

## Green Pea Loaf with White Sauce

1 cup dried green peas	$\frac{1}{8}$ tsp. pepper
4 cups cold water	$\frac{1}{2}$ tsp. paprika
2 qts. boiling water	1 egg
$1\frac{1}{2}$ cups soft stale bread crumbs	3 tblsp. fat
1 tsp. salt	$1\frac{1}{2}$ cups milk

Soak peas in cold water over night. Cook in boiling water until soft. Rub through a sieve. To one cupful of this pulp, add bread crumbs, milk, seasoning, egg (slightly beaten) and melted fat. Turn mixture into a small greased bread pan. Set in a pan of water. Bake mixture 40 minutes or until firm. Remove loaf from pan. Serve with white sauce. One-half cup of cheese may be added to one and one-half cups of this sauce.

## Tomato Sauce

1 cup tomatoes	$\frac{1}{4}$ tsp. salt, pepper
$1\frac{1}{2}$ tblsp. flour	$\frac{1}{2}$ tsp. sugar
2 tblsp. butter or oleo	2 peppercorns, sprig of parsley, slice of onion, dash of celery salt, bit of bay leaf.

Cook tomatoes for a few minutes. Some, or all of seasoning mentioned may be chosen, according to taste. Cook the seasonings with the butter until golden brown. Stir in flour. Press tomatoes through a strainer and stir into blended flour.

# BREAD

## WHITE BREAD (compressed yeast)

### BASIC RECIPE (2 loaves)

2 to 4 tsp. sugar	$\frac{1}{4}$ yeast cake (over night setting)
2 tsp. salt	2 yeast cakes (3 hour bread)
2 tsp. shortening (when used)	6 to 8 cups flour.
3 cups boiling water	

Method : Dissolve yeast cake in  $\frac{1}{4}$  cup lukewarm water  $86^{\circ}$  F. In a large mixing bowl put sugar, salt and shortening (when used). Pour over this the remainder of the water, boiling. When lukewarm add enough flour to make a batter. Add dissolved yeast and beat until smooth and elastic (about 5 minutes). Stir in enough flour to make a dough which will not stick to the fingers. Turn out on to a lightly floured board and knead until smooth and springy.

Set away to rise in a warm place covering it well to keep the surface from drying out. When risen to double in bulk turn out on to kneading board, cut well with a sharp knife to get rid of all the large gas bubbles and knead again five minutes. Return to bowl and when risen to double in bulk again cut and shape into loaves and put in pans to rise until fully double in bulk. Bake in a