

# VALUABLE RECEIPTS.

## BAKING AND COOKING DEPARTMENT.

**BAKING BREAD.**—The quantities and best manner of mixing the different ingredients necessary to make good bread, viz., to make the fermentation, say, for 10 buckets of flour; take 5 gals. of potatoes well boiled and mashed in a tub, with 1 bucket of water (in summer this water should be about milk-warm, in winter much warmer; in all cases this must be governed by the weather), six pounds of flour and five quarts of yeast; stir the whole up well, and cover till it rises. It is better to work the same as soon as it does rise and commences falling again; otherwise the bread will not be so good. The time of rising, however, varies much; sometimes it will rise in eight hours, at other times it will take much longer. Again, to make the sponge; take  $2\frac{1}{2}$  buckets of the above ferment, and  $2\frac{1}{2}$  buckets of water, milk-warm, run the whole through a sieve into a trough, and make it into light dough, with flour for sponge. When this sponge has risen and commenced falling, add 5 lbs. salt and 5 buckets of water; break the sponge well in the water, and stir up sufficient flour to make a stiff dough, cover it up until it rises sufficiently; it is then fit for being weighed off and put into the tins for baking. Let it stand in the tins until it rises, when it should be placed in the oven.

**N.B.**—A  $\frac{1}{2}$  oz. carbonate of magnesia added to the flour, for a 4 lb. loaf, materially improves the quality of the bread even when made from the very worst new seconds flour. It is usual with bakers to add alum to the flour, in order to make a white, light, and porous bread. Two ounces of alum per 100 lbs. flour is generally sufficient.

**HOP YEAST.**—Boil 5 gals. water and 10 ozs. hops together from 10 to 15 minutes; put 6 lbs. flour in a tub, to which add as much of the boiling liquor as will be necessary to make a thick paste. When the remainder of the liquor is perfectly cool, add it, together with 1 gal. of stock yeast, to the paste, when the whole will be ready for use.

**MALT YEAST.**—Boil 10 ozs. hops in 5 gals. of water from 10 to 15 minutes, pour the same into a tub. When cooled to 70° Fabr. add  $\frac{1}{2}$  peck of malt; stir the whole up well, and cover it till nearly cool then add 3 qts. of old yeast to make it ferment.

**ANOTHER EXCELLENT BREAD.**—Knead 21 lbs. flour with 9 lbs. of pared and mashed potatoes, from which the water has been well steamed off previous to mashing; mix together while the potatoes are warm, adding about 3 or 4 spoonfuls of salt. Then add about 3 qts. milk-warm water, with 9 large spoonfuls of yeast, gradually to the potatoes and flour; knead and work it