

## WHITE BREAD RECIPES

## BREAD WITH COMPRESSED YEAST

*(Quick Method)*

- 1 cake compressed yeast (see note)  
 3 quarts *Five Roses* flour  
 1 tablespoon salt  
 2 tablespoons butter  
 1 quart lukewarm milk and water (or lukewarm water only)  
 2 tablespoons sugar.

*Note*—Two cakes of yeast may be used in this recipe with advantage to the bread and a saving of time.

Take the lukewarm milk and water, and put in a deep dish or pitcher. Add the yeast and sugar, and dissolve. Then take the flour (either all or part) and put in kneading pan. Add salt, mix thoroughly, and rub the butter well into the flour. Then mix in your yeast and knead to a nice soft dough that does not stick to the hands, adding more *Five Roses* flour if required. Let rise for about 2 or 3 hours. Then mould into loaves. Let rise in moderately warm place, free from draughts, until they are about half as big again as when you put them in the pans, and then bake for about  $\frac{1}{2}$  hour. Turn upside down when done and tap bottom. If it sounds hollow, your bread is done.

When letting rise, cover with a lid or two or three thicknesses of cloth. This is the way to make quick bread. The entire process requires about 6 hours or less.

## COMPRESSED YEAST RECIPE

*(Over Night)*

- 1 cake compressed yeast  
 2 quarts water  
 6 quarts sifted *Five Roses* flour  
 2 tablespoonfuls lard or butter, melted  
 2 tablespoonfuls sugar  
 2 tablespoonfuls salt.

Dissolve yeast and sugar in the water, which should be lukewarm in winter and cool in summer, add 2 tablespoonfuls lard or butter, and half the flour. Beat until smooth, then add balance of the

flour, or enough to make moderately firm dough, and lastly, the salt. Knead until smooth and elastic. Place in well-greased bowl and cover. Set aside to rise over night, or about 9 hours. In the morning mould into loaves. Fill well-greased pans half full, cover and let rise until light, or until loaves have doubled in bulk, which will be in about  $1\frac{1}{2}$  hours. Bake 40 to 50 minutes.

This will make 6 large loaves. If this quantity of bread is not needed, the recipe can be divided very easily by taking just half of the ingredients called for above, as well as half the cake of yeast. The half cake of yeast, which you have left over, can be kept in good condition several days by re-wrapping it in the tinfoil and keeping it in a cool, dry place.

## DRY YEAST BREAD

- 3 quarts *Five Roses* flour  
 1 tablespoon salt  
 4 cups lukewarm water  
 1 dry yeast cake.

*Method:*

Let the yeast cake dissolve in  $\frac{1}{4}$  cup lukewarm water for about 10 minutes. Put the salt into mixing pan, add enough water and enough flour to make a stiff batter (about the consistency of pancake mixture). Add yeast and beat 2 or 3 minutes. Set in warm place to rise overnight.

In the morning, sponge should be twice its size. Add enough flour to make dough stiff enough not to stick to hands or board. After flour is mixed in, turn out on board and knead 2 or 3 minutes. Let rise again and put in pans. Cover well and let rise to  $2\frac{1}{2}$  times its size. Bake in moderate oven until it is nicely browned and feels light when taken out.

## TWO-HOUR BREAD

Take 1 pint of lukewarm water and soak 4 Royal Yeast Cakes. Put in 4 tablespoonfuls of *Five Roses* flour. Set in warm place to raise.

Cook 12 potatoes, mash and add to this 1 quart of warm water and 1 quart of cold water. Add 1 tablespoon salt and 1 tablespoon sugar. When lukewarm mix in the yeast and set away overnight.

Not Bleached - Not Blended