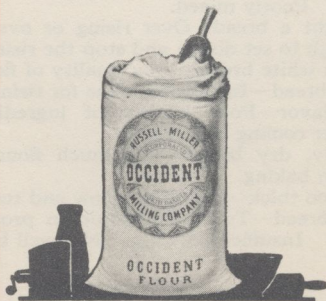


OCCIDENT

Recipes



**YEAST
BREADS**



The basis of these recipes is OCCIDENT SPECIAL PATENT FLOUR. Occident, because of its unusual purity and strength, absorbs more liquid than any other flour. Scant cups of Occident equal full cups of other flour. Always measure Occident Flour after sifting.

BREADS

Ingredients

For Bread-Making select only the Best Materials.

Measurements

All measurements given in Occident Recipes are level. Flour should always be sifted before measuirng.

4 cups Occident Flour = 1 pound

3 teaspoons = 1 tablespoon 2 cups = 1 pint

16 tablespoons = 1 cup 4 cups = 1 quart

Bread Difficulties

1. Too porous—Over rising.
2. Cracked top or sides—Uneven heat.
3. Sour bread—Too long a period of fermentation.
4. Heavy streaks—Too short a period of fermentation. Poorly mixed.
5. Too light a bread—Over rising or oven not hot enough to set dough and stop the rising.
6. Greyish white bread—Poor quality of flour.
7. Heavy bread—Insufficient time for rising.
8. Poor flavor—Poor quality of ingredients. Improper cooling and storing.
9. Crumbly, dry bread—Too much flour or dried out in baking.
10. Crust too thick—Baked too slow and too long.
11. Soggy bread—Too much liquid in proportion to flour. Insufficient rising. Not well baked.

Standard for Bread

External appearance—evenly rounded on top—smooth unbroken crust, uniform golden brown color.

Crust—crisp, tender, of even thickness— $\frac{1}{8}$ to $\frac{1}{4}$ inch thick.

Crumb—creamy white with a satiny luster, fine even grain, elastic to touch, thoroughly baked, moist, and flavor like that of chewing wheat.

WHITE BREAD [Straight Dough Method]

(4 loaves)

About 12 cups OCCIDENT Flour (sifted)
4 cups liquid (water, or 1 1/2 tablespoons salt
water and milk) 1 compressed yeast cake
1 1/4 tablespoons shortening dissolved in 1/2 cup luke-
2 1/2 tablespoons sugar warm water

Add dissolved yeast, sugar and salt to lukewarm liquid.

Add one-half the flour and beat thoroughly. Add melted shortening and remainder of the flour gradually.

Mix well and turn out on floured board.

Knead until the dough becomes elastic to the touch, and will not stick to the board.

Place in greased bowl, cover and allow to rise in a temperature of from 80 degrees to 82 degrees F. until it has doubled in bulk, about 2 1/2 hours.

Punch down and turn dough over. Let stand 15 minutes.

Some bread makers prefer to return the dough to the bowl and allow it to rise a second time until it nearly doubles in bulk before placing in the pans — about 45 minutes. This tends to produce a finer texture in the bread, but sacrifices the flavor to a slight degree.

Form into loaves of a size to half fill pans. Place in oiled pans and allow to rise until it has doubled in bulk. This will bring the top of the dough about even with the edges of the pan.

Bake 45 to 50 minutes. Oven temperature 400 degrees F. for 15 minutes, lower to moderate temperature 380 degrees F.

WHITE BREAD [Overnight Sponge Method]

(4 loaves)

About 12 cups OCCIDENT Flour (sifted)
4 cups liquid (water, or 1 1/2 tablespoons salt
water and milk) 1 yeast cake dissolved (dry
1 1/4 tablespoons shortening or compressed) in 1/4 cup
2 1/2 tablespoons sugar lukewarm water

To the sugar and lukewarm liquid add the dissolved yeast, then about one-half of the flour, or enough to make a good sponge.

Beat thoroughly, cover and place this sponge in a moderately warm place 65 degrees to 70 degrees F. and allow to stand over night.

In the morning add salt, melted shortening and balance of flour. Turn on floured board for kneading. Knead until dough becomes elastic to the touch and does not stick to the board.

Place in greased bowl, cover with clean towel and let rise to double in bulk, and proceed as in straight dough method.

GERMAN KUCHEN

About 2 $\frac{1}{4}$ cups OCCIDENT Flour (sifted)
 $\frac{2}{3}$ cup milk $\frac{3}{4}$ cup raisins
1 cake compressed yeast $\frac{1}{3}$ cup melted shortening
1 teaspoon salt $\frac{1}{4}$ cup brown sugar
 $\frac{2}{3}$ cup sugar $\frac{1}{4}$ cup chopped nuts
2 eggs

Scald and cool milk. Add yeast, sugar, salt and part of flour. Mix well.

Add beaten eggs, melted shortening, and remainder of flour. Let rise 1 $\frac{1}{2}$ hours or until light.

Add raisins. Mix well. Put in greased pan. Sprinkle brown sugar and chopped nuts on top. Let rise 1 hour.

Bake in moderate oven, 400 degrees F., 45 minutes.

ORANGE BREAD

About 4 cups OCCIDENT Flour (sifted)
 $\frac{1}{4}$ cup water 2 tablespoons sugar
1 cup orange juice 1 teaspoon salt
Grated rind 2 oranges 1 egg yolk beaten light
2 tablespoons melted shortening 1 cake compressed yeast

Mix as for white bread, knead until dough is smooth and elastic, cover, and place in warm place to rise until double in bulk. Mold in loaf—place in greased pan. Let rise until double in bulk. Bake for one hour in a moderate oven.

SWEET ROLL DOUGH

6-6 $\frac{1}{2}$ cups OCCIDENT Flour (sifted)
2 cakes compressed yeast $\frac{1}{4}$ cup shortening
2 cups milk (scalded and cooled) $\frac{1}{4}$ cup sugar
3 teaspoons salt 2 eggs

Dissolve yeast in lukewarm milk and stir well. Add sugar, beaten eggs, salt and $\frac{1}{2}$ the flour; mix well and add the melted butter. Beat thoroughly; add balance of flour or enough to make a soft dough. Turn out on floured board; knead into smooth dough. Place in well greased bowl. Cover and let rise to double in bulk. Knead down and let rise 45 minutes.

Use either white bread dough or sweet roll dough for the following:

PARKER HOUSE ROLLS

Turn dough on board. Roll out $\frac{1}{4}$ -inch thick. Brush over lightly with melted butter. Cut with small biscuit cutter. Dip handle of knife in flour, and with it make deep crease through center of each piece. Brush half of each piece with melted butter. Fold and press edges together. Place in greased pan $\frac{1}{2}$ -inch apart, cover with clean towel and allow to rise until light—about 25 minutes. Bake in a moderately hot oven (400 degrees F.) 20-25 minutes.

LUNCHEON ROLLS

Pinch off pieces of dough about size of small egg. Roll each piece between palms of hand until round. Then roll with hand on board until $2\frac{1}{2}$ inches long. Place close together in well-greased pan. Let rise until double in bulk. Brush with butter and bake about 20-25 minutes in moderate oven (400 degrees F.). When done, cool slightly and brush top with melted butter.

CLOVER LEAF BISCUITS

Form the dough into small balls three-fourths to one inch in diameter. Place 3 or 4 balls of the dough in well greased muffin tins. Brush rolls lightly with melted butter and allow to rise until very light. Bake from 20-25 minutes in moderately hot oven (400 degrees F.).

CINNAMON ROLLS

Shape dough. Let stand 5 minutes. Roll to $\frac{1}{4}$ -inch in thickness. Spread with melted butter, sprinkle with sugar and cinnamon that has been mixed together in the proportion of $\frac{1}{2}$ teaspoon cinnamon to 2 tablespoons of sugar. Currants or raisins may be added. Roll as for jelly-roll and press edges firmly together and cut in pieces $\frac{1}{2}$ -inch to $\frac{3}{4}$ -inch thick. Place in a well-greased pan. Let rise until very light. Bake in moderate oven (400 degrees F.) 25-30 minutes.

BUTTER-SCOTCH ROLLS

Proceed as for cinnamon rolls, using brown sugar instead of white. Place cut surface of roll in pan in which there is a thin layer of melted butter and a thin layer (about $\frac{1}{4}$ inch thick) of brown sugar. On top of

this, pecans and other nuts may be placed if desired. Let rise until very light. Bake in moderate oven 400 degrees F. 30 minutes. Invert on platter or oiled paper.

COFFEE CAKE

After the first rising of the dough, knead in $\frac{1}{2}$ cup raisins and let rise 30 minutes. Turn dough on board. Roll $\frac{1}{2}$ -inch thick. Place in well-greased pan. Brush with melted butter. Sprinkle with cinnamon and sugar—proportion $\frac{1}{2}$ teaspoon cinnamon to 2 tablespoons sugar—and let rise until double in bulk. Bake 45 minutes, oven temperature 400 degrees F. for the first 25 minutes.

SWEDISH TEA RING

Roll dough to $\frac{1}{2}$ -inch thickness. Spread with melted butter, brown sugar, cinnamon, fruit and nuts, if desired. Roll like a jelly-roll. Cut a piece from each end of roll. Place in well-greased pan. Form into rings. Use scissors to cut slices through the roll. These slices should be cut three-fourths the way through the roll, and around the entire ring. Let rise. Brush top with melted butter or slightly beaten egg diluted with one tablespoon cold water. Bake in moderate oven 400 degrees F. about 30 minutes.

DUTCH APPLE CAKE

Spread dough one-half inch thick in well-greased pan. Brush with melted butter. Pare, core and slice baking apples. Cut slits into dough with scissors and insert apple slices. Sprinkle with cinnamon, sugar, and currants. Cover and let rise until very light and bake in moderate oven 200 degrees F., 30 minutes.

WASHINGTON ROLLS

6 cups OCCIDENT Flour (sifted)	
2 cups milk (scalded and cooled)	1 egg
4 tablespoons melted shortening	1 compressed yeast cake dissolved in $\frac{1}{4}$ cup lukewarm water
2 $\frac{1}{2}$ teaspoons salt	
1 tablespoon sugar	

Add dissolved yeast and sugar to lukewarm milk. Add half of flour and beat vigorously. Beat into batter, salt, shortening and beaten egg. Add flour to make soft dough and knead well.

Place in bowl, cover, and let rise in warm place until double in bulk.

Shape into small rolls by forming into balls then rolling two inches long. Place together in greased pan.

Let rise. Bake in moderate oven (400 degrees F.) 20 minutes. When half baked brush with melted butter.

DENVER OR EVERLASTING BISCUIT ICE-BOX ROLLS

There is nothing more delicious and appreciated for breakfast, luncheon, dinner, and supper than hot rolls. This recipe can be prepared days before and kept in the dough for immediate use. The dough may be kept for a number of days.

- | | |
|--------------------------------------|---|
| 1 quart milk scalded and cooled | 1/2 cup warm water or one cup liquid yeast. Use one cup less milk when using liquid yeast |
| 1 cup mashed potatoes—packed loosely | 1 teaspoon baking powder |
| 1 cup sugar | 1 teaspoon soda |
| 1 cup lard | 1 teaspoon salt |
| 1 cake compressed yeast in | |

Into the quart of milk scalded and cooled put the cup of potatoes boiled and mashed, the sugar, the melted lard, and a cake of compressed yeast that has been dissolved in 1/2 cup of lukewarm water. Add the baking powder, soda, and salt to the flour. Use flour enough for soft batter.

Let the batter or sponge rise until full of bubbles; add sufficient flour for a stiff dough. Knead or cut into smooth dough and put in the ice box or refrigerator for use. Let it remain for 24 hours before using. When wanted to bake pinch off sufficient dough to make into the desired amount of biscuit, *let rise one hour*, then bake.

BUTTER ROLLS

- | | |
|---------------------------------|--------------------|
| 1 1/2 cups OCCIDENT Flour | |
| 2 cakes compressed yeast | 1 teaspoon vanilla |
| 1 tablespoon sugar | 3 egg yolks |
| 1/4 cup milk scalded and cooled | 1/2 cup butter |

Dissolve yeast and sugar in milk lukewarm. Add vanilla, beaten egg yolks. Cut butter in the flour. Combine mixtures. Form in ball. Place in cheese cloth and put in a pan of cold water. Let stand 3/4 to 1 hour. Remove from cloth. Make into small balls and roll in 1/2 cup sugar and 1/4 cup nuts. Twist, place in pan, and let rise for 20 minutes. Bake in a hot oven (400° F.) for 20 minutes.

RAISED DOUGHNUTS

- | | |
|---------------------------|---|
| 3 3/4 cups OCCIDENT Flour | |
| 1 cup scalded milk | 1 yeast cake softened in 1/4 cup lukewarm water |
| 1 teaspoon salt | |

$\frac{3}{4}$ cup sugar

2 tablespoons shortening

1 egg

$\frac{1}{2}$ teaspoon grated nutmeg

Add scalded milk to fat and salt. When lukewarm add the yeast. Add $1\frac{1}{2}$ cups flour. Allow sponge to stand in warm place until it is so light that it will fall at the slightest touch. Add the eggs, nutmeg, and remainder of flour, and knead. The dough should be softer than bread dough. Cover and set in a warm place to rise. Toss on a lightly floured board and roll until three-fourths of an inch thick. Cut with a doughnut cutter and let rise. When frying put the raised side of the doughnut down in the fat. The heat will cause the top side to rise by the time the doughnut is ready to turn.

BRAIDED BREAD

Use Roll Sweet Dough and divide into two parts. Divide each into three parts, roll into long strands, and with three of the strands make a braid. Place in long pan well greased. Brush with butter when light. Bake about 25 minutes in moderate oven. Frost with plain frosting and sprinkle with nuts. Raisins and cinnamon added to the dough improve the braided bread.

FRENCH TWISTS

Use a portion of the Roll Sweet Dough recipe. Turn the dough on to the moulding board, roll it out into rectangular sheet less than one-fourth inch thick, cut this into strips seven inches wide, cut the strips into squares and the squares diagonally into halves. This will form pieces the shape of a triangle. Roll from the side opposite the point of triangle so the point comes below, and bring the end of the roll together, shaping like a horseshoe. Place on buttered baking sheet some distance apart. Brush with melted fat. Let stand until light. Bake in a hot oven 400° F. for 15 minutes, glaze with white of egg.

FRENCH PROVINCIAL ROLL OR PEASANT CAKE

Use Roll Sweet Dough. Prepare as Swedish Tea Ring using brown sugar and dates cut in pieces in place of white sugar and almonds. Place roll in well greased bread pan. Cut in pieces two-thirds through, alternate pieces at opposite sides. Twist each slightly to resemble a cork screw. Brush top with melted fat and let rise until light. Bake in moderate oven about 35 minutes. Remove from oven and frost top with plain frosting and sprinkle with chopped dates.