YEAST FOAM RECIPES

NORTHWESTERN YEAST CO. CHICAGO.
INGREDIENTS FOR BREAD

Ingredients for five one-pound loaves of bread (without potatoes). See page 2 for recipe.

SPONGE

1 cake YEAST FOAM
1 pint lukewarm water, at 80 degrees F.
1 quart (=1 lb.) flour

(1) 1 cake YEAST FOAM
(2) 1 pint lukewarm water
(3) Break up Yeast, dissolve thoroughly
(4) 1 quart flour
(5) Always sift your flour
(6) 2 quarts flour
(7) 1 pint warm water (100° F.)
(8) Dough
DOUGH
Mix the sponge with following:
1 pint warm water, at 100 degrees F
2 teaspoonfuls salt
2 tablespoonfuls sugar
2 tablespoonfuls lard
2 quarts (=2 lbs.) flour

2 teaspoonfuls of salt
(9) 2 tablespoonfuls of lard
2 tablespoonfuls of sugar

(10) Flour to make stiff batter

When light
(11)
Knead it well
(12)
Form into loaves
(13)
In pans let rise till twice its size
(14)
Bake one hour in moderate oven
(15)
BREAD

Ingredients for five One-pound Loaves (without Potatoes)

SPONGE
1 cake YEAST FOAM
1 pint lukewarm water at 80 degrees F.
1 quart (1 lb.) flour

DOUGH
Mix above sponge with following:
1 pint warm water at 100 degrees F.
2 teaspoonfuls salt
2 tablespoonfuls lard
2 tablespoonfuls sugar
2 quarts (2 lbs.) flour

Recipe for Above
In the evening soak 1 cake of YEAST FOAM in 1 pint lukewarm water (80 degrees F.) for about 1 hour. When dissolved mix with 1 quart (1 lb.) of flour to medium sponge. Cover sponge and let rise in warm place over night. Early in the morning mix sponge with 1 pint of warm water (100 degrees F.), 2 teaspoonfuls salt, 2 tablespoonfuls each of sugar and lard. Then add 2 quarts (2 lbs.) flour and mix to medium dough. Knead dough for about 15 minutes and let rise from 3 to 4 hours. Knead dough down and let rise for about 1 hour and then mould into loaves. Let loaves rise to double their size and bake for 45 minutes to 1 hour in a moderate oven.
One pint YEAST FOAM bread sponge, one large cup rye flour, the same of yellow corn meal scalded and cooled; one tablespoonful melted butter, one of molasses, a little salt; knead with white flour. When light bake in moderate oven.
TEA ROLLS

MATERIALS

1 cup scalded milk
1/4 cup sugar
1 teaspoon salt
1/4 cup melted butter
2 eggs
1 cake YEAST FOAM, dissolved in 1/4 cup lukewarm water
1 pinch nutmeg
3 1/2 cups flour

Way of Preparing

When the milk is lukewarm add 2 cups flour. Beat well and add the dissolved YEAST FOAM. Let rise; then add the butter, sugar, salt, nutmeg and the well beaten eggs. To this add enough of your flour to make a soft dough. Knead well and let rise in a warm place. Shape into small rolls. Put into a buttered pan, let rise, and bake in a brisk oven for fifteen minutes.
RUSKS

Two and One-half Dozen

MATERIALS

2 cups warm milk
\( \frac{1}{2} \) cup butter
\( \frac{1}{2} \) cup sugar
2 eggs
1 teaspoon salt
1 cake YEAST FOAM
1 cup seeded raisins
Cinnamon
Flour

Way of Preparing

Dissolve the YEAST FOAM in the warm milk, then add sufficient flour to make a batter. Let this rise until light. Beat sugar and butter to a cream and add the eggs well beaten. Now add this to the batter with the salt, raisins and sufficient flour to make a soft dough. Mould the dough with your hands into balls about the size of a large egg. Set these close together in a buttered pan and let rise until fully twice their bulk. Brush with the beaten white of an egg, sprinkle with sugar and cinnamon and bake thirty minutes. Nuts may be substituted for raisins.
PARKER HOUSE ROLLS

MATERIALS

3 cups scalded milk
4 tablespoons butter
3 tablespoons sugar
1 teaspoon salt
8 cups sifted flour
1 cake YEAST FOAM, dissolved in ¼ cup lukewarm water

Way of Preparing

Pour the scalded milk over the salt, sugar and butter. When lukewarm beat in 4 cups of the flour. Mix well and add the dissolved YEAST FOAM. Cover closely and let rise in a warm place. When light add enough more flour to knead (4 cups). Cover, let rise until light. Roll out to ½ inch thickness. Shape with a biscuit cutter, brush each shape with melted butter, crease through the center, fold over and press the edges together. Place in a buttered pan one inch apart and let rise until very light, then bake in a brisk oven fifteen minutes.
VIENNA ROLLS

Three and One-half Dozen

MATERIALS

1 cake YEAST FOAM
1 quart warm water
1 tablespoon salt
2 tablespoons sugar
Sifted flour

Way of Preparing

Mix the sugar, salt, YEAST FOAM and water. When thoroughly dissolved add enough sifted flour to make a medium soft dough. Cover, keep in warm place, and let rise until light, then turn it on to the moulding-board and shape the same as small Vienna loaves about six inches long. Place in a buttered pan, allowing a little space between each two, and let them rise. When light gash the tops diagonally three times, bake in a moderate oven about twenty-five minutes. If desired you may brush the rolls with beaten eggs and sprinkle them with poppy-seeds, in which case you omit gashing them.
ROOT BEER  
DIRECTIONS FOR MAKING

MATERIALS
5 cakes YEAST FOAM
3 tablespoons sugar
1 pint lukewarm water
1 bottle Root Beer Extract
5 gallons pure, fresh water, slightly lukewarm
4 pounds sugar

Way of Preparing
Dissolve 5 cakes of YEAST FOAM and 3 tablespoonfuls sugar in a pint of lukewarm water. Keep in a warm place for twelve hours, then stir well and strain through cheese-cloth. (Throw away particles of meal left in cloth.) Add bottle of Root Beer Extract, 4 pounds sugar and 5 gallons of lukewarm water. Mix thoroughly and bottle. (Tie or fasten in corks.) Keep in warm place about forty-eight hours. After cooling it is ready for use. Keep in cellar or place of low temperature.
MATERIALS

2 cups scalded milk
½ cup butter
2 tablespoons sugar
1 teaspoon salt
½ cake YEAST FOAM, dissolved in ¼ cup of lukewarm water
Flour

Way of Preparing

Add the butter, sugar and salt to the milk. When lukewarm add the dissolved YEAST FOAM, then 3½ cups of flour. Let rise until light, then add enough flour to make a soft dough. Let rise again, then place on moulding board and roll into a sheet ¼ of an inch thick. With a sharp knife cut into pieces 2½ inches long and one inch wide. Place close together in a buttered pan, let rise until light and bake in a brisk oven for fifteen minutes.
COFFEE CAKE

MATERIALS

1 cup milk, scalded and cooled
1 tablespoon sugar
½ teaspoon salt
½ cake YEAST FOAM, dissolved in ⅛ cup lukewarm water
2 cups flour
¼ cup butter
½ cup sugar
1 egg

Way of Preparing

Make a sponge of the milk, sugar, salt and flour, add the dissolved yeast, and let the mixture stand over night. Then add flour enough to make a very soft dough, and the butter, sugar and egg. Place in shallow pans, let rise until very light. When ready to bake, rub the tops with sugar dissolved in milk, and sprinkle with dry sugar and cinnamon. Bake about twenty-five minutes. Serve either warm or cold. The cake should be about one inch and a half thick when finished.
RAISIN BREAD

MATERIALS

| 1 pint milk | 1 teaspoon salt | 2 eggs |
| 1 pint water | 1 cake YEAST FOAM |
| ½ cup lukewarm water | 1 teaspoon sugar |
| 4 cups flour | ½ cup sugar |
| 2 tablespoons butter | 1 cup seeded raisins |

Way of Preparing

Place the milk and water in a saucepan and bring to the boiling point; cool until you can bear your finger in it. Add the flour and beat well. Dissolve the YEAST FOAM in the half cup of lukewarm water and add the teaspoon of sugar. Let stand while you prepare the batter, then combine the yeast with the batter. Cover and set in a warm place. Let rise until very light, then add the butter, eggs, sugar and raisins, and flour enough to make a soft dough; let rise again. Then form into loaves and place in the pans. Let rise until pans are rounding full. Bake for forty-five minutes.

BREAD

RECIPE FOR ONE-MIXING, STRAIGHT-DOUGH PROCESS

Straight dough is made by mixing all the materials at one time. It needs at least twelve or fourteen hours to rise. The bread is coarser in texture than bread made from sponge dough.

MATERIALS

| 8 cups flour | 1 tablespoon sugar |
| 1 pint lukewarm water | 1 teaspoon salt |
| 1 tablespoon butter, lard or drippings | ½ cake YEAST FOAM, dissolved in ½ cup lukewarm water |

Mix the flour, sugar and salt, and work in the shortening until fine like meal. Mix the yeast with the water. Then mix the liquid and the dry ingredients. Have a firm, rather stiff dough. If too soft, add a little flour. If too stiff, add a little water. Knead for twenty-five minutes. Let rise in a warm place over night. Divide into four parts and put in bread pans. Let rise again and bake for forty-five minutes.
ONE-KNEADING SHORT RECIPE
(With Potatoes)

In the evening break 1 cake of YEAST FOAM into ½ cup of lukewarm water, let stand about thirty minutes until dissolved. Take 1 pint lukewarm potato water, mash two boiled potatoes and add to the water. Stir in 2 ½ cupfuls warm flour, making a thick batter; to this add the yeast. Stir all together and let stand in a warm place over night.

In the morning put sufficient flour into a bread pan to make 4 large loaves of bread. Pour in the sponge, together with 3 cups lukewarm water, 1 tablespoonful salt, 1 tablespoonful melted lard and 1 tablespoonful sugar. Mix all together into a stiff dough, knead fifteen minutes. Let rise in a warm place until very light, then make into loaves. Let rise to double their size. Bake forty-five minutes to one hour in moderate oven. Potatoes may be omitted if desired.

During the summer months the sponge may be commenced at nine o'clock in the evening. At night cover sponge carefully, so no drafts will affect it, leaving room for the sponge to rise.

GENERAL REMARKS
Always sift your flour. Warm the flour and the water used, except in very warm weather. During the process of breadmaking keep the sponge, dough and loaves in a reasonably warm place, out of drafts and well covered with cloths. Allowing the dough to get chilled means poor bread. Bread is ready for the oven when the dent made by pressing the finger on the loaf will remain.