

in a large cup of good rising, adding warm water ; mingle stiff enough to knead on your flour-board ; then when your mass of dough is worked smooth, lay it back in the pan or trough that you mixed it in, and let it lie covered near the fire to rise ; when well-risen, divide, and bake in your oven or bake-kettle.

Some persons wet the Indian-meal with hot water first, but either way can be tried. I have used any supporne, or Indian-meal porridge, that has been left after breakfast, in making bread, and found it a very good addition. A good bread can also be made of equal proportions of rye, Indian-meal, and wheaten flour ; rye alone does not make such good bread, the rye being very glutinous, which a mixture of Indian-meal corrects.

#### BRAN BREAD.

A sweet and economical, and most wholesome bread may be made by pouring water, either warm or cold, on to bran, stirring it up, and leaving it to steep for an hour ; then strain the bran off through a sieve or strainer, pressing all the moisture out. There should be liquor enough to mix your bread, without any water, unless it be too cold, and a little hot water is required to raise the temperature ; add the usual quantities of salt and yeast, and mix and knead as in other bread. The most wholesome and nutritive parts of the bran will thus be preserved and added to your bread.

Cobbett recommends this bread, and I have proved its good and wholesome qualities myself. All the fine flour and bran that passes through the sieve, should be put into your bread, along with the liquor, for this constitutes part of its excellence. If you wish for *brouwer* bread, throw in a handful of dry sweet bran, and mix with your flour, in addition, but not that from which the gluten and fine sugary particles have been extracted by the water.

Many persons who do not use potatoes in their bread, as directed in the first receipt, set a sponge over night, merely mingling the flour, warm water, salt and yeast, and when well risen, (which it is known to be by the air-bubbles that rise on the top,) thicken with flour, and knead well : when the dough is of sufficient lightness, make up into loaves ; let them rise a second time in the bread pan or bake-kettle, and bake.

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I have now given the best simple receipts for making bread, that I am acquainted with. There are methods of making light bread without using the yeast to ferment the flour.

I will now give an American receipt for unfermented bread, which I have not myself tested :—