

RECIPES

The Mixing

MEASURE the liquid into a bowl and add the sugar. Sugar assists the fermentation. Next crumble in the required quantity of yeast. Allow to stand six or eight minutes, add the shortening and sift in slowly about one-half of the flour, or enough to form a smooth, light batter. Beat this thoroughly, so that the yeast may be well distributed, adding balance of flour.

The salt may be dissolved separately in a little water before being added, or it may be used dry as described in the recipes. The latter method is simpler, but has no other advantage.

The Kneading

THE dough must not be chilled, therefore, knead quickly and lightly until it is smooth and elastic and does not stick to the fingers or to the board. In kneading, the dough should be pushed with the palms of the hands, fingers curved to prevent dough from flattening out too much. With every push it should be turned one-quarter way round and folded over. To be sure that all parts of the dough are kneaded, cut half through the center, turn inside out and knead again.

Dough may be "thrown and rolled" instead of kneaded as shown by picture on page 16. This is simple and the results are very satisfactory.