2. With palms of hands, pat out dough into a 9 x 18 inch rectangle on lightly floured bread board.

3. Blend  $\frac{1}{4}$  cup sugar,  $\frac{1}{4}$  cup soft butter, and the grated rind of one orange.

4. Spread orange mixture on dough. Roll lengthwise in jellyroll fashion and seal edge.

5. With scissors or sharp knife, cut roll into 1 inch slices, grease muffin cups, and place slices, cut side down, in them.

6. Cover, let rise in warm place about 40 minutes until double in bulk. Bake.

## Short Cuts and Time Savers

For bread or rolls

1. Combine the dry ingredients for 4 loaf recipe. Lay out two squares of locker paper or two 2-pound coffee cans or similar container, and put half the mixture into each can or onto the paper. Do this very carefully. Add one level cupful at a time, into first one, then the other, until all the mixture is used. At the end you will be measuring in fraction cups or tablespoons. When finished, each package will be a complete 2 loaf "mix" to which you need add only liquid and yeast.

2. Double the 4 loaf recipe to make two 4 loaf mixes.

3. Use weighed amounts in so far as available for large quantities. For ex-

ample, doubling the 4 loaf recipe calls for 24 cups or 6 pounds of flour. To sift and measure this much flour is very tiring. Therefore use one 5-pound bag as bought at the store to furnish 20 cups, leaving only 4 cups which must be sifted and measured. If you weigh instead of measure, sifting to overcome packing is not necessary.

4. If you have accurate scales and can use them correctly, weigh the flour instead of measuring, counting 4 cups to 1 pound.

5. See page 18 for roll mix.

6. If you wish to scald reconstituted dry milk, be sure to bring it nearly to the boiling point. If you stop short of this point your time may be wasted, as dry milk has already had enough heat for most purposes, and a low scald will be no improvement.

## Judging Your Yeast Breads

Now that your bread is baked, you will want to find out how nearly it approaches the standard product. The list below gives the characteristics of a perfect loaf of bread. Can you check yes before all of the items that are given? If so, yours too is a standard loaf, and you should be very proud of your accomplishment. Get in the habit of judging your bread each time that you bake so that you can help other members with their baking.

Take a look at the outside of your loaf. It should have—

- good proportions with both sides alike.
- a smooth, well rounded top.
- an even golden-brown color.
- a thin, tender, crisp crust.

Check the crumb. It should have—

- a creamy white color.
- a slightly moist feeling.
- a uniform fine grain.
- elastic or springy feeling.
- a well baked appearance.

Check the weight. It should be—

- light in proportion to size.



Check the flavor and aroma. It should be—

- sweet and nutlike in flavor (no "off" flavors).
- characteristic of wheat.
- pleasing in aroma.

## PART II

*Making Quick Breads*

Think how pleased your family would be to find a plate of hot muffins on the breakfast table with their bacon and eggs! Or, why not surprise them with a plate of flaky baking powder biscuits or a loaf of orange bread when they sit down to supper?

Quick breads differ from yeast breads in that the leavening agent (baking powder, soda, or steam) when combined with the other ingredients, acts quickly and causes the batter to become light in a very short time. You will want to mix them quickly and lightly so the gas given off by the leavening agent will not escape. Correct oven temperature is important. Your family will be delighted with the frequent addition of piping hot quick breads to their meals.

**Muffins**

Light, fluffy muffins that are served hot with plenty of butter are welcome at any meal. From start to finish the secret of muffin making lies in combining the ingredients quickly and lightly to prevent overmixing.

**Plain Muffins**

Quantity: 12 medium-sized muffins  
 Pan: medium muffin tin (bottom of each cup, 2 inches in diameter)  
 Bake: 20-25 minutes  
 Hot oven (425° F.)  
 2 cups sifted enriched flour  
 2-4 tablespoons sugar  
 1 tablespoon baking powder

½ teaspoon salt  
 1 egg  
 1 cup milk  
 ¼ cup shortening

*(Preliminary: Assemble utensils and ingredients.)*

1. Preheat oven to 425° F.
2. Grease muffin tins.
3. Sift dry ingredients into mixing bowl.
4. Cut in shortening with pastry fork or blender or knives.
5. Beat eggs and combine with milk.
6. Add liquid mixture to dry ingredients and stir just enough to combine thoroughly (10-20 strokes).

**Muffin Variations**

**Whole Wheat Muffins:** Use Plain Muffin Recipe. Use 1 cup of whole wheat flour in place of 1 cup of all-purpose flour.

**Bacon Muffins:** Use Plain Muffin Recipe. Add ½ cup chopped, crisply cooked bacon to dry ingredients.

**Blueberry Muffins:** Increase sugar in recipe to ½ cup. Add ¾ cup fresh or frozen berries for best appearance and quality of muffins. If canned berries are used, drain before adding. Because they are juicy, a blue crumb will result.

**Nut or Dried Fruit Muffins:** Use Plain Muffin Recipe. Add ½ cup chopped nuts, raisins, dates, or other dried fruit to dry ingredients before adding liquid.

### Checking Muffin Standards

Just as you judged your yeast bread, you will also want to measure your success in muffin making by checking your muffins with the standard product. If yours are good they will have:

- a top that is symmetrical (both sides alike), well rounded, and slightly pebbled on the surface.
- a uniformly golden brown crust that is thin, tender, and free from cracks.
- a creamy-white or slightly yellow color that is free from streaks.
- a crumb that is slightly moist, tender, not soggy or crumbly.
- medium-sized grain that is free from tunnels and through which nuts



- and fruits are well distributed.
- a weight light in proportion to size and doubled in size in baking.
- a flavor which is pleasing and blended.

### BAKING POWDER BISCUITS

Although baking powder biscuits contain some of the same ingredients as muffins, they are a different type of product because a different mixing technique is used. To be a good biscuit maker, develop a quick, light touch in handling the dough.

#### Baking Powder Biscuits

Quantity: 12 2½ inch biscuits.

Baking sheet (15 x 10 inches) and 2½ inch biscuit cutter

Bake: 12 to 15 minutes

Hot oven (450° F.)

- 2 cups sifted enriched flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ⅓ cup shortening
- ⅔-¾ cup milk

(Preliminary: Assemble utensils and ingredients.)

1. Preheat oven to 450° F.
2. Sift flour, baking powder, and salt into a mixing bowl.
3. Cut shortening into dry ingredients with pastry blender, fork, or two knives used in scissor fashion. Blend until like very coarse corn meal.

4. Add milk all at once and stir until the mixture thickens. Stir until mixture leaves sides of bowl.

5. Place dough on lightly floured board and knead about 30 seconds or about 15 strokes to form a round ball or roll and fold. To roll and fold use a rolling pin and roll to ½ inch thickness, fold dough to make double layer, and roll again. Roll dough to ½- to ¾-inch thickness.

6. Cut with floured cutter and place biscuits on ungreased baking sheet. Bake 12 to 15 minutes until lightly browned. Serve at once.

#### Baking Powder Biscuit Variations

**Sour Milk Biscuits:** Use Plain Baking Powder Biscuit Recipe. Use sour milk or buttermilk in place of sweet milk. Decrease baking powder to 2 teaspoons and add ½ teaspoon soda. Bake 12 to 15 minutes in hot oven (450° F.).

**Cheese Biscuits:** Use Plain Baking Powder Biscuit Recipe. Mix ½ to ¾ cup shredded processed cheese into dry ingredients after sifting. Biscuits may be cut in strips ½ inch wide by ½ to 3 inches long, or into 1 inch squares.

Brush with melted butter and bake 12 to 15 minutes in hot oven (425° F.).

**Short Cake or Coffee Cake:** Use Plain Baking Powder Biscuit Recipe. Add 1 tablespoon sugar to dry ingredients before sifting. Add 1 beaten egg to milk. When ingredients are mixed, pour dough into greased 8 inch layer pan. For coffee cake, sprinkle with cinnamon and sugar. Bake 15 to 20 minutes in hot oven (450° F.).

**Quick Drop Biscuits:** Use Plain Baking Powder Biscuit Recipe. Add ¼ cup milk. After mixing, drop by spoonfuls onto greased baking sheet. Bake 12 to 15 minutes in hot oven (450° F.).

**Orange Biscuits:** Use Plain Baking Powder Biscuit Recipe. Blend ¼ cup sugar, ¼ cup melted butter, and the grated rind of 1 orange. After dough has been patted or rolled out, spread filling on biscuit dough. Roll jellyroll fashion and seal. Grease muffin pan. Cut dough into ¾ inch slices and place in muffin cups. Bake 15 to 20 minutes in hot oven (425° F.).

### Quick Bread Mix<sup>1</sup>

Quantity: 10 cups mix

Keeps four weeks at room temperature or six weeks at refrigerator temperature.

8 cups sifted all-purpose flour.

1 cup nonfat dry milk solids or if instant dry milk is used, use quantity required for one quart reconstituted milk as directed on container.

2 teaspoons salt

4 tablespoons double acting baking powder

1½ cups lard

1. Sift flour, dry milk solids, salt, and baking powder together three times and place in a large bowl.

2. Blend lard into dry ingredients with a pastry blender or fork until it is evenly distributed and the mixture resembles coarse meal.

3. Store in quantities needed in pint or quart jars being careful not to pack. Cover jars tightly and put in a dark place or in refrigerator. Mix made with lard without an antioxidant needs to be stored in a refrigerator.

One cup of mix makes four muffins 2½ inches in diameter or about five biscuits 1¾ inches in diameter.

### Muffins from Quick Bread Mix

Quantity: Eight average size muffins

2½ inches in diameter

2 cups quick bread mix

2 tablespoons sugar

1 egg, beaten

⅔ cup water or milk

1. Measure the sugar and mix with the quick bread mix.

2. Combine egg with water or milk and add immediately to dry ingredients by placing in a well made in center of flour mixture.

3. Mix until dry ingredients are dampened and the batter is pebbly.

4. Carefully place the batter in greased muffin pans with as little stirring as possible. Fill the muffin pans two-thirds full. Bake in a hot oven (425° F.) until the crusts are a golden brown color or about 20 minutes.

### Baking Powder Biscuits from Quick Bread Mix

Quantity: 8-10 biscuits 1¾ inches in diameter

2 cups quick bread mix

½ cup water or milk

1. Measure mix into bowl.

2. Measure milk or water and add all at once to dry ingredients, stirring quickly and vigorously until all ingredients are dampened. Continue stir-

<sup>1</sup> As given by Elaine Asp and Isabel Noble, in Minnesota Farm and Home Science, Vol. XI, No. 3, May 1954, Pages 5 and 17.



ring for approximately 10 seconds or until the dough thickens.

3. Turn out on lightly floured board. Knead gently about 20 seconds or 10-12 strokes or with a rolling pin roll and fold two or three times.

4. Roll to thickness of  $\frac{1}{2}$  inch. Cut with floured cutter and place on ungreased baking sheet.

5. Bake at 425° F. until crusts are golden brown, or for 12 to 15 minutes.

### Checking Biscuit Standards

Your biscuits will be good if they have:

- a smooth, level, symmetrical top.
- an even golden-brown crust which is thin and tender.
- a creamy white interior.
- a tender, flaky crumb which peels off in layers.
- a weight light in proportion to size.
- a pleasing blend of flavors.

### QUICK LOAF BREADS

For tempting sandwich treats in a lunch box or at a 4-H Club meeting you'll enjoy making quick loaf breads. They'll fill the bill most any time because they are so quick and easy to make.

For baking, place batter in a pan in which the bottom is greased or covered with wax paper. Do not grease the sides of pan.

The baking of quick loaf breads is important. Be sure the bread is thoroughly done. Medium-low oven temperature is used so that the bread won't get too brown before it is baked throughout. Some tests for doneness are: 1. firm, with a hollow sound when tapped with the finger, 2. slight shrinking from sides of pan, 3. even brown color.

After baking let the loaf stand a few minutes in the pan before turning it out. Cool before slicing and slice thin.

## QUICK LOAF BREAD RECIPES

### Orange Bread

- Quantity: 1 medium loaf  
 Pan size:  $8\frac{1}{2}$  x  $4\frac{1}{2}$  x  $2\frac{1}{2}$  inches  
 Bake: At 325°-350° F. 1 hour or slightly longer as needed.
- 2 cups sifted flour
  - $\frac{2}{3}$  cup sugar
  - 1 teaspoon salt
  - 3 teaspoons baking powder
  - Grated rind of 1 orange
  - $\frac{1}{2}$  cup broken nut meats
  - 1 egg
  - $\frac{3}{4}$  cup orange juice
  - $\frac{1}{4}$  cup shortening, melted and cooled

(Preliminary: Assemble utensils and ingredients.)

1. Prepare pan by greasing bottom or fitting wax paper into bottom.
2. Melt shortening and set aside to cool.
3. Mix and sift together flour, sugar, salt, and baking powder.
4. Add orange rind and nuts to dry ingredients.
5. Mix together egg, orange juice, and shortening. Add to dry ingredients by pouring all at once into well or hole made in center of dry ingredients.
6. Mix just enough to moisten. Batter will look lumpy.
7. Pour into pan and let stand 20 minutes.
8. Bake at 325°-350° F. for 60 minutes or longer, or until done.
9. When done, let stand a few minutes and turn out.

### Fruit and Nut Loaf

- Quantity: 1 medium loaf  
 Pan size:  $8\frac{1}{2}$  x  $4\frac{1}{2}$  x  $2\frac{1}{2}$  inches  
 Bake: At 325°-350° F. 1 hour or slightly longer as needed.
- 2 cups sifted flour
  - 2 teaspoons baking powder
  - $\frac{1}{4}$  teaspoon soda

- 1 teaspoon salt
- $\frac{2}{3}$  cup sugar
- $\frac{2}{3}$  cup cut-up dried fruit
- $\frac{1}{2}$  cup nut meats
- 2 eggs
- $\frac{1}{4}$  cup fat, melted and cooled
- $\frac{3}{4}$  cup milk

*(Preliminary: Assemble utensils and ingredients.)*

1. Prepare pan by greasing bottom or fitting wax paper into bottom.
2. Melt shortening and set aside to cool.
3. Mix and sift together flour, baking powder, soda, salt, and sugar.
4. Add fruit and nuts to dry ingredients.
5. Combine beaten eggs, milk, and fat which has been melted and cooled. Add to dry ingredients by pouring all at once into a well or hole made in center.
6. Mix just enough to moisten. Batter will look lumpy.
7. Pour into pan and let stand 20 minutes.
8. Bake at 325°-350° F. for 60 minutes or longer, or until done.
9. When done let stand a few minutes and turn out.

### Banana Tea Bread

Quantity: 1 medium loaf

Pan size: 8½ x 4½ x 2½ inches

Bake: At 325°-350° F. 1 hour and 10 minutes or until done

- 1¾ cups sifted flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{3}$  cup shortening
- $\frac{2}{3}$  cup sugar
- 2 eggs
- 1 cup mashed fully ripe banana

*(Preliminary: Assemble utensils and ingredients.)*

1. Prepare pan by greasing bottom well or fitting wax paper into bottom.

2. Sift together flour, baking powder, soda, and salt.

3. Cream shortening well.

4. Add sugar gradually and continue creaming until light and fluffy. Add eggs one at a time and beat well after each is added.

5. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition until smooth.

6. Turn into pan. Bake at 325°-350° F. about one hour 10 minutes or until done.

### Banana Bread Variations

**Banana Nut Tea Bread:** Add  $\frac{1}{2}$  cup coarsely broken nut meats to flour mixture.

**Banana Date Tea Bread:** Add 1 cup finely chopped dates to flour mixture.

### Judging Your Quick Loaf Breads

Check your quick loaf bread to see if it is:

- well proportioned with an evenly rounded top.
- uniformly brown with a tender thin crust free from large cracks.
- light in proportion to size.
- fine, moist, and tender inside.
- free from tunnels, with even grain.
- not dry or soggy, with nuts and fruits evenly distributed.
- pleasing in flavor.

### WAFFLES

Waffles might easily be called griddle cakes with "tucks" in them, for they belong to the same family and are mixed in the same way.

### Basic Waffle Recipe

Quantity: Eight 8-inch waffles

- 2 cups sifted enriched flour
- 1 tablespoon baking powder
- 1 teaspoon salt

- 2 tablespoons sugar
- 3 eggs
- 1¾ cups milk
- ½ cup shortening

1. Heat waffle iron until a few drops of water sprinkled on it will sizzle. Melt shortening.

2. Sift flour, baking powder, salt, and sugar into mixing bowl.

3. Separate eggs. Beat whites until stiff. Beat egg yolks, add milk, and shortening (slightly cooled). Add liquids to dry ingredients and combine.

4. Fold in stiffly beaten egg whites.

5. Grease iron if necessary and pour batter on it. Lower cover and bake four or five minutes until golden brown. Waffles are baked when the batter in the iron stops steaming.

### Waffle Variations

**Sour Milk Waffles:** Use Basic Waffle Recipe. Substitute sour milk for sweet and use ½ teaspoon soda and 2 teaspoons baking powder as leavening. Bake as directed.

**Corn Meal Waffles:** Use Basic Waffle Recipe. Use ½ cup corn meal to replace the same amount of all-purpose flour. Bake as directed.

**Whole Wheat Waffles:** Use Basic Waffle Recipe. Use ¼ cup whole wheat flour to replace same amount of all-purpose flour. Bake as directed.

**Bacon Waffles:** Use Basic Waffle Recipe. Before closing grids, place pieces of raw bacon in center of each section or in lower grid before pouring batter. Bake as directed.

**Dessert Waffles:** Use Basic Waffle Recipe. Before closing grids, sprinkle the following over top: 3 tablespoons coconut or 1 tablespoon each chopped dates and your favorite kind of nuts. Bake as directed.

### Checking Waffle Standards

- Check your waffles to see if they are:
- \_\_\_ a regular shape that is well filled.
  - \_\_\_ an even golden-brown color.
  - \_\_\_ light and tender.
  - \_\_\_ pleasing in flavor.

### Let's Demonstrate

In the bread project there is a wonderful opportunity to start demonstrating by entering the silent bread demonstration contest. In this contest you make one loaf of bread. There will be other girls working at the same time with the judge watching several members. When you become more experienced, you may want to do an individual oral demonstration or work with a sister or friend in a team demonstration.

In bread baking and in any demonstration, remember good grooming and cleanliness are a must. Wash hands and clean nails. Remove rings and other jewelry. Put on a clean dress and apron. Put on a hair net, head band, or pin back your hair.

Some hints for the silent bread demonstration:

1. Be pleasant and friendly.
2. Have equipment neatly organized on trays.
3. Check the bulletin on methods for measuring, mixing, kneading, and shaping a loaf.
4. Work as quickly as possible. Practice enough so you do not need to watch the progress of your neighbors.
5. Know something about the different ingredients.
6. Be able to report how many loaves or bakings you have made.
7. Watch your dough and loaf as it raises and while baking if that is required.

8. Know the qualities of a good loaf in order to understand the placing of the finished loaves.

Some hints for the oral bread demonstrators are:

1. Consider the time limits of 10 to 20 minutes for individual demonstrations and 15 to 30 minutes in length for team demonstrations.

2. Outline the demonstration. Plan for a catchy introduction, a body em-

phasizing the main points, and a summary.

3. Have plenty of talking material.

4. List equipment needed and organize trays neatly.

5. Use charts for recipes or to summarize or emphasize other points.

6. Show a finished product.

7. Summarize points important in the making of a good quick or yeast bread and have a closing which is interesting and to the point.



## *Where to Find It - - -*

	Page
Planning Your Bread Project .....	2
Handy Equivalents and Abbreviations .....	2
<b>YOUR 4-H BREAD PROJECT</b> .....	<b>3</b>
Choose High Quality Ingredients .....	3
Select Good Equipment .....	7
Don't Depend on Guesswork .....	8
<b>PART I—MAKING YEAST BREADS</b> .....	<b>9</b>
How to Measure Flour .....	9
Step by Step, from Flour to Bread Box .....	10
Mixing .....	10
Resting .....	10
Kneading .....	10
Rising .....	11
Shaping the Loaf .....	12
"Rolled Dough" Method .....	13
"Eight Step" Method .....	14
Bread Recipes .....	16
Mixing Method No. 1 .....	17
Mixing Method No. 2 .....	17
Yeast Rolls .....	17
Yeast Roll Variations .....	19
Short Cuts and Time Savers .....	20
Judging Your Yeast Breads .....	20
<b>PART II—MAKING QUICK BREADS</b> .....	<b>21</b>
Muffins .....	21
Muffin Variations .....	21
Checking Muffin Standards .....	22
Baking Powder Biscuits .....	22
Baking Powder Biscuit Variations .....	22
Checking Biscuit Standards .....	24
Quick Loaf Breads—Recipes .....	24
Waffles—Recipes .....	25
Waffle Variations .....	26
Checking Waffle Standards .....	26
Let's Demonstrate .....	26

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