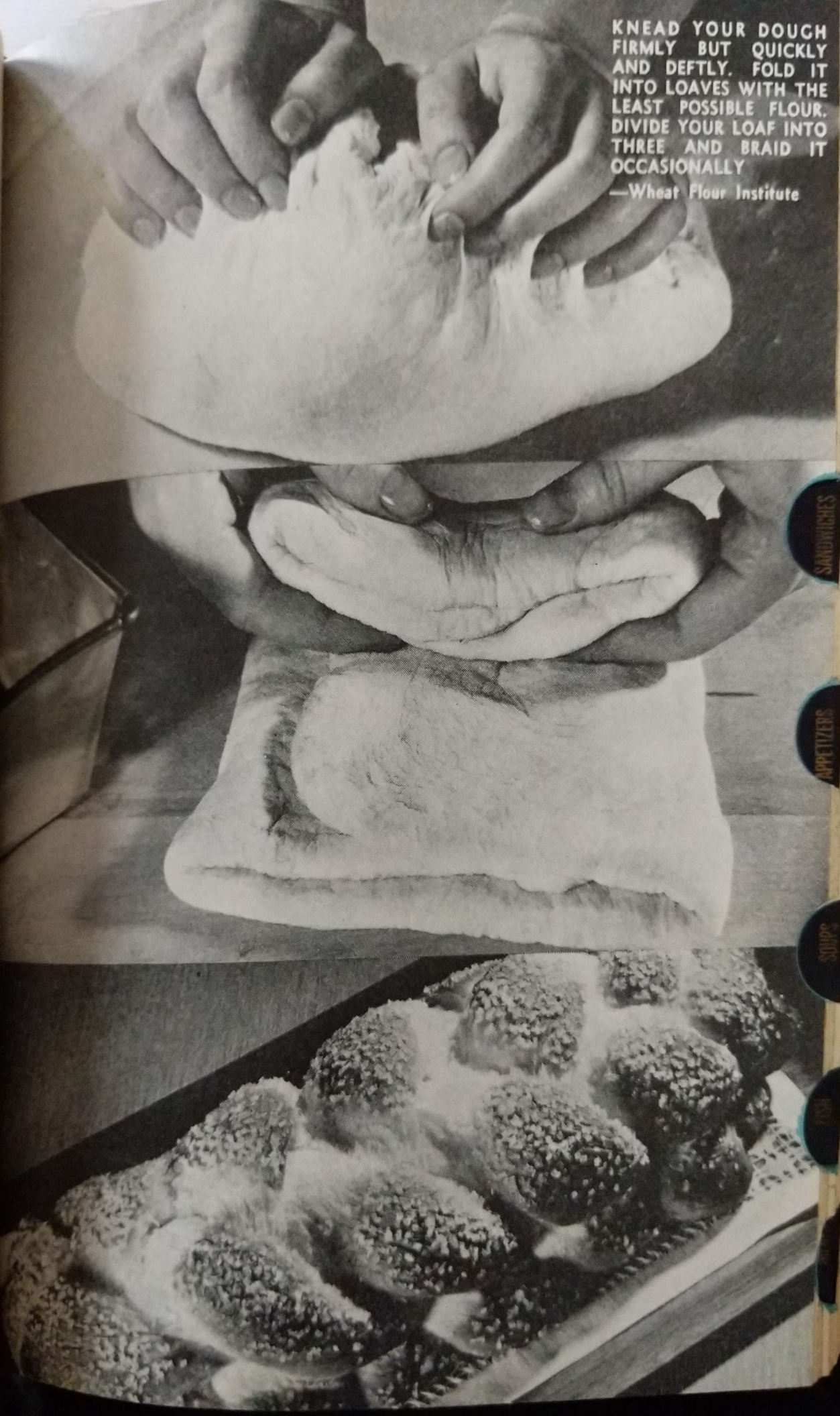


KNEAD YOUR DOUGH
FIRMLY BUT QUICKLY
AND DEFTLY. FOLD IT
INTO LOAVES WITH THE
LEAST POSSIBLE FLOUR.
DIVIDE YOUR LOAF INTO
THREE AND BRAID IT
OCCASIONALLY

—Wheat Flour Institute



SANDWICHES

APPETIZERS

SOUPS

TOPI

LIQUID STARTER OR POTATO YEAST

3 medium potatoes
4 cups boiling water
1 cake yeast

1 cup lukewarm water

1 cup sifted flour

$\frac{1}{3}$ cup sugar

$1\frac{1}{2}$ tablespoons salt

Pare and dice potatoes and cook in boiling water until very tender. Drain, saving liquid. Mash potatoes thoroughly and return to liquid. Cool to lukewarm. Soften yeast in lukewarm water and add to potatoes with remaining ingredients. Beat well. Cover and let stand at room temperature 24 hours. Pour into sterilized jar, cover and store in cool, dark place. Use 1 cup of the mixture to replace 1 yeast cake in recipes. Fresh starter should be prepared at least every 2 weeks, using 1 cup of the old or a fresh cake of yeast.

WHOLE-WHEAT OR GRAHAM BREAD

1 cake yeast

$\frac{1}{4}$ cup lukewarm water

$\frac{1}{4}$ cup brown sugar

$1\frac{1}{2}$ teaspoons salt

2 tablespoons shortening

2 cups milk, scalded

3 cups whole-wheat or graham flour

3 cups sifted white flour

Mix and bake as for standard white bread. Makes 2 loaves.

RYE BREAD

6 tablespoons corn meal

$\frac{1}{2}$ cup cold water

1 cup boiling water

2 teaspoons salt

1 tablespoon shortening

1 cake yeast

$\frac{1}{4}$ cup lukewarm water

1 cup mashed potatoes

$2\frac{1}{2}$ cups rye flour

$1\frac{1}{2}$ cups sifted white flour

$\frac{1}{2}$ tablespoon caraway seeds

Mix corn meal with cold water, add boiling water and cook 2 minutes, stirring constantly. Add salt and shortening and cool to lukewarm. Soften yeast in lukewarm water. Add with remaining ingredients to corn mixture. Knead to a stiff dough. Dough will be sticky. Handle rapidly or too much flour is absorbed. Cover and let rise until doubled in bulk. Shape into 2 loaves, cover and let rise until doubled in bulk. Bake in 375° F. oven for 45 minutes.

COCKTAIL RYE—Shape into long loaves like French bread. Sprinkle with salt and seeds; let rise and bake as above.

ROLLED CINNAMON BREAD

1 recipe Standard White
Bread dough (page 103)

6 tablespoons brown sugar
1 teaspoon cinnamon

When dough is light, divide into halves and roll each half into a sheet 9 inches square. Sprinkle with a mixture of brown sugar and cinnamon. Roll up like jelly roll and place, seam side down, in greased bread pans. Let rise until light. Bake in hot oven (425° F.) 15 minutes, then reduce temperature to moderate (375° F.) and bake 25 minutes longer. Remove from pans and cool. Makes 2 loaves.

SALT RISING BREAD

SPONGE—

1 cup milk
2 tablespoons corn meal

1 teaspoon salt
1 tablespoon sugar

SECOND SPONGE—

1 cup lukewarm water
1 teaspoon salt
1 tablespoon sugar

2 tablespoons shortening
2 cups sifted flour

DOUGH—

$3\frac{1}{4}$ cups sifted flour
(about)

Scald milk, cool to lukewarm, add corn meal, salt and sugar, pour into fruit jar or pitcher, cover and place in pan of hot water (120° F.). Let stand 6 or 7 hours or until signs of fermentation (gas bubbles) appear. Add ingredients for second sponge, beat thoroughly and again cover and place in pan of hot water (120° F.). Let rise until very light; then add remaining flour gradually until dough is stiff enough to be kneaded. Knead 10 to 15 minutes, shape into 2 loaves, place in greased bread pans, brush top with melted shortening, cover and let rise until very light, more than doubled. Bake in moderate oven (375° F.) for 10 minutes, then lower to 350° F. and bake 25 to 30 minutes longer. If more than 2 loaves are to be made, for each additional loaf, add the amount of ingredients listed for "second sponge" except for the flour, at the time second sponge is made. Add 1 cup flour only for each additional loaf to be made and add $1\frac{1}{8}$ cups more (about) when making the dough. Makes 2 loaves.

loaf.

HONEY SANDWICH BREAD

1 cup sifted flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 cup graham flour
 $\frac{1}{2}$ cup bran

$\frac{1}{2}$ cup chopped nuts
1 egg
1 cup milk
 $\frac{1}{3}$ cup honey

Sift flour, baking powder and salt together and mix well with graham flour, bran and nuts. Beat egg and add milk and honey. Add to dry ingredients and mix only enough to dampen all the flour. Pour into greased loaf pan and bake in hot oven (400° F.) 30 minutes. Makes 1 loaf.

WHOLE-WHEAT—Use $1\frac{1}{2}$ cups whole-wheat flour instead of graham flour and bran. Use $\frac{1}{4}$ cup brown sugar for honey and add $\frac{1}{4}$ cup melted shortening.

POPOVERS

1 cup sifted flour
 $\frac{1}{4}$ teaspoon salt
2 eggs

1 cup milk
1 tablespoon melted
shortening

Sift flour and salt together. Beat eggs and add milk, shortening and sifted dry ingredients. Beat until smooth with rotary beater. Fill greased muffin pans $\frac{1}{2}$ full and bake in very hot oven (450° F.) 20 minutes. Reduce temperature to moderate (350° F.) and bake 15 minutes longer. Makes 8.

RYE—Use $\frac{3}{4}$ cup rye flour for $\frac{3}{4}$ cup white flour.