Wheat Substitute Recipes
HOME-MADE VICTORY BREAD RECIPE

*25% Wheat Flour Substitute

1 cake Magic Yeast
1 pint lukewarm water

In the evening soak yeast 20 minutes in lukewarm water. Mix with wheat and substitute flour to medium sponge. The sponge, when mixed, should have a temperature of 80 to 82 degrees. Cover. Let rise in warm place over night.

SPONGE

1/4 quart wheat flour
3/4 quart substitute flour

Early in the morning mix sponge with water, salt, sugar and lard. Add wheat flour and mix to medium dough. Temperature of dough should be 82 to 84 degrees. Knead about 15 minutes. Let rise 2 1/2 to 3 hours. Mould into 5 loaves. Let rise to double size. Bake 45 to 60 minutes in moderate oven.

Dough

1 1/4 quarts graham or whole wheat flour
3/4 quart wheat flour
1 pint scalded milk (cooled to 90 degrees F.)

Early in morning mix sponge with milk, sugar, salt and lard. Add both kinds of flour and mix to medium dough. Knead about 15 minutes. Let rise 2 1/2 to 3 hours. Knead down again. Let rise about 1 hour. Mould into 5 loaves. Let rise to double size. Bake 45 to 60 minutes in moderate oven.

The word “substitute” includes any of the following:
- Corn Flour
- Corn Meal
- Barley Flour
- Oatmeal
- Rolled Oats
- Rice Flour
- Potatoes

Oatmeal, rolled oats and corn meal, for better results, should be boiled and cooled to lukewarm before using. Potatoes should be boiled, mashed and cooled before using. Amount specified is mashed potatoes. When substitutes are boiled, omit 1 pint lukewarm water used in making dough.

*Larger proportions of substitute can be used as may be recommended by the Food Administration.

WHOLE WHEAT OR GRAHAM BREAD

Sponge

1 quart (1 lb.) wheat flour
1 cake Magic Yeast
1 pint water (80 degrees F.)

In the evening soak yeast 20 minutes in lukewarm water. Mix with flour to medium sponge. Cover. Let rise in warm place over night.

Dough

3/4 cup syrup or sugar
2 teaspoons salt
1 tablespoon lard
WHEAT-CORN BREAD

25% Corn Meal

YEAST

1 cake Magic Yeast
2 cups lukewarm water
1 tablespoon sugar

Soak yeast 20 minutes in 1 cup of water. Mix remaining ingredients in the other cup of water. Add soaked yeast and mix thoroughly. Let rise over night. Yeast will be ready in the morning.

BREAD

1 tablespoon lard
2 teaspoons salt
Yeast, prepared as above

A bout 7 1/2 cups flour

Mix lard and salt, adding yeast mixture and flour to make a thin batter. Beat thoroughly with a spoon or egg beater, finally adding cooked corn meal, thoroughly cooled. Add, gradually, remaining flour and knead to make a firm, elastic dough. Let rise until the mass has doubled its bulk. Shape into 5 loaves. Let rise again until the loaves have doubled their bulk. Bake.

WHEAT-OAT BREAD

25% Oat Meal

YEAST

1 cake Magic Yeast
2 cups lukewarm water
1 tablespoon sugar

Soak yeast 20 minutes in 1 cup of water. Mix remaining ingredients in the other cup of water. Add soaked yeast and mix thoroughly. Let rise over night. Yeast will be ready in the morning.

BREAD

1 tablespoon lard
2 teaspoons salt
Yeast, prepared as above

About 7 1/2 cups flour

Mix lard and salt, adding yeast mixture and flour to make a thin batter. Beat thoroughly with a spoon or egg beater, finally adding cooked oat meal, thoroughly cooled. Add, gradually, remaining flour and knead to make a firm, elastic dough. Let rise until the mass has doubled its bulk. Shape into 5 loaves. Let rise again until the loaves have doubled their bulk. Bake.
POTATO BREAD RECIPE

33% Mashed Potatoes and 67% Wheat Flour

SPONGE

1 cake Magic Yeast
1 pint lukewarm water

In the evening soak yeast 20 minutes in lukewarm water. Add lukewarm mashed potatoes and 1 cup wheat flour and mix to medium sponge. Sponge, when mixed, should have a temperature of 80 to 82 degrees. Cover and let rise in warm place over night.

DOUGH

Sponge prepared as above
2 teaspoons salt
1 teaspoon sugar

Early in the morning mix sponge with salt, sugar and lard; add wheat flour and mix to medium dough. Temperature of dough should be 82 to 84 degrees. Knead about 15 minutes. Let rise 2 to 2 1/2 hours. Mould into 5 loaves. Let rise to double size. Bake 45 to 60 minutes in moderate oven.

Warm flour before mixing. Avoid materials becoming chilled.

WHEAT-RYE BREAD

1/2 Wheat Flour and 1/2 Rye Flour

YEAST

1 cake Magic Yeast 2 tablespoons wheat flour 2 cups lukewarm water
1/4 teaspoon salt 1 tablespoon sugar 1/2 cup boiled mashed potatoes

Soak yeast 20 minutes in 1 cup of water. Mix remaining ingredients in other cup of water. Add soaked yeast and mix thoroughly. Let rise over night. Yeast will be ready in the morning.

2 cups slightly warmed rye flour
1 teaspoon salt

Stir flour, salt and sugar into above yeast, and beat with a spoon until the batter is so smooth that it will fall in ribbons like the batter for a fine cake. Set the sponge in a warm place to rise. It will double in less than 3 hours.

SPONGE 1 tablespoon sugar

Yeast, prepared as above

BREAD 1 cup rye flour
About 3 cups wheat flour

When sponge has doubled, stir in the salt, rye flour and sufficient wheat flour to make it stiff enough to knead. Try to handle as soon as you can after 2 cups of flour are added. Brush the freshly scalded and dried bread board with warmed flour. Add, gradually, remaining flour. Completely knead to sticking point after each small addition of flour. Let rise second time. Finally make into 2 loaves the shape of rye bread and bake on an iron sheet or on the bottom of an inverted dripping pan. If a sweet flavor is desired, add tablespoon of molasses when making the bread.
ROLLS

Delicious tender rolls are easily made from the bread dough in these recipes by taking the dough when first made in the morning, shaping it according to the kind of rolls you wish to make and placing them in a greased pan.

Allow the rolls to rise to double their size and then bake in moderate oven.

Rolls should be served hot. Therefore, see that they are warmed before using.