Bake at Home
Practical Food Conservation Recipes

Northwestern Yeast Co. CHICAGO
Home-made bread has a flavor and nourishment peculiar to itself and housewives realize the important part that Yeast plays in producing these characteristics. The sweet flavor of substitute grains is surprisingly palatable and through their use wheat will be saved. A percentage of corn, oats, rice, rye and other cereals can be used in the following recipes.
WHEAT-CORN BREAD
20% Corn Meal

YEAST

1 cake Magic Yeast
2 cups lukewarm water
1 tablespoon sugar

2 tablespoons flour
¼ teaspoon salt
½ cup boiled mashed potatoes

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

2 cups corn meal, cooked in 2½ cups boiling water in double boiler for 20 minutes

About 8 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

20% Oat Meal

YEAST

1 cake Magic Yeast  
2 cups lukewarm water  
1 tablespoon sugar

2 tablespoons flour  
¼ teaspoon salt  
½ cup boiled mashed potatoes

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 overnight. Yeast will be ready in the morning.

BREAD

1 tablespoon lard  
2 teaspoons salt  
Yeast, prepared as above

2 cups oat meal, cooked in 2 cups boiling water in double boiler for 20 minutes  
About 8 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.
WHEAT-RYE BREAD
½ Wheat Flour and ½ Rye Flour

**YEAST**
- 2 tablespoons wheat flour
- ¼ teaspoon salt
- ½ cup boiled mashed potatoes

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.

**SPONGE**
- 1 tablespoon sugar
- Yeast, prepared as above

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.

**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.
BUCKWHEAT CAKES

WAY OF PREPARING

At night take 2 quarts warm water and 1 cake of Magic Yeast dissolved in 1 cup of warm water, add buckwheat flour enough to make thick batter, add 1 teaspoon of salt; beat all together thoroughly. In the morning add ½ teaspoon of soda dissolved in ¼ cup of warm water. Add cold water to thin batter to suit. If very brown cakes are desired, add 1 tablespoon of granulated sugar.

MATERIALS

2 quarts warm water
1 cake Magic Yeast dissolved in 1 cup warm water
1 tablespoon salt

½ teaspoon soda, dissolved in ¼ cup of warm water
Buckwheat flour—enough to make thick batter
Bread Recipe for Using Wheat Flour Substitutes

SPONGE

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.

DOUGH

Sponge prepared as above
1 tablespoon lard
1 pint lukewarm water
1 tablespoon sugar 2 teaspoons salt

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.

Warm flour before mixing. Avoid materials becoming chilled.

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, more wheat flour is required for dough.
WHITE BREAD RECIPE

SPONGE

1 cake Magic Yeast  
1 pint lukewarm water  
1 quart (1 pound) flour

In the evening soak yeast 20 minutes in lukewarm water. Mix with flour to medium sponge. Cover. Let rise in warm place over night. Potatoes may be used in this sponge if desired.

Sponge
1 pint lukewarm water  
2 teaspoons salt

Dough
1 tablespoon sugar  
1 tablespoon lard  
About 2 quarts flour

Early in the morning mix sponge with water, salt, sugar and lard. Add flour and mix to medium dough. Knead about 15 minutes; let rise 2½ 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.

Warm flour before mixing. Avoid materials being chilled.