

YEAST FOAM

RECIPES



INGREDIENTS FOR BREAD

Ingredients for five one-pound loaves of bread
(without potatoes). See page 2 for recipe.

SPONGE

1 cake YEAST FOAM

1 pint lukewarm water, at 80 degrees F.

1 quart (=1 lb.) flour



(1) 1 cake
YEAST FOAM



(2) 1 pint
lukewarm water



(3) Break up Yeast,
dissolve thoroughly



(4) 1 quart flour



(5) Always sift your
flour



(6) 2 quarts flour



(7) 1 pint warm water (100° F.)



(8) Dough

DOUGH

Mix the sponge with following :

- 1 pint warm water, at 100 degrees F.
- 2 teaspoonfuls salt
- 2 tablespoonfuls sugar
- 2 tablespoonfuls lard
- 2 quarts (=2 lbs.) flour



2 teaspoonfuls
of salt



(9) 2 tablespoonfuls
of lard



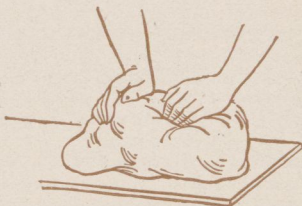
2 tablespoonfuls
of sugar



(10) Flour to make stiff
batter



(11) When light



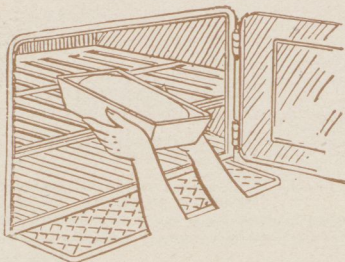
(12) Knead it well



(13) Form into loaves



(14) In pans let rise till
twice its size



(15) Bake one hour in moderate oven

BREAD

Ingredients for Five One-pound Loaves (without Potatoes)

SPONGE

- 1 cake YEAST FOAM
- 1 pint lukewarm water at 80 degrees F.
- 1 quart (1 lb.) flour

DOUGH

- Mix above sponge with following :
- 1 pint warm water at 100 degrees F.
- 2 teaspoonfuls salt
- 2 tablespoonfuls lard
- 2 tablespoonfuls sugar
- 2 quarts (2 lbs.) flour

RECIPE FOR ABOVE

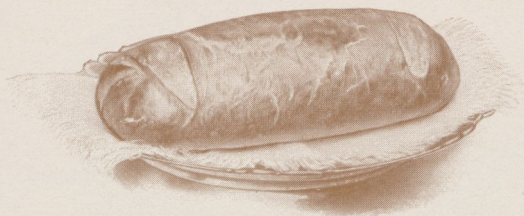
In the evening soak 1 cake of YEAST FOAM in 1 pint lukewarm water (80 degrees F.) for about 1 hour. When dissolved mix with 1 quart (1 lb.) of flour to medium sponge. Cover sponge and let rise in warm place over night. Early in the morning mix sponge with 1 pint of warm water (100 degrees F.), 2 teaspoonfuls salt, 2 tablespoonfuls each of sugar and lard. Then add 2 quarts (2 lbs.) flour and mix to medium dough. Knead dough for about 15 minutes and let rise from 2½ to 3 hours. Knead dough down and let rise for about 1 hour and then mould into loaves. Let loaves rise to double their size and bake for 45 minutes to 1 hour in a moderate oven.



RYE BREAD

Two Loaves

One pint YEAST FOAM bread sponge, one large cup rye flour, the same of yellow corn meal scalded and cooled; one tablespoonful melted butter, one of molasses, a little salt; knead with white flour. When light bake in moderate oven.



TEA ROLLS

One and One-half Dozen

MATERIALS

- 1 cup scalded milk
- $\frac{1}{4}$ cup sugar
- 1 teaspoon salt
- $\frac{1}{4}$ cup melted butter
- 2 eggs
- 1 cake YEAST FOAM, dissolved
in $\frac{1}{4}$ cup lukewarm water
- 1 pinch nutmeg
- $3\frac{1}{2}$ cups flour

WAY OF PREPARING

When the milk is lukewarm add 2 cups flour. Beat well and add the dissolved YEAST FOAM. Let rise; then add the butter, sugar, salt, nutmeg and the well beaten eggs. To this add enough of your flour to make a soft dough. Knead well and let rise in a warm place. Shape into small rolls. Put into a buttered pan, let rise, and bake in a brisk oven for fifteen minutes.



RUSKS

Two and One-half Dozen

MATERIALS

2 cups warm milk
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
2 eggs
1 teaspoon salt
1 cake YEAST FOAM
1 cup seeded raisins
Cinnamon
Flour

WAY OF PREPARING

Dissolve the YEAST FOAM in the warm milk, then add sufficient flour to make a batter. Let this rise until light. Beat sugar and butter to a cream and add the eggs well beaten. Now add this to the batter with the salt, raisins and sufficient flour to make a soft dough. Mould the dough with your hands into balls about the size of a large egg. Set these close together in a buttered pan and let rise until fully twice their bulk. Brush with the beaten white of an egg, sprinkle with sugar and cinnamon and bake thirty minutes. Nuts may be substituted for raisins.



PARKER HOUSE ROLLS

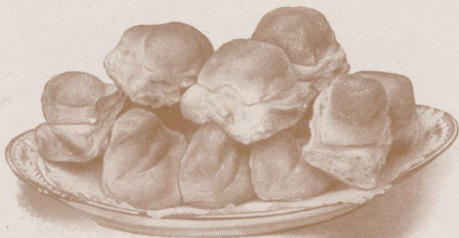
Two and One-half Dozen

MATERIALS

3 cups scalded milk
4 tablespoons butter
3 tablespoons sugar
1 teaspoon salt
8 cups sifted flour
1 cake YEAST FOAM, dissolved
in $\frac{1}{4}$ cup lukewarm water

WAY OF PREPARING

Pour the scalded milk over the salt, sugar and butter. When lukewarm beat in 4 cups of the flour. Mix well and add the dissolved YEAST FOAM. Cover closely and let rise in a warm place. When light add enough more flour to knead (4 cups). Cover, let rise until light. Roll out to $\frac{1}{2}$ inch thickness. Shape with a biscuit cutter, brush each shape with melted butter, crease through the center, fold over and press the edges together. Place in a buttered pan one inch apart and let rise until very light, then bake in a brisk oven fifteen minutes.



VIENNA ROLLS

Three and One-half Dozen

MATERIALS

1 cake YEAST FOAM
1 quart warm water
1 tablespoon salt
2 tablespoons sugar
Sifted flour

WAY OF PREPARING

Mix the sugar, salt, YEAST FOAM and water. When thoroughly dissolved add enough sifted flour to make a medium soft dough. Cover, keep in warm place, and let rise until light, then turn it on to the moulding-board and shape the same as small Vienna loaves about six inches long. Place in a buttered pan, allowing a little space between each two, and let them rise. When light gash the tops diagonally three times, bake in a moderate oven about twenty-five minutes. If desired you may brush the rolls with beaten eggs and sprinkle them with poppy seeds, in which case you omit gashing them.



ROOT BEER

Directions for Making

MATERIALS

5 cakes YEAST FOAM
3 tablespoons sugar
1 pint lukewarm water
1 bottle Root Beer Extract
5 gallons pure, fresh water,
slightly lukewarm
4 pounds sugar

WAY OF PREPARING

Dissolve 5 cakes of YEAST FOAM and 3 tablespoonfuls sugar in a pint of lukewarm water. Keep in a warm place for twelve hours, then stir well and strain through cheese-cloth. (Throw away particles of meal left in cloth.) Add bottle of Root Beer Extract, 4 pounds sugar and 5 gallons of lukewarm water. Mix thoroughly and bottle. (Tie or fasten in corks.) Keep in warm place about forty-eight hours. After cooling it is ready for use. Keep in cellar or place of low temperature.



BUTTER ROLLS

Two and One-half Dozen

MATERIALS

2 cups scalded milk
 $\frac{1}{2}$ cup butter
2 tablespoons sugar
1 teaspoon salt
 $\frac{1}{2}$ cake YEAST FOAM, dissolved
in $\frac{1}{4}$ cup of lukewarm water
Flour

WAY OF PREPARING

Add the butter, sugar and salt to the milk. When lukewarm add the dissolved YEAST FOAM, then $3\frac{1}{2}$ cups of flour. Let rise until light, then add enough flour to make a soft dough. Let rise again, then place on moulding board and roll into a sheet $\frac{3}{4}$ of an inch thick. With a sharp knife cut into pieces $2\frac{1}{2}$ inches long and one inch wide. Place close together in a buttered pan, let rise until light and bake in a brisk oven for fifteen minutes.



COFFEE CAKE

MATERIALS — SPONGE

- 1 cup milk, scalded and cooled
- 2 teaspoons sugar
- 1 pinch salt
- $\frac{1}{2}$ cake YEAST FOAM, dissolved
in $\frac{1}{4}$ cup lukewarm water
- 2 cups flour

MATERIALS — DOUGH

- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup sugar
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup milk
- 3 to 4 cups flour to make soft dough

WAY OF PREPARING

Make a sponge of the sponge materials and let mixture stand over night. Then add the dough materials to the sponge and make a soft dough. Let rise till light. Then place in shallow pans. Wash top with melted butter, sprinkle with granulated sugar and cinnamon. Let rise till light. Bake about twenty-five minutes in moderate oven.

Serve either warm or cold.

The cake should be about one inch and a half thick when finished.



RAISIN BREAD

MATERIALS

1 pint milk	1 teaspoon salt	2 eggs
1 pint water	1 cake YEAST FOAM	
$\frac{1}{2}$ cup lukewarm water	1 teaspoon sugar	
4 cups flour	$\frac{1}{2}$ cup sugar	
2 tablespoons butter	1 cup seeded raisins	

WAY OF PREPARING

Place the milk and water in a saucepan and bring to the boiling point; cool until you can bear your finger in it. Add the flour and beat well. Dissolve the YEAST FOAM in the half cup of lukewarm water and add the teaspoon of sugar. Let stand while you prepare the batter, then combine the yeast with the batter. Cover and set in a warm place. Let rise until very light, then add the butter, eggs, sugar and raisins, and flour enough to make a soft dough; let rise again. Then form into loaves and place in the pans. Let rise until pans are rounding full. Bake for forty-five minutes.

BREAD

For Four One-pound Loaves of Bread

RECIPE FOR ONE-MIXING, STRAIGHT-DOUGH PROCESS

Straight dough is made by mixing *all* the materials at one time. It needs at least twelve or fourteen hours to rise. The bread is coarser in texture than bread made from sponge dough.

MATERIALS

8 cups flour	1 tablespoon sugar	1 teaspoon salt
$\frac{1}{2}$ cake YEAST FOAM, dissolved in $\frac{1}{2}$ cup lukewarm water		1 pint lukewarm water
1 tablespoon butter, lard or drippings		

Mix the flour, sugar and salt, and work in the shortening until fine like meal. Mix the yeast with the water. Then mix the liquid and the dry ingredients. Have a firm, rather stiff dough. If too soft, add a little flour. If too stiff, add a little water. Knead for twenty-five minutes. Let rise in a warm place over night. Divide into four parts and put in bread pans. Let rise again and bake for forty-five minutes.

BREAD

For Four Two-pound Loaves of Bread

ONE-KNEADING SHORT RECIPE

(With Potatoes)

In the evening break 1 cake of YEAST FOAM into $\frac{1}{2}$ cup of lukewarm water, let stand about thirty minutes until dissolved. Take 1 pint lukewarm potato water, mash two boiled potatoes and add to the water. Stir in $2\frac{1}{2}$ cupfuls warm flour, making a thick batter; to this add the yeast. Stir all together and let stand in a warm place over night.

In the morning put sufficient flour into a bread pan to make 4 large loaves of bread. Pour in the sponge, together with 3 cups lukewarm water, 1 tablespoonful salt, 1 tablespoonful melted lard and 1 tablespoonful sugar. Mix all together into a stiff dough, knead fifteen minutes. Let rise in a warm place until very light, then make into loaves. Let rise to double their size. Bake forty-five minutes to one hour in moderate oven. Potatoes may be omitted if desired.

During the summer months the sponge may be commenced at nine o'clock in the evening. At night cover sponge carefully, so no drafts will affect it, leaving room for the sponge to rise.



ONE-KNEADING RECIPE

(Without Potatoes)

For Three 2-pound Loaves of Bread

EVENING MATERIALS

1 cake YEAST FOAM dissolved in	$\frac{1}{2}$ cup lukewarm
water	5 cups flour
	$\frac{1}{4}$ cup sugar
1 quart lukewarm water	2 teaspoons salt

MORNING MATERIALS

1 tablespoon lard	Flour to make dough
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In the evening, having dissolved 1 cake YEAST FOAM in lukewarm water for 10 minutes, mix same in 1 quart lukewarm water and stir in $\frac{1}{4}$ cup of sugar, 2 teaspoons salt and 5 cups flour; beat well for a few minutes. Cover and set to rise over night in a warm place. Early in the morning add 1 tablespoon lard and flour to make a medium dough. Knead ten or fifteen minutes, allow to rise in warm place until double its size, then mould into loaves. Let loaves rise to double their size, and bake for forty-five minutes to one hour in a moderate oven.

GENERAL REMARKS

Always sift your flour. Warm the flour and the water used, except in very warm weather. During the process of breadmaking keep the sponge, dough and loaves in a reasonably warm place, out of drafts and well covered with cloths. Allowing the dough to get chilled means poor bread. Bread is ready for the oven when the dent made by pressing the finger on the loaf will remain.

BUCKWHEAT CAKES

MATERIALS

2 quarts warm water
1 cake YEAST FOAM dissolved in 1 cupful warm water
1 tablespoonful salt
Buckwheat Flour
 $\frac{1}{2}$ teaspoonful soda dissolved in $\frac{1}{4}$ cup of warm water

WAY OF PREPARING

At night take 2 quarts warm water and 1 cake of YEAST FOAM dissolved in 1 cupful of warm water, add buckwheat flour enough to make a thick batter, add 1 teaspoonful of salt, beat all together thoroughly. In the morning add $\frac{1}{2}$ teaspoonful of soda dissolved in $\frac{1}{4}$ cup of warm water. Add cold water to thin batter to suit. If very brown cakes are desired, add 1 tablespoonful of granulated sugar.

RAISED DOUGHNUTS

Place 1 pint of YEAST FOAM bread sponge in a large bowl, add $\frac{1}{4}$ cupful melted butter, $\frac{1}{2}$ cupful sugar, 2 eggs beaten very light, a pinch of salt, $\frac{1}{2}$ teaspoonful ground cinnamon, $\frac{1}{4}$ teaspoonful ground nutmeg.

Roll out and cut into shape, letting them remain on board until light. Fry in deep fat and drain on white paper.

BREAD STICKS

Two Dozen

MATERIALS

2 cups scalded milk
 $\frac{1}{2}$ cup butter
Whites of 3 eggs
1 cake YEAST FOAM, dissolved in $\frac{1}{4}$ cup lukewarm water
4 tablespoons sugar
1 teaspoon salt
 $7\frac{1}{2}$ cups sifted flour

WAY OF PREPARING

Mix the milk, sugar, butter and salt. When lukewarm add the flour, YEAST FOAM and whites of eggs well beaten. Knead well. Let rise and then shape in long, thin strips, about 8 inches long and $\frac{1}{2}$ inch thick, keeping them of an equal thickness. Let rise again, then bake. Have your oven very brisk and reduce heat at the end of five minutes. The sticks should be very crisp and dry.

BREAD MIXER

Any of the bread recipes may be used with a bread mixer, and with straight dough recipe the bread could stay in the mixer until ready to mould into loaves.



NORTHWESTERN YEAST CO.
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