Whole Wheat Bread

These recipes are based on the use of OCCIDENT 100% Whole Wheat Flour. Because of its unusual purity and strength OCCIDENT 100% Whole Wheat Flour delivers the maximum of benefit in dietetic work where flour of this type is necessary.

Some users of Whole Wheat Bread prefer the addition of a small amount of white flour to Whole Wheat Flour—thus giving the finished product a finer texture and different flavor. With this in mind, several recipes are listed for Whole Wheat Bread, based upon varying proportions of white flour mixed with Whole Wheat Flour.
WHOLE WHEAT BREAD (Four Loaves)

10 cups OCCIDENT 100% Whole Wheat Flour (about)
4 cups liquid (Milk or half Water and half Milk)
2 tablespoons shortening
2 tablespoons sugar
1½ tablespoons salt
1 or 2 compressed yeast cakes dissolved in ½ cup lukewarm water
Whole Wheat Flour (about)

Scald liquid and when lukewarm add sugar, salt, and yeast. Add one-half the flour and beat thoroughly. Add melted shortening and remainder of the flour gradually. Mix well and turn out on a floured board. (Use white flour on the board.) Knead until the dough becomes elastic to the touch and will not stick to the board. Place in greased bowl, cover, and allow to rise in a temperature of from 80 to 82 degrees F. until it has doubled in bulk, about 2½ hours. Punch down and turn dough over. Let stand 15 minutes. Form into loaves of a size to half fill pans. Place in oiled pans and allow to rise until it has doubled in bulk. This will bring the top of the dough about even with the edges of the pan. Bake one hour. Oven temperature 425° F. for 15 minutes, lower to moderate temperature 380° F. Whole wheat bread requires longer baking than white bread. In making Whole Wheat Bread make the dough a little less stiff than white bread dough.

WHOLE WHEAT BREAD (One Loaf)

1½ cups OCCIDENT 100% Whole Wheat Flour 1 tablespoon sugar
1 cup OCCIDENT Flour (about) 1 yeast cake
1 cup milk (or ½ cup milk and ½ cup water) 1 tablespoon lard
½ cup water 1½ teaspoon salt

Scald milk and cool to 80° F. or lukewarm. Dissolve yeast in ¼ cup lukewarm liquid, add sugar, and let stand for 10 to 15 minutes. To the liquid add yeast, sugar, salt, and OCCIDENT White Flour. Beat thoroughly. Add fat and whole wheat flour and knead on a floured board. (Use white flour on board.) This mixture is very soft and may be a little hard to handle. Place in greased bowl, cover, and let stand until nearly double its size, then punch down. When it has again risen to double its size, form into loaves of a size to half fill the pans. Place in oiled pan and allow to rise until double its bulk. When about double its size bake at 425° F. 15 minutes, 380° F. 45 minutes.

WHOLE WHEAT SANDWICH BREAD

4 cups OCCIDENT 100% Whole Wheat Flour 2 teaspoons salt
1½ cup sugar
1 egg
2 cups milk

Mix dry ingredients, add nuts and raisins. To the milk add the beaten egg. Combine mixtures and put in greased pan. Let dough rise one-half hour and bake one hour in a moderate oven, 350° - 400° F.

FILLING

Use chopped meat mixed with salad dressing or use cream cheese.

POTATO WHOLE WHEAT BREAD

About 4½ cups OCCIDENT Flour 1 cup seedless raisins
3 cups OCCIDENT 100% Whole Wheat Flour 1 teaspoon salt
4 cups potato water 1½ cup molasses
3 tablespoons melted shortening 2 cakes compressed yeast dissolved in
½ cup sugar ½ cup lukewarm water

Cool the potato water and add all ingredients but white flour and raisins. Beat thoroughly or until perfectly smooth. Let rise in warm place about 1 hour until double in bulk. Add raisins and white flour. Knead well on board, adding more flour if necessary, as dough should be quite stiff. Put dough in well greased bowl,
cover, and set in a warm place to rise until double in bulk. Knead down again and cut four equal portions. Knead each and shape into loaves. Put in greased pans and let dough double in size. Place in oven and bake 1 hour at 400°F.

**ENTIRE WHEAT BREAD**

4% cups OCCIDENT 100% Whole Wheat Flour
2 cups scalded milk
1/4 cup sugar or molasses
1/2 teaspoon salt
1 yeast cake dissolved in 1/4 cup lukewarm water

Add sweetening and salt to milk; cool and when lukewarm add dissolved yeast cake and flour; beat well, cover, and let rise to double its bulk. Again beat and turn into greased bread pans, having pans one-half full. Let rise and bake one hour at 425°F. for first 15 minutes, and 380°F. remaining time. Entire Wheat Bread should not quite double its bulk during last rising. This mixture may be baked in gem pans.

**BROWN BREAD**

2 1/4 cups OCCIDENT 100% Whole Wheat Flour
2 cups OCCIDENT Flour
1/4 cup sugar
2 teaspoons soda
1/4 teaspoons salt
2 eggs
2 cups sour milk
1/2 cup dark molasses
1/2 cup raisins
2 tablespoons melted butter

Mix and sift dry ingredients. To the milk add the beaten eggs and molasses. Combine with dry ingredients, add melted fat and floured raisins. Pour into greased tins. Bake one hour in a moderate oven, 350° to 400°F. This makes two loaves.

**WHOLE WHEAT PRUNE OR FRUIT BREAD**

1 cup OCCIDENT 100% Whole Wheat Flour
1 cup OCCIDENT Flour
1/4 cup sugar
6 teaspoons baking powder
2 tablespoons shortening
1/2 cup prunes soaked over night and coarsely chopped
1 teaspoon salt
1/2 cups milk
1 egg

Sift dry ingredients, add beaten egg to milk, and combine mixtures. Add fruit and melted shortening, beat the mixture thoroughly. Pour into a buttered bread pan and bake 50 minutes at 375°F. Chopped dates or figs may be used.

**OCCIDENT HEALTH MUFFINS**

1 cup OCCIDENT 100% Whole Wheat Flour
2 tablespoons shortening
2 tablespoons sugar
1 cup milk
2 teaspoons baking powder
2 eggs
3/4 teaspoon salt


**WHOLE WHEAT BREAD PUDDING**

2 slices whole wheat bread, 1/4 inch thick
12 dates or 1/2 cup seedless raisins
2 cups milk
1 egg
1/4 cup sugar
1/2 teaspoon salt
2 tablespoons melted fat
1/2 teaspoon vanilla

Cut bread in very small bits, put in baking dish, add dates washed, stoned, and cut in pieces (or raisins) and other ingredients mixed together. Bake in a slow oven, 325°F. for 40 minutes.
FRENCH TOAST WITH ORANGE

4 slices whole wheat bread, 1/2 inch thick
1 or 2 eggs
2 cups milk
1/2 teaspoon salt
2 tablespoons fat
2 oranges
2 tablespoons powdered sugar

Remove crusts from bread. Beat egg slightly, add milk and salt. Dip bread one slice at a time, drain, and brown in fat in hot frying pan first on one side, then on the other. Remove to serving dish, cover with orange sections, and sprinkle with powdered sugar.

WHOLE WHEAT MUFFINS

1 1/4 cups OCCIDENT 100% Whole Wheat Flour
1/2 cup OCCIDENT Flour (about)
1/2 cup sugar
4 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1 teaspoon salt
1 egg
1/2 cups milk
1 tablespoon melted shortening

Mix and sift dry ingredients. If using sour milk add 1/2 teaspoon soda. Add well beaten egg, milk, and shortening. Half fill well greased muffin tins. Bake in a hot oven 400° F. 25 to 30 minutes. All Whole Wheat flour may be used if desired.

DATE WHOLE WHEAT MUFFINS

To recipe for Whole Wheat Muffins add 1/2 cup finely cut dates to part of flour before adding to mixture.

WHOLE WHEAT GRIDDLE CAKES

1/2 cup OCCIDENT 100% Whole Wheat Flour
1 cup OCCIDENT Flour (about)
3 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
1 egg
1/2 cups milk
1 tablespoon melted butter

Mix and sift dry ingredients together. Add milk and well beaten egg. Beat thoroughly and add melted shortening. Drop batter by spoonfuls on hot, greased griddles. Serve hot. Never turn cakes twice. Do not grease electric or aluminum griddles.

QUICK ENTIRE WHEAT ROLLS

1/4 cup OCCIDENT 100% Whole Wheat Flour
OCCIDENT Flour
1 cup scalded milk
1 tablespoon sugar
1/4 cup butter
1/2 teaspoon salt
1 cake compressed yeast dissolved in
1/4 cup lukewarm water

Add the butter, salt, and sugar to the scalded milk and stir until the butter is melted and the liquid is lukewarm. Then stir in the dissolved yeast and add the whole wheat flour and enough white flour to make a soft dough. Knead well and set aside to become light. When the dough is double in bulk, grease the fingers and shape the dough into balls. Set close together and when light bake for about 25 minutes at 400° F.

WHOLE WHEAT BAKING POWDER BISCUITS

1 cup OCCIDENT 100% Whole Wheat Flour
1 cup OCCIDENT Flour
1 tablespoon sugar
4 teaspoons baking powder
1/2 teaspoon salt
4 tablespoons shortening
3/4 to 1 cup milk

Sift dry ingredients, add shortening, and cut in well. Add liquid slowly. Make a soft dough. Roll or pat to one-half inch thickness, cut with biscuit cutter, and bake in a hot oven 15 minutes.
WHOLE WHEAT NUT BISCUITS

Use the plain whole wheat baking powder biscuit dough and add to the dry ingredients 1 more tablespoon sugar and \( \frac{1}{2} \) cup chopped walnut meats. Sprinkle rolled or chopped nuts over the top before baking.

FRUIT BISCUITS

Use the plain whole wheat baking powder biscuit dough and add to the dry ingredients \( \frac{1}{2} \) cup chopped dates or seeded raisins.

NUT WHOLE WHEAT GEMS

| 1 cup OCCIDENT 100% Whole Wheat Flour | 4 tablespoons melted shortening |
| \( \frac{3}{4} \) cup OCCIDENT Flour | \( \frac{1}{2} \) teaspoon salt |
| 5 teaspoons brown sugar | \( \frac{1}{2} \) cup chopped pecan meats |
| 4 teaspoons baking powder | 1 egg |

Sift dry ingredients, add beaten egg, nuts, milk, and melted shortening, and mix well. Bake in well greased gem pans at 425°F for 20 minutes.

WHOLE WHEAT PUDDING

| 1 cup OCCIDENT 100% Whole Wheat Flour | \( \frac{1}{2} \) cup milk |
| \( \frac{1}{4} \) cup OCCIDENT Flour | 1 teaspoon salt |
| \( \frac{1}{4} \) cup chopped suet | 4 eggs |
| \( \frac{1}{4} \) cup sugar | 6 tablespoons chopped fruit |
| | 2 teaspoons baking powder |


EGG SAUCE

Cream \( \frac{1}{4} \) cup butter and add slowly \( \frac{1}{2} \) cup sugar. Beat 4 egg yolks, add the creamed butter and sugar, beat until smooth, and add \( \frac{3}{4} \) cup fruit syrup or jelly. Set in hot water for a few minutes and stir constantly until right consistency. Use white of eggs for a meringue.

BROWN SUGAR SAUCE

| \( \frac{1}{4} \) cup OCCIDENT Flour | 1 cup water |
| 1 cup brown sugar | \( \frac{1}{4} \) cup butter |

Mix the butter, flour and sugar. Add water. Cook until somewhat thickened. Flavor with vanilla.

These recipes have been tested by the Home Economics Department of the Russell-Miller Milling Co., in the OCCIDENT Family Kitchen at Minneapolis, Minnesota.

OCCIDENT 100% Whole Wheat Flour is milled by the Russell-Miller Milling Co., from selected wheat of high protein content. OCCIDENT mills employ the most extensive purifying processes ever used in flour milling, including the thorough washing of every kernel of wheat before it is milled.