The PHOTO-METHOD FOR BREAD MAKING

BY Virginia Roberts

This Photo-Method Tested and Perfected in the Occident Home Baking Institute, Minneapolis, Minn.
JUST A WORD ABOUT MY PHOTO-METHOD

Before you start to improve your bread making, or to learn to make bread for the first time . . . you may wish to know a little something about how my "Photo-Method" came into being.

Like all home economists, I had dreamed for years of perfecting a simple, easy way whereby any one could make excellent bread. I had noticed that most existing recipes for bread did not give the entire method . . . and I had also noticed that directions were often too general.

Finally, I discovered that the technique of bread making can be told better in PICTURES than in any other way. And I knew, too, that no bread method can perform perfectly unless it is fitted to the flour with which it is used.

So . . . in a word . . . I set out to create a COMPLETE bread method . . . with EXACT directions . . . illustrated with ACTION PHOTOGRAPHS . . . and especially FITTED TO ENRICHED OCCIDENT FLOUR, the champion bread flour of America.

YOU CAN'T FAIL . . . RESULTS ARE GUARANTEED when you do these two things:

1. Follow this easy Photo-Method EXACTLY.
2. Use Enriched Occident Flour.

I can't tell you what a thrill it gives me to place my Photo-Method for Bread Making in your capable hands. I only wish I might taste the wonderful bread you will make with it.

Virginia Roberts
Occident Home Baking Institute
Please Read This Method Through Completely Before Making Your First Baking of Bread.

A. A Word About Cleanliness

When we speak of cleanliness, in bread making, we mean not just ordinary good-housekeeping cleanliness such as we always have, but hospital cleanliness. So much of the making of bread must be done with our hands, bread making is such a personal thing, that cleanliness on a par with that of a surgeon is required. In order to insure perfect results in bread making we should do as the surgeon does—put on a clean gown and scrub our hands. And the kitchen itself should be clean and, of course, should not be swept just before or during bread making.

B. Assemble Utensils

Time and steps are saved by assembling all utensils beforehand. The utensils needed are:

- Measuring cups—2
- Measuring spoons—1 set (including tablespoon)
- Another ordinary tablespoon
- Kitchen knife
- Mixing bowl—at least 12” diameter
- Large mixing spoon
- Flour sifter
- 4 1-lb. loaf baking pans (3½” wide bottom by 2½” high by 7¼” long)
- 2 Bowls for sifting flour
- 1 Sauce pan for scalding milk and melting fat.
A. Assemble Ingredients (These amounts make 4 one-pound loaves or 3 larger loaves)

\[
\begin{align*}
\frac{1}{4} \text{ cup} & \text{ lukewarm water} \\
* 1 \text{ cake (1/2 ounce) compressed yeast or dry granular yeast} & \\
2 \text{ cups milk} \\
\frac{1}{4} \text{ cup} & \text{ granulated sugar} \\
4 \text{ teaspoons salt} & \\
2 \text{ cups water} & \\
2 \text{ tablespoons melted shortening} & \\
11\frac{3}{4} \text{ cups sifted Enriched Occident Flour} & \\
\end{align*}
\]

(See back section of book for recipe for 2 or 6 loaves and overnight sponge method.)

*NOTE:

To shorten the time for Bread Making by at least one hour, 2 cakes of Yeast may be used. The quality of the bread will not be affected.

The length of time required for the dough to rise until double in bulk during steps 7, 8 and 11 will be reduced because of the additional yeast used. Be sure, however, to allow the dough to rise until double in bulk.
These first easy steps in mixing the ingredients are important. Please note that either compressed yeast or dry granular yeast may be used. In either case, soften and mix them in the same way.

A. Crumble the Yeast into ¼ cup of lukewarm water . . . and let it soften for 5 minutes. What is "lukewarm" water? It is water which barely feels warm to the hand.

B. What Is the Test for "Lukewarm" Water? . . . Place a drop of water on the inside of your wrist. If the water feels neither warmer nor colder than your body it is "lukewarm".

Why is "lukewarm" water used? Because yeast will not "grow" in cold water, and yet, water which is too hot will kill the yeast.

A. Now Measure Exactly 11¼ Cups of Sifted Flour, and sift again. Do not use any more than this as Occident Enriched Flour is different than ordinary flour and it should be used exactly as called for in this method.

B. Dip Flour with Spoon. In measuring, the sifted flour should be dipped with a spoon into the measuring cup. Do not dip the cup into the flour. Dipping the cup into the flour packs the flour and increases the quantity in the cup. Fill the cup lightly with flour with a spoon.

C. Use Level Measurements. Be sure that all measurements of flour are LEVEL. Level the top of each measuring cup full of flour with a knife.
C. Scald the 2 Cups of Milk. To scald milk, bring it slowly to a high temperature, but keep it below the boiling point. When milk is heated directly over the fire, you must watch it and stir it to prevent scorching. Milk boils at a lower temperature than water.

D. After Scalding, add 1/4 cup of sugar, 4 teaspoons of salt and 2 cups of cold water. Stir thoroughly until salt and sugar are dissolved.

E. Pour Into Mixing Bowl. Cool until "lukewarm." Test milk on the wrist to be sure that it is "lukewarm."

D. Pour Softened Yeast into the lukewarm milk mixture. Stir until well mixed—no chunks of yeast should remain separate after stirring.

E. Add 6 Cups of Sifted Flour to the milk mixture. First, add 3 cups of the sifted flour and beat it in. Then add the remaining 3 cups. Stir the dough until flour and liquids are thoroughly mixed in a sticky batter.

Note: Adding half of the flour at this time prevents streaks in the bread and helps to make a moist loaf which will keep fresh longer.

F. Melt the 2 Tablespoons of Shortening in the same saucepan used for milk. Add to the batter and stir thoroughly.

G. Finally Add the Remaining 5 3/4 Cups of Sifted Flour and mix well. Stir flour into batter until batter takes up the flour.

Note: All flour to be used should be added at this time, except a very small amount that may be necessary to dust the board when kneading or forming the dough into loaves. Flour added after this stage may cause dark or heavy streaks in the baked loaf of bread.
Kneading is one of the most important steps in bread making. Excellent bread cannot be made unless the dough is thoroughly and correctly kneaded. Even those who are experienced bread makers may find it worthwhile to review the technique of kneading as shown here.

A. Sprinkle the Bread Board Very Lightly with Flour and spread the flour around on the board.

B. Turn the Dough Onto the Floured Bread Board and let it stand there for 10 minutes before trying to knead it. The purpose of this is to let the dough "tighten" — that is, to become firmer and less "floppy". This rest period makes the dough easier to knead.

F. Knead Quickly and Lightly. The reason for kneading is to mix the ingredients. It is not to flatten the dough. Dough should not be kneaded heavily. Do not let your full weight come down on the dough. Do not thump it while kneading. Simply turn the dough, fold over and press, and repeat this process. Use a rocking rhythm. Counting often helps you to do this. Thus—count: ONE (when dough is folded over;) TWO (when pushing it with heels of hands;) THREE (when turning it one-fourth of the way around preparatory to folding it over again).

G. To Keep Dough From Flattening Too Much During Kneading. Curve the fingers over the outside of the dough. Keep fingers curved like this each time you press the dough.

H. To Tell Whether Dough Has Been Kneaded Enough. Hold your hand lightly on the dough and count to 30. If the dough does not stick to your hand, it has been kneaded enough. The surface of the dough should feel satiny and should look smooth.
C. Now Knead the Dough for 12 Minutes.
(If interrupted, count time out.)
Time the kneading with a clock so that the dough is kneaded for full 12 minutes.

D. What Is “Kneading?” Kneading is folding the dough over on itself, pushing it lightly with a rocking motion, folding it over, pushing it and repeating this process in rhythm until the outside of the dough feels satiny and looks smooth.

E. How to Knead. Fold the outside edge of the dough over on itself toward you and push the dough with the HEELS of the palms of the hands.
After every PUSH, turn the dough ONE-FOURTH of the way around, and fold it over TOWARD YOU. Then PRESS the dough with the HEEL of the hand. Repeat in rhythm.

The HEEL of the palm of the hand is the FLESHY portion of the palm.

A. Round the Dough into a Smooth Ball ... and place it in a large crockery bowl prepared as directed below—12” or larger diameter. Do not use a smaller bowl or bread may not have space to rise fully.
Grease this bowl lightly before placing the bread in it. Also, if the bowl is cold or even cool, warm it in warm water before greasing it and dry it quickly. Then grease it.

B. Roll the Ball of Dough Around Once in the Greased Bowl to cover the entire surface lightly with grease. Do not grease the dough heavily as this may streak the dough.

C. Cover the Bowl with Towels or a Lid ... and place it in a warm spot (82 to 86 degrees Fahrenheit) away from drafts.
If the room is chilly the bowl may be set into a pan of Warm (not hot) water while bread rises.
**STEP NO.7 First Rising**

A. **Allow Dough to Rise** for approximately 21/2 hours ... until it is double in bulk. Do not skimp the rising time. Allow the full 21/2 hours unless the room is much warmer than 86 degrees.

B. **Be Sure Dough Is Fully Doubled.** If in doubt, let dough rise a little longer.

**STEP NO.8 Second Rising**

A. **Punch Dough Down.** Plunge your hand into the center of the dough. Fold the edges of the dough over from the four sides to the center and punch again. Punching the dough down breaks up the large gas pockets which make "holes" in the bread.

B. **Turn Dough Over** in the bowl so that the smooth side is up. Cover the bowl with a towel.
C. How Can You Tell When the Dough Is Light Enough? You will see blisters or gas sacs begin to appear on top of the dough.

D. Press the Dough Gently with the fingers. If the impression remains, the dough is light.

C. Let Dough Rise a Second Time until it is double in bulk. At a temperature of 82° F. this requires approximately ONE HOUR.

D. Punch the Dough Down Again. Plunge your hand into the dough several times to let the gas escape. Fold the dough over from the four sides to the center until it is its original size.
STEP NO. 9  Rounding into Loaves

A. Sprinkle Bread Board Lightly with Flour. Turn the dough onto the floured board and cut it in half with a greased knife. Then cut each portion in half again.

B. Round Each Portion Into a Ball. Roll each portion gently between the hands. This is done to seal the open pores left after the dough is cut.

STEP NO. 10  Molding the Loaves

A. Fold the Other Third of the long side over . . . and seal.

B. Flatten Dough Again and pull slightly to make it longer.

C. Now Fold Each End to the Center so that the ends overlap . . . then seal.
C. Cover the Dough with a Towel and let stand for 10 minutes. This "rest" period makes the dough much easier to handle.

D. Now Flatten One of the Balls of Dough with the palms of the hands until it is oblong. Do not punch or pound dough—merely flatten it.

E. Next Fold One-third of the Long Side over and seal. Use the heel (the fleshy part) of the palms of your hands to do this.

D. The Ends of the Dough Are Overlapped in the center as shown here... then sealed with the heel of the hand.

E. Finally Roll the Dough With Your Hands like a jelly roll to finish sealing the edges. This helps to "round" the loaf and make it uniform in size.

F. Place Each Loaf in a Greased Bread Pan. The "seam" of the loaf should be on the under side. Stretch the ends of the loaf out into the corners of the pan.
A. Third Rising

Bake the Bread 50 Minutes at 400° F. In order to permit the heat to circulate freely, do not place pans too near each other.

The first quick rising in the oven is called "oven spring." This takes place during the first 10 minutes of baking. If oven temperature is right, the bread does not brown during this time.

B. Let the Loaves Rise

until they are fully double in bulk, approximately 1 hour. Let rise longer if necessary.

B. The Bread Is Done

When the loaves shrink from the pan.

C. Bread Is Ready for Oven When—

Dough fills the corners of the pan.

—Rounded top of dough extends to top of pan. (See photo.)

—When dough is pressed with a finger, the dent remains.

C. And the Loaves Sound Hollow when tapped with the finger . . . also, the crust springs back when pressed with the fingers.
A. While Bread Is Rising, Heat the Oven. The oven should be at 400 degrees Fahrenheit when the bread goes into it.

B. If Stove Does Not Have Heat Control use an oven thermometer inside the oven.

C. Or Test the Heat of the Oven by spreading ½ teaspoon of flour on an inverted baking tin in a layer ¼ inch thick . . . and place in oven.

   If the oven is 400°F, this flour will become LIGHT BROWN in 5 minutes.

   If it darkens too much in that time, the oven is too hot.

   If it does not brown enough, the oven is too cool.

D. When Baked . . . Remove Loaves From Pans immediately and place on cooling racks. Do not cover while cooling . . . this makes bread soggy.

   Also—do not cool in a draft as this cracks the crust.

E. Brush the Top of the warm Bread with Butter. Use a brush and dip in melted butter. Or place a chunk of butter in a clean cloth and brush across top of warm loaves.

F. When Bread Is Thor-oughly Cold, place in a clean bread box.
TO INCREASE OR DECREASE SIZE OF RECIPE

The ingredients listed in Step No. 2 of this Photo-Method will make 4 one-pound loaves or 3 larger loaves of bread. By adding extra ingredients as listed in the column to the left below, you may increase the number of loaves to six. Follow the list of ingredients in the column to the right below, if you wish to make only 2 loaves of bread.

<table>
<thead>
<tr>
<th>QUANTITY: 6 loaves</th>
<th>QUANTITY: 2 loaves</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 ¾ cups</td>
<td>Sifted OCCIDENT FLOUR</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Lukewarm water</td>
</tr>
<tr>
<td>2 cakes</td>
<td>Compressed yeast</td>
</tr>
<tr>
<td>3 cups</td>
<td>Milk</td>
</tr>
<tr>
<td>6 tablespoons</td>
<td>Sugar</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Salt</td>
</tr>
<tr>
<td>3 cups</td>
<td>Water</td>
</tr>
<tr>
<td>3 tablespoons</td>
<td>Melted shortening</td>
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</tbody>
</table>

PROCEED WITH STEP NO. 3

Allow dough to rise until double in bulk at each rising period. The length of time required may vary slightly, due to the difference in amounts of ingredients used.
The sponge method of making bread is generally used when Dry Yeast is employed in bread making. However, it may also be used with Compressed or Granular Yeast. Follow these suggestions if you wish to use the sponge method of making bread. The sponge should be prepared the evening before baking.

1. Use the same ingredients, in the same quantities, as listed in the Photo-Method Bread Recipe in Step No. 2. Either Compressed Yeast or Dry Yeast may be used.

2. At night do: Step No. 2, Step No. 3 and Step No. 4 through “E”. At this stage, when 6 cups of flour have been stirred in, cover the bowl of dough and set away overnight in a warm place of about 70°F.

3. In the morning, start at “F” of Step No. 4 and proceed with the steps as given in the Photo-Method for the remainder of your bread.

Note: Allow dough to rise until double in bulk. The length of time required may vary slightly, due to the difference in method used.
MY PHOTO-METHOD IS
ESPECIALLY FITTED TO
ENRICHED OCCIDENT FLOUR

I have fitted my Photo-Method for Bread Making to Enriched Occident Flour because I know that the combination of my method and this remarkable flour will produce the finest bread it is humanly possible to make.

Occident Flour has long been known as the Champion Bread Flour. In making bread with it, you will notice it produces:

- Delicate, tender crust
- Even, fine-grained texture
- Appetizing quality that keeps fresh longer
- Distinctive wheaten flavor

And because Occident Flour is enriched according to government standards, it provides added essential food elements which promote good nutrition.

DO YOU HAVE...
The Photo-Method for Rolls
The Photo-Method for Cake?

If not — Write Occident Home Baking Institute,
Minneapolis, Minn.
WE GUARANTEE YOUR BAKING RESULTS.....

......when you use this

PHOTO-METHOD and OCCIDENT FLOUR

The quality of Enriched Occident Flour is guaranteed to be sufficiently superior so as to be immediately noticeable. Make as many bakings as you wish and if you are not better satisfied with your results, return the unused portion of the sack.

In accordance with this guarantee, every dealer has authority to refund the full purchase price to any dissatisfied Occident customer.

RUSSELL-MILLER MILLING CO.
Minneapolis, Minn.