

JUN 24 1918  
INT. AGR. INST.

*Department of Agriculture of the Province of Quebec*

---

---

BULLETIN No. 58

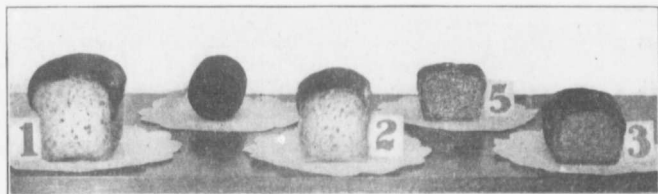
# How to Save Wheat and Meat

## FORTY TESTED RECIPES

---

---

*Prepared by the Instructors of The School of Household Science,  
Macdonald College.*



### WAR BREAD

1. Rye Bread,
2. Oatmeal Bread,
3. Rye and Cornmeal Bread,
4. Steamed Brown Bread,
5. Whole Wheat Grain Bread.

---

---

*Published by order of the Hon. J.-Ed. Caron, Minister of Agriculture,  
Province of Quebec.*

## Measurements

- 3 tsp. = 1 tblsp.  
16 tblsp. = 1 cup.  
2 c. = 1 pt.

N. B. — In measuring powders, hold paring knife vertically. In measuring granular substances, level with surface of knife. Halve and quarter with curved edge of knife.

## Oven Temperatures

1. Very hot oven.—Piece of white paper browns in three minutes. 450°F. — 550°F. Suitable for biscuit and pastry.
2. Hot oven.— Piece of white paper browns in five minutes, 400°F. — 450°F. Suitable for rolls and popovers.
3. Moderate oven.— Piece of white paper browns in seven minutes, 350°F. — 400°F. Suitable for bread, gingerbread, cake and cookies.
4. Slow oven.— Piece of white paper browns in ten minutes, 250°F. — 350°F. Suitable for custards, meringues, and sponge cakes.

## Flour Mixtures

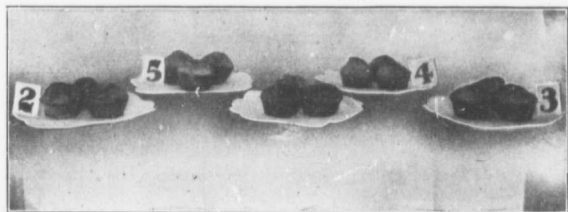
### I. Batters.

- (1) Pour batters. — 1 measure liquid to 1 measure flour.  
e. g. griddle cakes, popovers.
- (2) Drop batters. — 1 measure liquid to 2 measures flour.  
e. g. muffins, cakes.

### II. Doughs.

- (1) Soft dough. — 1 measure liquid to  $2\frac{1}{2}$  — 3 measures flour.  
e. g. biscuits, doughnuts.
- (2) Stiff dough. — 1 measure liquid to 3 — 4 measures flour.  
e. g. bread, pastry.

# MUFFINS



1.—Whole Wheat. 2.—Oatmeal. 3.—Cornmeal. 4.—Cornmeal and Graham. 5.—Rye Flour

## Class I. — Muffins without eggs

BASIC RECIPE (8 large muffins).

2 cups flour	4 tsp. baking powder
2 tblsp. sugar	1 cup milk (about)
$\frac{1}{2}$ tsp. salt	2 tblsp. shortening (melted)

Mix and sift dry ingredients. Add the milk gradually and the melted shortening. Beat WELL. Turn into greased muffin tins and bake 25 minutes in a hot oven.

The success of these muffins depends upon :

- (1) Beating well.
- (2) Consistency — which should be a thin drop batter.

### Whole Wheat Muffins

Use whole wheat flour instead of white flour.

### Graham Muffins

One half to the whole quantity of flour may be replaced by Graham flour.

### Bran Muffins

Use half bran and half white flour.

### Barley Muffins

- (1) Use  $\frac{1}{3}$  barley flour and  $\frac{2}{3}$  white flour.
- (2) Use equal parts of barley, Graham and white flour.

### Cornmeal Muffins

- (1) Use  $\frac{1}{3}$  cornmeal and  $\frac{2}{3}$  white flour.
- (2) Use  $\frac{1}{3}$  cornmeal and  $\frac{2}{3}$  whole wheat flour.
- (3) Use  $\frac{1}{3}$  cornmeal and  $\frac{2}{3}$  Graham flour.

### Oatmeal Muffins

- (1) Use  $\frac{1}{2}$  Scotch oatmeal (medium) and  $\frac{1}{2}$  white flour.
- (2) Use  $\frac{1}{3}$  oatmeal and  $\frac{2}{3}$  whole wheat flour.
- (3) Use  $\frac{1}{3}$  oatmeal and  $\frac{2}{3}$  Graham flour.

SAVE SUGAR by substituting in the above recipes one of the following :

- (1) 2 tblsp. honey.
- (2) 4 tblsp. maple syrup.
- (3) 4 tblsp. corn syrup.
- (4) 2 tblsp. molasses. When using molasses add  $\frac{1}{4}$  tsp. baking soda and use only 2 tsp. baking powder.

### Class II. — Muffins with Eggs.

BASIC RECIPE (10 muffins).

2 cups flour	4 tsp. baking powder
2 tblsp. sugar	$\frac{3}{4}$ cup milk (about)
$\frac{1}{2}$ tsp. salt	1 egg.
2 tblsp. shortening (melted).	

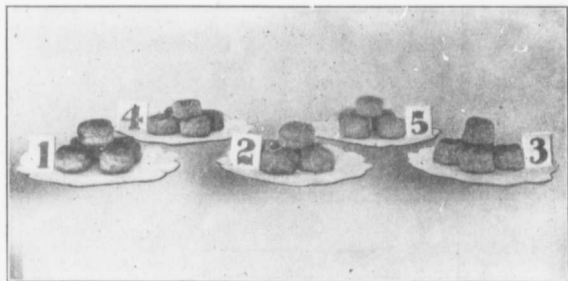
Mix and sift dry ingredients. Beat egg, add milk ; gradually add to dry ingredients. Beat well ; beat in the shortening. Turn into greased tins and bake in a hot oven 25 minutes.

Any combination of flour given in Class I may be used in this recipe with excellent results.

### Rye Muffins

- (1) Use  $\frac{1}{3}$  rye flour and  $\frac{2}{3}$  white flour.
  - (2) Use  $\frac{1}{3}$  rye flour and  $\frac{2}{3}$  Graham flour.
  - (3) Use  $\frac{1}{3}$  rye flour and  $\frac{2}{3}$  whole wheat flour.
- Note : Rye flour muffins require an egg to make them light.

## BAKING POWDER BISCUITS



1.—Rye Flour. 2.—Brand. 3.—Graham. 4.—Rye Meal. 5.—Oatmeal.

### BASIC RECIPE (12 biscuits)

2 cups flour	$\frac{1}{2}$ tsp. salt
4 tsp. baking powder	2 tblsp. shortening
	$\frac{2}{3}$ cup liquid (about)

Mix and sift dry ingredients. Cut in the shortening. Add the milk gradually, enough to make a soft dough, cutting it in with a knife. Turn on to a slightly floured board. Pat or roll to  $\frac{3}{4}$  inch thick and cut out with biscuit cutter dipped in flour. Place a short distance apart on baking sheet and bake in a hot oven for 10-12 minutes, placing on the lower grate for first five minutes and finishing on upper grate.

To insure success :—

- (1) Have all ingredients cold.
- (2) Work quickly, especially after adding liquid.
- (3) Handle lightly.
- (4) Have a hot oven.

### Graham or Whole Wheat Biscuits

Use  $\frac{1}{3}$  white flour and  $\frac{2}{3}$  Graham or whole wheat flour.

### Oatmeal Biscuits

Use  $\frac{1}{2}$  white flour and  $\frac{1}{2}$  oatmeal.

### Rye Biscuits

- (1) Use  $\frac{1}{2}$  white flour and  $\frac{1}{2}$  rye meal.
- (2) Use  $\frac{2}{3}$  white flour and  $\frac{1}{3}$  rye flour.
- (3) Use  $\frac{2}{3}$  Graham or whole wheat flour and  $\frac{1}{3}$  rye flour.

### Bran Biscuits

Use  $\frac{1}{2}$  white flour and  $\frac{1}{2}$  bran.

### Barley Biscuits

Use  $\frac{1}{2}$  barley flour and  $\frac{1}{2}$  white flour.

NOTE :— Sour milk and soda may replace sweet milk and baking powder.

Use  $\frac{1}{2}$  tsp. soda to 1 cup thick sour milk.

---

## MISCELLANEOUS



### Bran Oatmeal Cookies

- |                                |                              |
|--------------------------------|------------------------------|
| $1\frac{1}{2}$ cups bran       | 1 cup melted shortening      |
| 2 cups rolled oats             | 1 tsp. salt                  |
| 2 cups entire wheat flour      | $\frac{1}{2}$ tsp. soda      |
| $1\frac{1}{4}$ cup brown sugar | 1 tsp. cinnamon              |
| 2 tblsp. molasses              | $\frac{1}{2}$ tsp. allspice  |
| 2 eggs                         | $\frac{1}{4}$ nutmeg         |
| $\frac{1}{4}$ tsp. cloves      | 1 cup raisins                |
|                                | $\frac{1}{2}$ cup sweet milk |

Mix flour, bran, oats, salt, spices and sugar. Stir in raisins and add soda dissolved in milk, then stir in melted shortening ; add well beaten eggs and molasses. Drop on well greased pans and bake in moderately hot oven. This will make about 90 cookies.

### **Boston Brown Bread**

1 cup rye meal	$\frac{3}{4}$ cup molasses
1 cup cornmeal	2 tsp. soda
1 cup Graham flour	2 cups sour milk
	1 tsp. salt.

Mix the dry ingredients ; mix the molasses and sour milk together. Add the liquids to the dry ingredients. Beat thoroughly. Put in greased molds or tins. Steam  $1\frac{1}{2}$  hours to 5 hours according to size of tin. If a small baking powder tin it will steam in one hour. Boil in pot of water, provided top is on tin, if you cannot steam it.

### **Date Loaf**

3 cups Graham flour or whole wheat flour or half Graham and half white flour.

$\frac{1}{2}$  cup sugar.

3 tsp. baking powder.

1 lb. dates.

Milk sufficient to make a stiff batter.

Bake in a moderate oven until golden brown, about 1 hour.

NOTE :— 1 cup raisins or a mixture of fruits may be used instead of the dates.



## MEAT SUBSTITUTES

Egg, milk, cheese, legume and nut dishes may be used in place of meat. Their popularity will depend upon the care and attention given to their preparation, **seasoning** and cooking.



### Walnut Roast

2 eggs	1½ cups milk
1 cup walnuts (chopped)	½ cup cream
1½ cups toasted bread crumbs	Celery salt
1 tsp. salt	Parsley or Worcestershire Sauce if desired.

NOTE :— If cream is not available use 2 tabbsp. butter and 2 cups milk. Beat eggs until well mixed, add milk, cream and bread crumbs. Let stand 20 minutes. Add other ingredients. Turn into greased pan and set in a pan of water to bake. Bake 30 minutes in a moderate oven, basting with dripping. Turn out on a platter and serve with a savory tomato sauce or Hollandaise sauce.

### Baked Beans

1 qt. pea or "yellow-eye" beans	1 tbsp. molasses
½ tsp. baking soda	3 tbsp. brown sugar
¾ lb. fat salt pork	1 cup boiling water
1 tbsp. salt	1 tsp. mustard

Pick over beans and wash in strainer over bowl of cold water until water is clear. Soak twelve hours or overnight in cold water. Drain, cover with cold water, add soda and simmer until the skin will burst, when a bean is removed in a spoon and blown upon. Drain and add about ⅓ of the beans to bean pot. Scald pork and score rind in ½ inch strips. Place in centre of crock and pile beans around it, leaving rind exposed. Mix remaining ingredients and pour over beans, adding more boiling water to just cover beans. Cover and bake slowly eight hours at least, uncovering the last hour of cooking. When necessary add a little boiling water, but never enough to cover the beans.

NOTE :— Strained tomatoes may be used as part of liquid. If one can of stewed and strained tomatoes is used to above recipe the sugar must be increased from 3 tbsp. to 4½ tbsp. and the amount of molasses doubled.

### Baked Bean Loaf

1 pt. cold baked beans ( $\frac{1}{2}$ lb. uncooked)	2 cups milk
2 eggs beaten	Salt and pepper
2 cups dried bread crumbs, toasted	1 tblsp. minced onion
	2 tblsp. catsup.

Combine the ingredients and shape the mixture into a loaf. Bake it for 25 minutes. Baste with melted fat and hot water occasionally. Serve with savory sauce.

### Peanut Butter Roast

1 egg.  
1 cup peanut butter.  
 $\frac{1}{2}$  cup milk.  
2 cups rice or mashed potato or half and half.  
Season with pepper, salt, celery salt and a little onion to taste.

Make into a thin batter, pour into a buttered baking tin and bake in a moderate oven 30 minutes. Serve with tomato sauce.

### Peanut Soup

To one cup of thin white sauce add 1 cup of milk, vegetable water or rice water and 4 tblsp. of peanut butter. Season with salt, pepper and a little onion.

### Macaroni and Cheese

$\frac{1}{2}$ cup macaroni	1 cup cream sauce
1 qt. water	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ tblsp. salt	Salt and pepper

Wash macaroni in a strainer. Put salt and water in saucepan and when boiling rapidly add gradually the macaroni broken into one inch pieces. Boil rapidly until tender stirring frequently with a fork to keep macaroni from settling to the bottom. The macaroni will cook in about 25 minutes. Drain thoroughly into a strainer and wash with cold water to separate the pieces.

Make white sauce and add grated cheese and macaroni. Put all in a buttered baking dish, cover with buttered crumbs, place in a hot oven until crumbs are brown and serve at once. Rice may be used in place of macaroni.

### Buttered Crumbs

1 tblsp. melted butter and  $\frac{1}{2}$  cup bread crumbs.

### Cheese Fondue

1 cup milk	1 tblsp. butter
1 cup stale bread crumbs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup cheese (grated)	3 eggs
A speck soda.	

Beat the yolks, add milk, bread crumbs, butter and salt. Cook in double boiler stirring until thick. Add the cheese and stir until melted. Set aside to cool, then fold in the whites of eggs beaten till stiff. Pour into a buttered baking dish, set in a pan of water and bake in a moderate oven until set (about 30 minutes).

### Fish and Egg Croquettes

1 cup flaked fish  
3 hard boiled eggs (finely chopped)

1 cup thick white sauce  
Salt, pepper.

Mix all ingredients and spread on a plate to cool. Shape, roll in crumbs and fry or saute, or these may be baked in a moderate oven  $\frac{1}{2}$  hour. If salmon is used add lemon juice and finely chopped parsley.

### Fish Balls

1 cup salt codfish  
2 cups potatoes (heaping)  
1 egg

$\frac{1}{2}$  tblsp. butter  
 $\frac{1}{8}$  tsp. pepper  
Buttered crumbs

Wash fish in cold water, cover with warm water and flake in to very small pieces or cut, using scissors. Wash, and pare potatoes cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain very thoroughly in wire strainer, return to kettle in which they were boiled, mash thoroughly, add butter, egg well beaten and pepper. Beat with a fork two minutes. Take up by spoonfuls, fry in deep fat or bake in a casserole in oven.

### Fish Pie

2 cups flaked fish  
Mashed potatoes

1 cup white sauce

Combine the sauce and flaked fish. Season well. Put into a baking dish, cover with well beaten mashed potatoes, piled lightly. Bake in oven until brown.

---

## FISH and RICE LOAF



Line a buttered mold with cold cooked rice. Flake the fish and add enough cream sauce to combine, seasoning it well. Pack into the rice mould. Cover the top with rice. Steam about 45 minutes. Turn out and serve with tomato sauce.

## Green Pea Loaf with White Sauce

1 cup dried green peas	$\frac{1}{8}$ tsp. pepper
4 cups cold water	$\frac{1}{2}$ tsp. paprika
2 qts. boiling water	1 egg
$1\frac{1}{2}$ cups soft stale bread crumbs	3 tblsp. fat
1 tsp. salt	$1\frac{1}{2}$ cups milk

Soak peas in cold water over night. Cook in boiling water until soft. Rub through a sieve. To one cupful of this pulp, add bread crumbs, milk, seasoning, egg (slightly beaten) and melted fat. Turn mixture into a small greased bread pan. Set in a pan of water. Bake mixture 40 minutes or until firm. Remove loaf from pan. Serve with white sauce. One-half cup of cheese may be added to one and one-half cups of this sauce.

## Tomato Sauce

1 cup tomatoes	$\frac{1}{4}$ tsp. salt, pepper
$1\frac{1}{2}$ tblsp. flour	$\frac{1}{2}$ tsp. sugar
2 tblsp. butter or oleo	2 peppercorns, sprig of parsley, slice of onion, dash of celery salt, bit of bay leaf.

Cook tomatoes for a few minutes. Some, or all of seasoning mentioned may be chosen, according to taste. Cook the seasonings with the butter until golden brown. Stir in flour. Press tomatoes through a strainer and stir into blended flour.

---

# BREAD

## WHITE BREAD (compressed yeast)

### BASIC RECIPE (2 loaves)

2 to 4 tsp. sugar	$\frac{1}{4}$ yeast cake (over night setting)
2 tsp. salt	2 yeast cakes (3 hour bread)
2 tsp. shortening (when used)	6 to 8 cups flour.
3 cups boiling water	

Method : Dissolve yeast cake in  $\frac{1}{4}$  cup lukewarm water  $86^{\circ}$  F. In a large mixing bowl put sugar, salt and shortening (when used). Pour over this the remainder of the water, boiling. When lukewarm add enough flour to make a batter. Add dissolved yeast and beat until smooth and elastic (about 5 minutes). Stir in enough flour to make a dough which will not stick to the fingers. Turn out on to a lightly floured board and knead until smooth and springy.

Set away to rise in a warm place covering it well to keep the surface from drying out. When risen to double in bulk turn out on to kneading board, cut well with a sharp knife to get rid of all the large gas bubbles and knead again five minutes. Return to bowl and when risen to double in bulk again cut and shape into loaves and put in pans to rise until fully double in bulk. Bake in a

hot oven (425-450° F.) for the first 15 minutes. Lower heat to 380° F. and bake for the remainder of time in a moderate oven.

For loaves with  $1\frac{1}{2}$  cups of liquid it requires 60 minutes to bake.

Just before removing from the oven wash over the crust with cold water.

Remove from the oven and leave to cool on a rack or cake cooler.

When cooled put away in a clean sweet bread box and keep in a cool dry place.

### Graham Bread

Substitute 2 cups of Graham flour for 2 cups of white flour.

### Whole Wheat Bread

Substitute 2 cups of whole wheat flour for 2 cups of white flour.

### Barley Bread

Substitute 2 cups barley flour for 2 cups of white flour.

### Rye Bread

Substitute 2 cups of rye flour for 2 cups of white flour.

NOTE :— Any of the above substitute breads must be put into the pans when risen to double in bulk the **first** time. Do not cut them down and allow to rise a second time.

### Rye Meal Bread

2 tblsp. molasses	$\frac{1}{4}$ to 2 yeast cakes (compressed) or
$2\frac{1}{2}$ tsp. salt	$\frac{2}{3}$ to 2 cups liquid yeast.
2 tsp. shortening	2 cups rye meal.
3 cups boiling water	2 cups Graham flour
	2 to 4 cups white flour

Dissolve yeast cake in  $\frac{1}{4}$  cup lukewarm water. In a large mixing bowl put rye meal, molasses, salt and shortening. Pour over this the remainder of the water, boiling, and beat well. When lukewarm add the dissolved yeast and beat well again. Now add the Graham flour and sufficient white flour to mould the same as in white bread. Set away to rise until double in bulk. Cut, shape and put into pans and let rise again until double in bulk and bake the same as white bread. This bread will not be as well shaped a loaf as the white bread.

NOTE :— All white flour may be used in place of Graham and white flour, if desired.

### Oatmeal Bread (2 loaves)

3 cups rolled oats	$\frac{1}{4}$ to 2 yeast cakes or $\frac{2}{3}$ to 2 cups
$4\frac{1}{2}$ cups boiling water	liquid yeast
4 tsp. sugar	2 cups Graham flour
$2\frac{1}{2}$ tsp. salt	4 to 6 cups white flour

Cook the rolled oats and water as for cereal in a double boiler for at least four hours. When ready to set bread, dissolve yeast cake in  $\frac{1}{4}$  cup lukewarm water. Turn the cooked cereal into a large mixing bowl (being careful to remove

any hard crust formed on top during cooking) and add to it the sugar and salt. When lukewarm add the dissolved yeast cake and beat thoroughly. Add the Graham flour and then sufficient white flour to mould as in white bread. Set away to rise until double in bulk. Cut down and let rise again until double in bulk. Cut and shape loaves and put into pans. Let rise until double in bulk and bake same as white bread.

If using left over cereal to make this bread use 4 cups of thick cooked cereal for two loaves.

### Hints for the use of new grades of flour

1. Use a little more yeast.
2. Give the bread a cooler fermentation or in other words do not keep it quite as warm during the process of rising.
3. Let it rise to double in bulk the first time.
4. Cut, shape into loaves and put in pans before it is quite double in bulk the second time.
5. Allow it to rise until fully double in bulk in pan and bake in a hot oven.

### White Bread (Royal Yeast)

#### (SPONGE AND DOUGH METHOD)

- |                     |  |
|---------------------|--|
| 1½ cups flour       | 1 cup riced potatoes (2 medium sized potatoes) |
| 1 tblsp. shortening | 3 cups water                                   |
| 2 tblsp. sugar      | 1 dried yeast cake (Royal or Magic)            |
| 1 tsp. salt         | ½ cup of lukewarm water (86° F.)               |

**Sponge** :— Dissolve dried yeast in ½ cup of lukewarm water (86° F.) to which has been added ½ tsp. of sugar. Place flour, remainder of sugar, salt, shortening and riced potatoes in a large bowl. Pour over all the ingredients the remainder of the water when boiling, and beat the whole mixture until smooth. When lukewarm beat into it the dissolved yeast and set away to rise in a warm place or at ordinary room temperature 70° F., until light and foamy. This will take from 7 to 9 hours.

**Dough** :— When the sponge is risen, measure it into the mixing pan and add to it sufficient lukewarm (86° F.) water for the required amount of bread (allowing 1½ cups liquid for each loaf of bread) and the necessary amount of salt (allowing 1 tsp. for each loaf). Stir flour into this mixture, until too stiff to use the spoon, then mix in more with the hands until the dough no longer sticks to the fingers. Turn out on the kneading board and knead until smooth and elastic adding a little more flour if it should stick to the board. As soon as it ceases to stick to the fingers or the kneading board cease to add more flour. Set away to rise until double in bulk in the slightly greased mixing bowl, covering closely to keep the surface of the dough from drying out and to keep the dough warm. If necessary warm the pan and cover.

When double in bulk cut mass of dough well with sharp knife to get rid of the large air bubbles, knead for five minutes and set away to rise the second time until double in bulk.

Cut the dough and shape into loaves that will half fill the bread tins, using no flour on the kneading board. Set away to rise in a warm place until fully double in bulk again. If necessary cover the bread with clean towels to keep the surface from drying out.

Bake in a hot oven (425° to 450° F.) for the first 15 minutes. Lower the heat to moderate or 350° to 380° F. and finish baking.

Time for baking — One hour.

## SUGGESTIONS

I. If you wish to set your bread at night make the sponge at noon in the winter time at 86° F. In the summer time make the sponge at 4.00 p.m. having the water at 70° F.

II. If you wish to make your sponge up into a dough in the morning make it at night using a temperature of 70° F. and keep the sponge at that temperature until morning.

### Whole Wheat Grain Bread ( loaves)

3 cups of wheat grains  
2 tsp. sugar  
2½ tsp. salt

½ to 2 yeast cakes (compressed)  
¼ cup lukewarm water  
White flour

Wash the wheat thoroughly in a wire sieve in cold water. Put in a bowl, cover with cold water and let soak for two or three days in a room of moderate temperature, or until the wheat shows signs of sprouting. As the weather gets warmer this would take a shorter period of time and it would have to be kept cooler.

Drain off water and put through meat grinder three times using a coarse plate first and then twice more using the nut plate.

Dissolve the yeast cake in lukewarm water to which is added half the sugar. Add the remainder of the sugar and salt to the ground wheat. To this add the dissolved yeast and beat well. Then add sufficient flour to make a dough as for white bread.

Set away to rise until double in bulk. Cut and shape into loaves and put in greased pans and allow to rise until double in bulk again and bake as white bread.



(A well-shaped Graham Loaf)

