

[Making of Bread]

MIXING

Use tepid water, and warm mixing bowl.

Never mix a sponge in a cold kitchen, for it will at once take on the temperature of the room, especially if a bread mixer be used which circulates air through the dough.

The best cooks use a wooden spoon.

Make your dough rather slack, just as soft as can be conveniently handled. Unlike weaker flours, *Five Roses* has a tendency to tighten up during the mixing and kneading. Less flour should be used, which means quite a saving.

A soft dough makes bread more tender and appetizing, and it keeps fresh longer than if made from a stiff dough. Of course, also avoid too light a dough, which is apt to make a coarse texture and spoil the appearance of the cut loaf.

KNEADING

Kneading is done to thoroughly mix the ingredients, to aerate the dough and supply air (its best food) to the yeast. It also softens the gluten and makes it elastic. Kneading distributes the gas bubbles evenly throughout the dough. The more thorough the kneading, the better these objects are attained.

After taking from mixing pan, knead the dough with the upper part of the palm near the wrist (the heel of the hand), not with the fingers. This should be done without flouring the hands or board—adding raw flour at this stage is poor policy.

The more you work the sponge or dough the whiter it gets, due to the action of the oxygen of the air. Lightness and whiteness depend a lot on the proper performance of this process.

Knead the dough to a smooth, velvety mass that does not stick to the board or fingers, and which, when cut with a sharp knife, shows the inside full of fine, even bubbles, without lumps or unmixed portions.

When sufficiently worked, return to well-greased earthen bowl which has previously been warmed. Let rise.

RISING

Always try to set your sponge at night (when the overnight process is used) at between 80 and 90 degrees Fahr.

Wrap up carefully in a warm bread cloth, put in a warm place free from draughts and where it will not be disturbed. Try to maintain a continuous even temperature.

Never expose a dough to an uncertain kitchen on a cold night. A good way to protect it is to simply place the bowl (or mixer) in a light paper box, insulated, and shut the lid. To chill the yeast cells at this stage may mean sour bread or other ills.

To keep bread dough from forming a crust or skin while rising, grease lightly bottom and sides of pan and roll dough over in it until outside is covered. Moistening with warm milk and water also checks a crust-forming tendency. A crust at this stage should be avoided, as it may leave a streak in the bread and also cause an unsightly crust in the baked loaf.

Dough is properly risen when it has doubled its original bulk. It is then ready to mould into loaves. Some housewives knock down the light dough and let it rise a second time, claiming thereby a finer texture; but one rising is sufficient for ordinary purposes.

An empty *Five Roses* flour barrel lined with 3 or 4 layers of newspaper pasted on makes an excellent place to set bread to rise overnight.

MOULDING

The less you handle the dough when shaping into loaves the better.

The less flour used at this stage the nicer the bread. In fact, particular housewives absolutely refuse to use dry, raw flour in moulding. To work in dry, unfermented flour after fermenting the dough for hours is really to court streaky bread, lumps of hard dough, holes, etc. They prefer to grease both board and fingers and, in this way, avoid using raw flour in moulding their bread.



Not Bleached - Not Blended