

Five Roses Flour

[White Bread]

In the morning, warm your flour and warm *half* your yeast. Mix into a stiff dough. Let rise, then add 1 tablespoon salt and work down stiff, or until the dough does not stick to the hands. Let rise again and then make into loaves.

Note—Many good bread makers claim that potatoes give to their bread a silkiness of texture not obtainable any other way.

BREAD WITH POTATO YEAST POTATO YEAST

Materials:

- 8 large potatoes
- 4 tablespoons *Five Roses* flour
- 4 tablespoons salt
- 4 tablespoons granulated sugar
- 4 cups boiling water
- 4 quarts cold water
- 2 cakes Royal Yeast.

Method:

Peel and boil the potatoes, and mash in water boiled in. While boiling, pour this over the flour, salt and sugar (which have been previously stirred together). To this, add boiling water, mix well, then add the cold water. Dissolve the yeast cakes in $\frac{1}{2}$ cup lukewarm water, and mix with the above. Let this mixture remain in a warm place about 18 hours. Then it is ready for use. Keep in a cool place and use as required.

BREAD

Materials:

- 8 cups *Five Roses* flour (sifted)
- 1 tablespoon salt
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 4 cups (1 quart) potato yeast.

Method:

Set the yeast on the stove and stir until it is at about blood-heat (98 degrees Fahr.). Then add the salt, sugar and butter. Mix in sufficient of the flour (previously warmed) to make a batter. This will require 3 to 4 cups to the quart of liquid used. Cover and set to rise. When light and frothy, add balance of the flour, or until the dough ceases to stick to the hands. Knead thoroughly for 15 minutes. Let rise again until double original size, when it may be gently

moulded into loaves. Let rise again. Then bake 60 minutes in moderate oven.

Note—2 quarts of the liquid potato yeast in this recipe make 4 large loaves, so that the rule should be doubled for this quantity.



POTATO YEAST (With Mixer) YEAST

- 2 quarts potatoes
- 2 quarts boiling water
- Boil till tender and pour over
- 2 cups *Five Roses* flour
- 2 cups white sugar
- $\frac{1}{2}$ cup salt
- Stir till smooth, then add
- 3 quarts cold water
- 2 quarts lukewarm water
- 2 $\frac{1}{2}$ Royal Yeast cakes.

Let stand 24 hours in warm place. Then put away in air-tight jars in a cool place.

BREAD

For every loaf of bread take 2 cups of this yeast. Put in bread mixer set in pan of warm water. Heat stirring constantly to about 90 degrees. Allow about 3 cups sifted *Five Roses* flour to every cup of yeast. Have flour warm. Knead down hard and stand in warm place till risen about twice the size. Knead down well again—a long kneading improves it. Let rise again till light enough. Shape in loaves. Put on tins. Let rise till nice and light, then bake in moderate oven.

BREAD WITH POTATO YEAST (Short Process)

N. B.—Many a batch of bread has been thrown to the pigs in this Northwestern country through some of the recipes calling for the yeast cake batter or even the dough to stand overnight, and it is not always successful this time of the year (January). This is a first class recipe: *Five Roses* flour at 12 noon and bread out of the oven at 5 P.M. is a pretty good record—5 hours in winter and 3 or 4 in summer.

Not Bleached - Not Blended