

Recipes for using Allinson dried baking yeast / Allinson Ltd.

Contributors

Allinson, Ltd.

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Recipes

FOR USING

Allinson

DRIED

Baking Yeast

Allinson Dried Baking Yeast is a live yeast in granule form which will keep for months. Being concentrated it goes twice as far as fresh yeast.

Here are some of the purposes to which it can be put:—

- Bread-making.
- Rolls and Currant Buns.
- Hot Cross Buns.
- Yeast raised Cakes.
- Home Brewing.
- Home-made wines and mead.

The recipes given overleaf based on Allinson Dried Baking Yeast as the raising agent have been carefully tested and are thoroughly practical. Nevertheless Allinson Dried Baking Yeast may be safely used in your own recipes if you remember that you only need to use half as much.

Many grocers and most health food stores stock Allinson Dried Baking Yeast. If you have any difficulty in obtaining supplies please send us the name of your nearest retailer and we will try to arrange regular supplies for you. Packed in 1 oz. Sachets and 4 oz. Tins.

Allinson Dried Dietetic Yeast is also available for those who need a high Protein and Vitamin B Supplement to their diet. It is specially made for the purpose under carefully controlled conditions and is far superior to so-called "brewers' yeast" which is a by-product from commercial fermentation processes.

TRY THE SPECIAL ALLINSON RECIPES OVERLEAF

A special illustrated step-by-step leaflet for making Allinson Whole-wheat Bread is also available from:

ALLINSON LTD., 210-14 CAMBRIDGE HEATH ROAD, LONDON, E.2

Allinson Dried Baking Yeast Recipes

ALLINSON BUN LOAF

- 2 lb. Allinson Wholewheat Flour.
4 ozs. Sugar.
6 ozs. Fat.
11 ozs. Fruit (mixed).
1 oz. Allinson Baking Yeast, or
2 ozs. ordinary Yeast.
 $\frac{1}{2}$ pt. Water (warm).
 $\frac{1}{2}$ pt. Milk (warm).
90°F. Summer, 100°F. Winter.
 $\frac{1}{4}$ oz. Salt.
1. Cream the yeast with a little warm water.
 2. Rub the fat into the flour and sugar, add the creamed yeast and water and make up into a smooth dough, giving it a good working.
 3. Leave covered in a bowl for 30 mins. Make sure the fruit is warm and fairly dry, then work into the dough and rest again for 20 mins.
 4. Divide into four equal pieces and place in warm, greased bread tins, then let them rise for 35 mins.
 5. Bake in a medium oven of 425°F. (Regulo 6-7) for 35 mins.

TEA CAKES

- 12 ozs. Allinson Wholewheat Flour.
 $1\frac{1}{2}$ to 2 gills Milk. 1 gill = $\frac{1}{4}$ pint.
1 oz. Margarine.
1 Egg.
 $\frac{1}{4}$ oz. Allinson Baking Yeast, or $\frac{1}{2}$ oz. ordinary Yeast.*
2 teaspoonfuls Sugar.
 $\frac{1}{2}$ teaspoonful Salt.

Put the flour, sugar and salt into a basin. Make a well in the centre. Cream the yeast with a little warm water. Put the milk on to warm and melt the margarine in it. When it is blood heat pour it on to the yeast. Then pour the yeast and milk into the flour, add the beaten egg and mix the flour to a soft dough. Beat hard. Turn the mixture on to a floured board and divide into two or three equal pieces. Put into greased tins. Put to rise in a warm place for 1 hour or until the tea cakes have doubled their size. Then bake in a hot oven (Regulo 7-8) for 15-25 minutes according to size. When nearly cooked brush over with a little beaten egg, and return to oven for a few minutes.

* 1 oz. Allinson Baking Yeast equals 6 slightly rounded teaspoonfuls.

YEAST CAKE

- Here is a recipe making a 2 lb. cake which needs only 2 eggs. This is done by using yeast to replace some of the eggs which would otherwise be required. The recipe can be used without any eggs at all which makes it more economical, but in this case the cake will not, of course, be so light and attractive as when the eggs included in the recipe are used.
- 8 ozs. Allinson Wholewheat Flour.
 $\frac{1}{2}$ oz. Allinson Baking Yeast, or
1 oz. ordinary Yeast.
1 gill ($\frac{1}{2}$ pt.) Water at
90°F. Summer, 100°F. Winter.

Make up into a smooth dough and let it lie for 30 mins. in a warm spot.

Meanwhile cream together into a batter:—

- 4 ozs. Fat.
3 ozs. Sugar.
2 Eggs.
4 ozs. Allinson Wholewheat Flour.
Pinch Salt.

Add spices:— pinch of cinnamon, ground ginger, nutmeg, 3 ozs. sultanas, $\frac{1}{2}$ oz. orange peel, 3 ozs. currants, 2 ozs. seedless raisins.

Add this batter to the dough at the end of 30 mins., and mix until quite smooth. Place mixture into two well greased tins and stand for another 30 mins. in a warm place.

Bake in a moderately hot oven (400°F. Regulo 6) for approximately 1 hour.

PARSNIP WINE

- 5 lb. Parsnips.
1 gal. Water.
3 lb. Granulated Sugar.
2 Lemons.
1 heaped teaspoonful Allinson Baking Yeast.

Scrub and cut up roots, boil in water until soft but not "mushy" with thin rind of lemon. Put sugar and lemon juice in fermenting pan and strain parsnip liquor over them. When at blood heat sprinkle the yeast on a bit of cold toast and float on surface. Cover pan with thick cloth and let ferment five days. Skim and strain into bottles or jars corking lightly. Drive corks home when fermentation has stopped.

This recipe can be used for Mangold, Carrot or Beet Wine.