
The **PURITY** COOK BOOK

followed, unless it is first made into an active ferment as described under "Home-made Yeast." Whichever kind of yeast is used, it should be as fresh as possible. If at all doubtful regarding the quality of yeast it is better to get a fresh supply rather than risk spoiling a whole batch of bread.

The **SHORTENING** may be lard, butter or prepared shortening.

CONSISTENCY OF DOUGH.—It is impossible to specify in any recipe the exact amount of flour required to a given quantity of liquid. In making bread with Purity Flour, the dough should be as soft as it can be for convenient handling, but should not be sticky. Be particularly careful in measuring the quantities of liquid and salt.

FERMENTATION CONTROL.—The proper regulation of the fermentation or "working" of the dough is of the greatest importance in bread making. Apart from the quantity of yeast used (and that is specified in the recipes) fermentation depends upon the temperature of the dough and the time of rising. An overworked dough, that is, a dough which has been kept too warm or allowed to rise too long, develops sour odors and gives loaves which are apt to possess, to a greater or lesser degree, the following characteristics:

Small size, pale-colored crust, rounded edges and corners, poor cutting qualities (crumbles easily), lack of flavor and poor keeping qualities (dries and stales quickly).

On the other hand, an underworked dough, that is, a dough which has been kept too cool or not allowed to rise long enough, gives loaves which are usually:

Small in size and possess a reddish-brown colored crust, sharp edges and corners, coarse texture and dark color.

If a dough rises very slowly it is generally because it has been mixed too cool or because an insufficient quantity of yeast has been used. When that happens it should be placed in a warmer place and the time of rising extended.

It will be seen that the control of temperature is of considerable importance in bread-making. Yeast-raised doughs should be mixed at 80 to 85 degrees F., and in getting the temperature within the desired limits an inexpensive dairy thermometer will be found of great value.

KEEP DOUGHS COVERED.—While doughs are rising they should always be kept well-covered, otherwise a crust will form upon the surface and cause dark streaks in the bread.

RISING IN THE PANS.—Under the Straight Dough process it is said that, after the pieces of moulded dough have been placed in pans, they should be allowed to rise until they are double the original bulk before placing in oven. This point should be watched carefully. If the dough is placed in the oven too soon, a small loaf of poor shape will be the result. If allowed to rise too much in the pan, either a loaf having a very open texture will be obtained

PURITY FLOUR

~ **BEST FOR ALL YOUR BAKING** ~
