

Breadmaking at home / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

Publication/Creation

London : Stork Margarine Cookery Service, 1946.

Persistent URL

<https://wellcomecollection.org/works/xp4ms53r>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



STORK MARGARINE COOKERY SERVICE



BREAKFAST OR DINNER ROLLS (No. 4 - WITH YEAST)

1 lb. plain flour
1/2 oz. yeast (either fresh or dried)
1 pint luke-warm water
1 level teaspoonful salt

NOTE: This is a yeast mixture for rolls, but it saves time in the making as it does not allow for the 2 hour standing of the yeast mixture. The results are good, but not quite so well risen as when the full yeast-making process is followed.

Stir the yeast with the luke-warm water until thoroughly mixed. Sieve the flour and salt into a mixing bowl, make a well in the centre, pour in the yeast mixture and mix to a soft pliable dough. Turn on to a floured board and knead very thoroughly for 10 minutes. Cover the bowl with a damp cloth and leave in a warm place to prove (see notes). After approximately half an hour when the dough has risen to about double its original size, press it down lightly with the knuckles until all the gas is driven out. Again leave the dough to rise in a warm place to double its size (about a further half hour). Turn on to a floured board and divide into 1 oz. pieces (approximately a table-spoonful). Roll into balls, place at intervals on a lightly greased baking sheet, leave in a warm place to prove for 10-20 minutes until they have almost doubled their bulk and bake on the second shelf of a very hot oven (Regulo Mark 8) for 20-25 minutes.

(Makes 14-16 rolls according to size)

FRENCH BREAD (No. 4 - WITH YEAST)

1 lb. plain flour
1/2 pint luke-warm water
1/2 oz. yeast (either fresh or dried)
1 level teaspoonful salt

This recipe is also based on the simplified "yeast" method.

Stir the yeast with the luke-warm water until thoroughly mixed. Sieve the flour and salt into a mixing bowl, make a well in the centre, pour in the yeast mixture and mix to a soft pliable dough. Turn on to a floured board and knead very thoroughly for 10 minutes. Cover the bowl with a damp cloth and leave in a warm place to prove. After approximately half an hour when the dough has risen to about double its original size, press it down lightly with the knuckles until all the gas is driven out. Again leave the dough to rise in a warm place to double its size (about a further half hour). Turn on to a floured board, divide the dough in half, form each half into a roll with pointed ends, place on a lightly greased baking sheet, slash each roll diagonally across with a sharp knife four or five times, leave in a warm place to prove for 10-20 minutes until the rolls have almost doubled their size and bake on the second shelf of a very hot oven (Regulo Mark 8) for 25-30 minutes.



COOKERY NOTES are published by the
STORK MARGARINE COOKERY SERVICE,
Unilever House, London, E.C.4,
to help solve your present-day cooking problems.



STORK MARGARINE COOKERY SERVICE



**STORK MARGARINE
COOKERY SERVICE**

COOKERY NOTES No. 78

AUGUST, 1946

FOLD HERE

BREADMAKING AT HOME

QUICKLY MADE BREAD **SODA BREAD**
FRENCH BREAD FRENCH BREAD
ROLLS ROLLS

PLAIN EMERGENCY BREAD
USING YEAST (FRESH, DRIED OR DESICCATED)
HOME MADE BREAD FRENCH BREAD
ROLLS

There may be times in the future when you will urgently need some extra bread, because of the unexpected visits of friends or relations. We have therefore tested several ways of making bread or rolls to meet these emergencies using ingredients which you would be likely to have on hand, and based on recipes which can be quickly and easily prepared.

The three basic doughs for QUICKLY MADE BREAD, SODA BREAD and PLAIN EMERGENCY BREAD are all of this type and can be made with very little trouble. The results are very good, but it must be remembered that these emergency types of bread will not be the same as bakers' bread. Bakers' bread includes yeast and takes a great deal longer to make and very vigorous kneading of the dough, but as we have often received enquiries for such recipes, we are including them in this leaflet.

NOTES ON BREADMAKING

CRUST: Both Soda Bread and Quickly Made Bread can be baked underneath an inverted cake tin if a softer crust is preferred, but the bread will not be so light as when baked in a cake tin according to the recipes.

TO ADD GLOSS: If a little milk can be spared it will improve the appearance of bread and rolls if they are lightly brushed over with it.



STORK MARGARINE COOKERY SERVICE



FOLD HERE



before baking; alternatively, if they are brushed over very lightly with melted margarine (if available) after baking and while the bread is still hot, this will give them a very attractive gloss.

MIXING YEAST: Water is lukewarm when it feels cool to the back of the hand. Technically, it is at a blood heat temperature of 98° F.

RESTING OR RISING THE YEAST MIXTURE AND RESTING OR PROVING THE DOUGH: The temperature at which this is done is important and must not exceed 80° to 84° F., which is the equivalent of an unusually hot day. Suitable places for proving are on the rack over a very low fire or over a very low glimmer of gas; another method is to put water in a saucepan and place over a very low heat; place the bowl of yeast mixture or the dough in another much larger saucepan and rest it on top of the one containing water. The water must not boil, otherwise the heat will be too great.

PROVING: This is a baker's term for the resting of the dough before baking. If the heat where the dough is placed is too high, a skin will form on the dough which will then have a poor crust colour and a tendency for the crust to crack on one side.

KNEADING: This means working the dough with the hands until it is smooth, elastic and silky and all traces of stickiness have gone. Sprinkle flour over the board and over the hands. Close the fingers over the thumbs to form flats. Then beat and pummel the dough at the same time pushing with the flats the outer dough to the middle, turning it over repeatedly. This process must be done vigorously when yeast is used.

FLOUR: When yeast is included, Plain Flour must be used and no Baking Powder is needed.

QUICKLY MADE BREAD

1 lb. self-raising flour ½ pint milk
1 level teaspoonful salt 1 tablespoonful vinegar
½ pint cold water ½ level teaspoonful bicarb. soda

Sieve the flour and salt into a mixing bowl, make a hole in the centre of the flour, pour in the water and mix roughly with a palette knife or metal spoon. Put the milk in a jug or small basin, add the vinegar and stir. Add the bicarbonate of soda, mix quickly, add to the dough and mix well. Turn on to a well-floured board, knead lightly and form into a round to fit a 7-inch cake tin. Grease the tin, put in the round of dough, mark the top with a knife, place on the middle shelf of a fairly hot oven (Regulo Mark 6) and bake for 1 hour.

FRENCH BREAD (No. 1)

Make dough as for QUICKLY MADE BREAD. After kneading, divide in half and form each half into a roll with pointed ends. Place on a greased baking sheet, make four or five slashes diagonally across the top with a sharp knife, and bake for 30 minutes on the third shelf of a hot oven (Regulo Mark 7).

ROLLS (No. 1)

Make dough as for QUICKLY MADE BREAD. After kneading, form the dough into 1-2 oz. balls (1-2 tablespoonful) and roll



each between the palms of the hands into a smooth ball. Lay out at intervals apart on a greased tray, place on the second shelf of a hot oven (Regulo Mark 7) and bake for 15-20 minutes. (Makes 12-16 rolls according to size.)

SODA BREAD

1 lb. self-raising flour ½ level teaspoonful bicarb. soda
½ pint sour milk 1 level teaspoonful salt

Sieve the flour and salt into a mixing bowl. Add the bicarbonate of soda to the sour milk, stir, add to the flour and mix quickly to a soft dough. Turn on to a floured board, knead lightly, form into a round, put into a greased 7-inch cake tin, mark the top with a knife and bake for 1 hour on the middle shelf of a fairly hot oven (Regulo Mark 6).

FRENCH BREAD (No. 2)

Follow the recipe for SODA BREAD. After kneading, divide in half and form each half into a roll with pointed ends. Place on a greased baking sheet, make four or five slashes diagonally across the top with a sharp knife and bake for 30 minutes on the third shelf of a hot oven (Regulo Mark 7).

ROLLS (No. 2)

Follow the recipe for SODA BREAD. After kneading, form the dough into 1-2 oz. balls (1-2 tablespoonful) and roll each between the palms of the hands into a smooth ball. Lay out at intervals apart on a greased tray, place on the second shelf of a hot oven (Regulo Mark 7) and bake for 15-20 minutes. (Makes 12-16 rolls according to size.)

PLAIN EMERGENCY BREAD

1 lb. self-raising flour ½ pint cold water
1 level teaspoonful salt

Sieve the flour and salt into a basin, make a well in the centre, pour in the water and mix well. Turn on to a floured board, knead lightly, form into a round and place on a greased baking sheet. Cover with a large greased cake tin turned upside down and bake for 1 hour on the middle shelf of a fairly hot oven (Regulo Mark 6).

HOME-MADE BREAD (WITH YEAST)

1½ lbs. plain flour ½ oz. yeast
½ pint luke-warm water 3 level teaspoonsful salt

Measure half a pint of the luke-warm water, place the yeast in a warmed bowl and mix gradually to a cream with a little of the water.



Add the remainder of the half pint and stir until thoroughly mixed. Sieve half a pound of the flour and stir into the yeast mixture, mixing well. Scrape down the sides, cover the bowl with a damp cloth and leave to rise in a warm place (see notes). (Great care must be taken to see that the heat is not too great, otherwise this will kill the growth of the yeast, or too low which will prevent the growth.) Allow to rise until the bubbles on the surface begin to burst and the mixture begins to sink (about 2 hours).

Beat very thoroughly, then dissolve the salt in the remaining eighth of a pint of luke-warm water, add to the yeast mixture gradually and again beat very thoroughly. Sieve the remaining ½ lb. flour, add it to the yeast mixture and stir in with a metal spoon or a palette knife. (A palette knife is very suitable for mixing. At the end when the dough is very stiff, use "cutting" movements to work in all the flour.)

When all the flour has been worked in, turn the dough out on to a lightly floured board and knead very vigorously for at least 10 minutes until the dough is completely smooth and silky and has lost its stickiness. The more the dough is kneaded the better will be the bread. When kneaded sufficiently mould into an oblong shape and place in a lightly greased bread tin (2 lb. size) or shape into a round with a knob of dough pressed lightly down on top to make a cottage loaf, and place on a lightly greased baking sheet. Cover the tin with a damp cloth (if shaped into a cottage loaf, cover with a large basin). Leave in a warm place again to prove. The time varies, but will be from 15-30 minutes.

When the dough has risen to about an inch above the tin in the centre and has a nice, firm, dome-shaped top it is ready to bake. (In the case of a cottage loaf the dough should have about doubled its bulk.) When ready, place on the middle shelf of a very hot oven (Regulo Mark 8) for 1 hour, then lower the temperature to moderately hot (Regulo Mark 5) and bake for a further ¼ hour. Cool on a wire tray.

USING DRIED (OR DESICCATED) YEAST:

Use the same amount as for fresh yeast. Mix with the water in the same way, but it will take a few minutes longer for the yeast to break up and become completely mixed with the water. The yeast mixture requires about the same time to sink, i.e. 2 hours, but the loaf will take a little longer to prove. When it is well-risen above the tin it is ready to bake. Bake as for loaf with fresh yeast.

HOME-MADE FRENCH BREAD (No. 3 - WITH YEAST)

Proceed as for HOME-MADE BREAD but use only 2 level teaspoonful salt. When the dough has been thoroughly kneaded, instead of making one loaf, divide the dough in half, form each half into a roll with pointed ends, place on a lightly greased baking sheet, slash each roll diagonally across with a sharp knife four or five times and place the tray in a warm place for the rolls to prove (from 15-25 minutes until they have almost doubled their bulk). Place on the second shelf of a very hot oven (Regulo Mark 8) and bake for 25-30 minutes.

ROLLS (No. 3 - WITH YEAST)

Follow the recipe for HOME-MADE BREAD but use only 2 teaspoonful salt. Instead of making one loaf from the dough when it has been thoroughly kneaded, form into 1 oz. pieces (about a tablespoonful) and roll each between the palms of the hands into a smooth ball. Place a few inches apart on a greased baking sheet and leave in a warm place to prove for 10-20 minutes until they have almost doubled their bulk. Bake on the second shelf of a very hot oven (Regulo Mark 8) for 20-25 minutes. (Makes 18-20 rolls according to size.)

