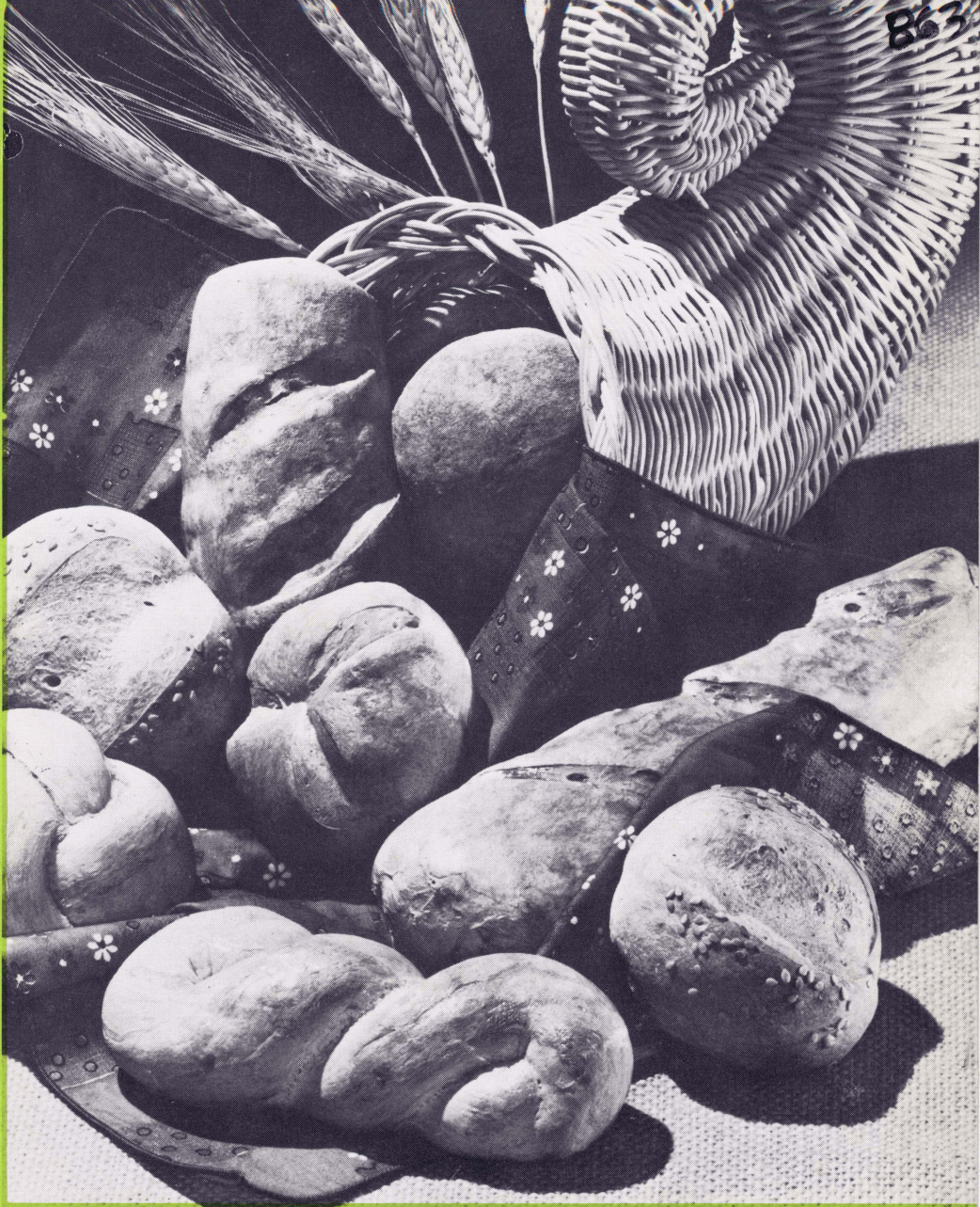


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YEAST BREADS

TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas



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Photographs in this publication are courtesy of the Wheat Flour Institute, 14 East Jackson Blvd., Chicago, Ill., 60604, and Standard Brands, Inc., New York, N. Y.

Yeast Breads

Made at Home

FRANCES REASONOVER
Extension Foods and Nutrition Specialist
Texas A&M University



Bread is a standard food for most Texas families three times a day. Bread combines energy-giving carbohydrates and body-building proteins in a tasty product that is low in cost.

The tantalizing smell of homemade bread browning in the oven is reason enough for making bread at home. It is fun, too and the art of bread making can be learned easily. A variety of homemade breads and rolls can add interest to family meals.

Good Ingredients for Good Bread

flour

Wheat flour generally is used for bread making because it contains a protein called gluten. The gluten stretches to form an elastic framework capable of holding the bubbles of gas produced by yeast. Stirring and kneading help to develop the gluten. The varieties of wheat and the milling process influence the character of the flour and the amount and kind of gluten which in turn affect the volume and texture of the yeast bread. This is why yeast bread recipes usually specify approximate amounts of flour and do not indicate an exact number of minutes for kneading the dough.

The flour used most for bread making in the home is all-purpose flour. Bread may be made entirely of whole wheat or rye flour or in combination with white flour. Rolled oats, bran and cornmeal are sometimes used in combination with all-purpose flour to make special breads and rolls.

liquid

Milk, water and potato water are the liquids used most often in making yeast breads. Bread and rolls made with water only have a wheaty flavor and crisp crust. Those made with milk have more food value, more velvety grain and creamy white crumb. Breads made with milk also keep better and toast more evenly. Fresh milk or buttermilk is first scalded to obtain the best grain and texture in bread. Evaporated milk needs no scalding but can be diluted with an equal amount of water. When using dry milk solids, add them to the dry ingredients and use water as the liquid.

yeast

Yeast is responsible for the fermentation which produces the light porous grain and unusual texture of yeast breads. Active dry yeast and compressed yeast are used most often in making bread. Compressed wheat is perishable and must be kept in the refrigerator. For best

results, keep it no longer than a week. Active dry yeast is less perishable and may be kept several weeks without refrigeration. It may substitute for compressed yeast in any recipe when dissolving directions on the package are followed.

sugar and salt

Yeast and sugar work together to form carbon dioxide gas which causes the dough to rise. Salt helps control this rate of rise and also flavors the bread. Sugar helps give a golden brown color to the crust.

fat

Some type of fat or oil is included in nearly all yeast bread. It conditions the gluten, making

a dough that stretches easily as the bubbles of gas expand. Fat in bread improves flavor, helps to increase its volume, and contributes to a tender crust and an attractive sheen.

other ingredients

Eggs give extra flavor and richness and add to the food value. They help produce a fine, delicate texture and a golden brown crust. Rolls and breads made with egg whites and water usually have an open grain and a somewhat thick, crisp crust. For various kinds of fancy breads and rolls, fruits, nuts, spices and other flavorful ingredients may be added.

Putting the Ingredients Together

straight dough method

In the straight dough method, the completed dough is made up at the first mixing. All of the ingredients are combined, and the finished dough is set aside in a warm place to rise.

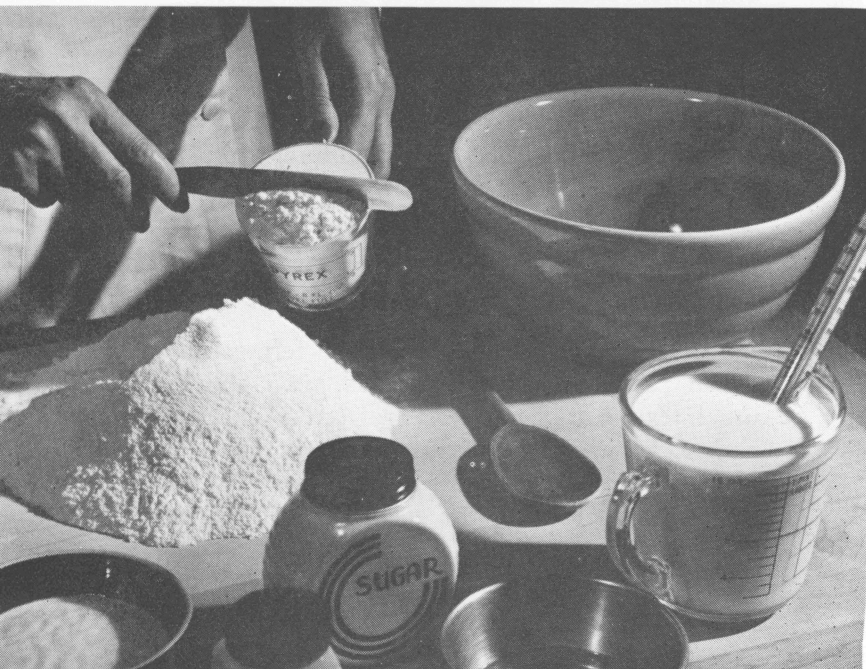
sponge method

In the sponge method, the liquid and yeast are combined and only enough flour is added to make a thick batter. This batter is set in a warm

place to become bubbly and light. When the sponge is light, the sugar, salt, shortening and more flour are added for the desired consistency. When this mixture rises, it is handled just like straight dough.

batter method

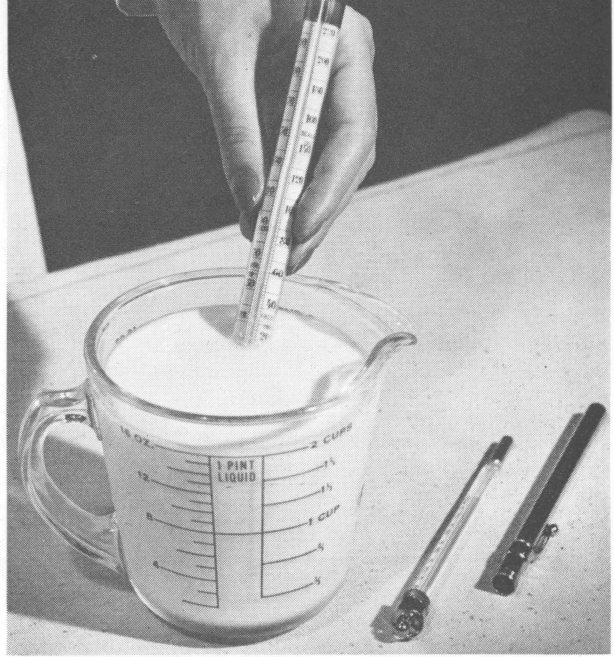
All ingredients are combined and the gluten is developed by stirring and beating the batter rather than by kneading. Batters are allowed to rise either in the bowl or baking pan.



Combining ingredients for bread or rolls.

refrigerator rolls

Some recipes are designed for refrigerator storage; however, any good roll dough, a little sweeter and richer than plain bread dough, may be refrigerated successfully. Increase the yeast by one half or even double it in a plain roll dough you wish to refrigerate. Roll dough keeps well in the refrigerator for 3 to 4 days at 45 to 50 degrees. Grease the surface and cover tightly so the dough will remain moist and elastic. Remove dough from refrigerator, shape into rolls and let rise at room temperature until light.



Measuring temperature of milk with dairy thermometer.

Temperatures

Temperature is highly important in preparing yeast breads. The best temperature at which yeast ferments, and the temperature a good dough develops most satisfactorily, is 80 to 85 degrees F. If the dough is allowed to become warmer than 85 degrees F., the conditions become more favorable for the growth of less desirable organisms which may give the bread an off-flavor or even kill the action of the yeast. Not enough heat can slow down the action of the yeast.

A dairy thermometer is helpful in bread making, since it is an accurate guide in keeping the correct temperature. Active dry yeast is dissolved in warm, not hot, water. Compressed yeast is dissolved in lukewarm water. The "feel" test may be used by experienced bread makers. Place a drop of liquid on the inside of the wrist. If the liquid feels neither warm or cool, it is probably 80 to 85 degrees F. or lukewarm. A drop of warm liquid on the inside of the wrist feels comfortably warm.

Kneading

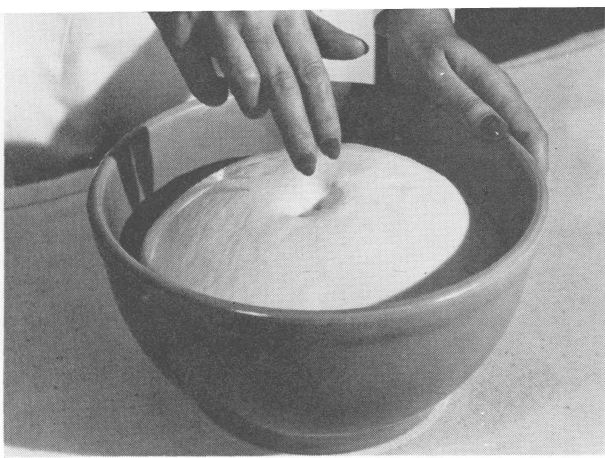
Kneading changes the rough, uneven textured dough into a smooth elastic ball. Kneading helps blend ingredients. It develops the gluten which, in turn, develops good grain and texture in the bread and rolls.

When kneading, first fold the dough toward you with a rolling motion, using the fingers of both hands. Push the ball of dough away from you, using the heels of your hands. Repeat this process rhythmically, turning the dough as you knead it.

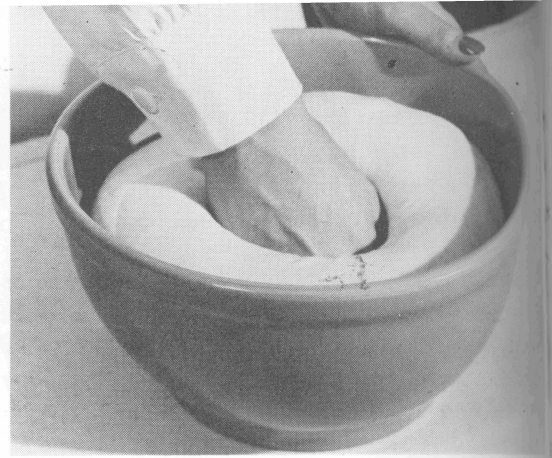
A good dough usually requires from 5 to 10 minutes kneading. A well-kneaded dough looks full and rounded, smooth, satiny, and tightly



Kneading dough.



Testing dough for lightness.



Punching down risen dough.

stretched. Tiny gas bubbles appear under the surface. The dough feels springy and elastic. Another way to judge whether the dough has been kneaded enough is to hold your hand lightly on the dough while counting to 30. If the dough has been kneaded enough, it will not stick to

your hand.

Avoid adding too much flour in kneading. A stiff dough rises slowly and makes coarse textured bread or rolls. Kneading on a pastry cloth makes a moderately soft dough easy to handle.

Care and Storage After Baking

Remove bread and rolls from the pans as soon as they come from the oven. This prevents moisture from condensing and spoiling the crispness of the crust and lightness of the crumb. Most rolls are served hot, while loaves and fancy breads usually are cooled before serving. Cool on a rack, spacing the loaves to allow circulation of air but away from a draft to prevent cracking of the crust. Brushing the tops of hot loaves with

fat helps keep them from becoming dry. When thoroughly cooled, store bread in a ventilated bread box at room temperature. Wrapping individual loaves helps preserve the fresh quality. For longer storage, wrap individual loaves in moisture-vapor-resistant packaging material and store in the freezer. Bread retains its freshness for 2 months in the freezer. Thaw in the wrapper at room temperature.



Bread Faults and Their Causes

POORLY SHAPED LOAF

Inexperienced in handling.
Dough too stiff or not stiff enough.
Dough too light (too much rising), before baking.
Oven not hot enough or heat uneven.

COARSE GRAIN

Oven temperature too low.
Too much rising before baking.
Not enough kneading.

STREAKS

Dough allowed to dry on top during rising period.
Uneven mixing or kneading.
Dry flour folded into loaves during shaping.
Dough too heavily greased on top during rising.
Dough allowed to rise in too warm place; allowing bottom of pan to become too hot.

CRUST SPLITTING ON TOP OR SIDES

Oven too hot at first or uneven heat in oven.
Size of loaf too large for pan.

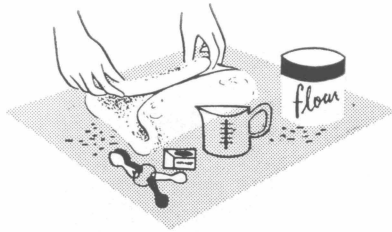
SOGGY OR HEAVY

Insufficient rising or baking.
Poor yeast or poor flour.

SOUR OR "OFF-FLAVOR"

Old yeast.
Too long rising of dough.
Too high temperature during rising.
Too slow or incomplete baking.
Insufficient scalding of milk.
Wrapping while warm.
Dirty utensils.

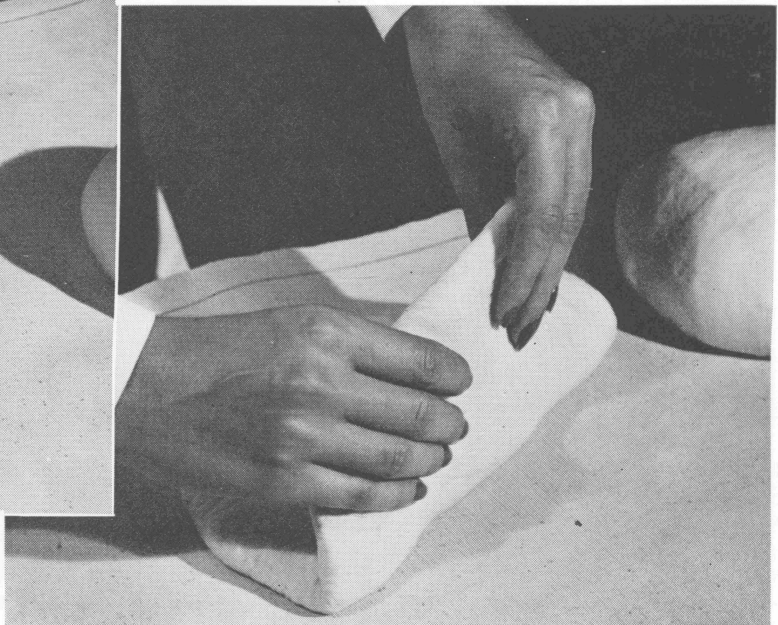
How to Shape Loaves



Step 2. Fold flattened dough in half.

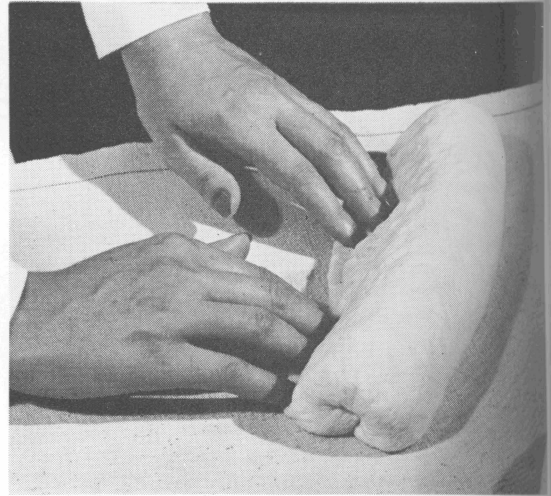


1. Flatten ball of dough.

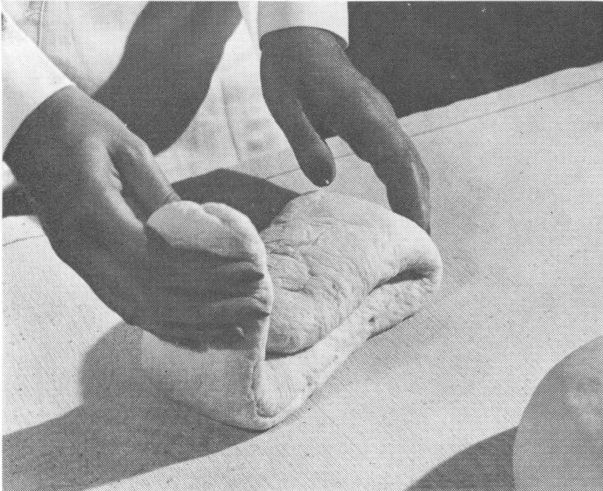




Step 3. Stretch dough to about 3 times the length the finished loaf will be. Slap dough gently on table to aid in stretching.



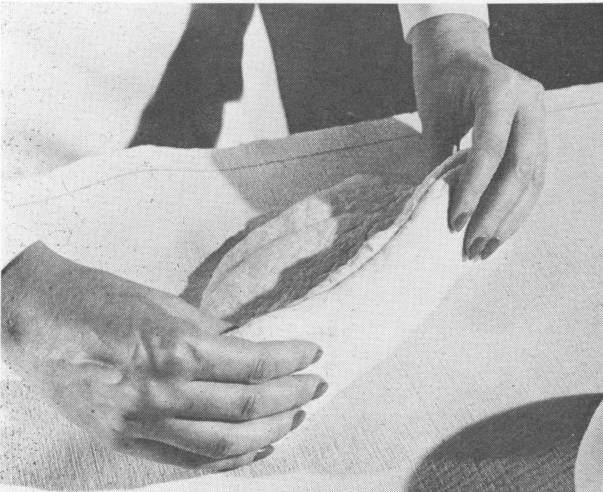
Step 6. Fold again, and seal by pressing edge firmly with fingertips.



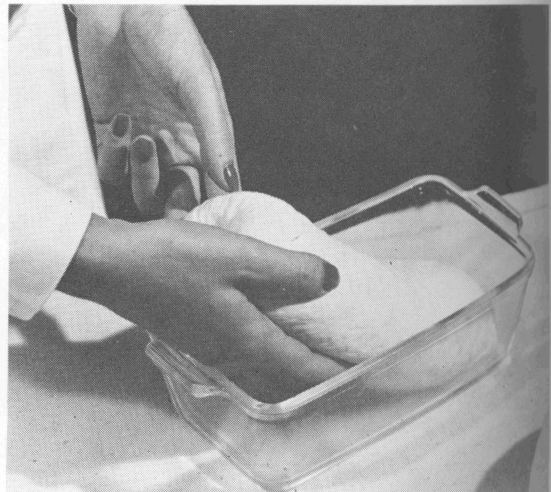
Step 4. Fold one-third of dough over on itself lengthwise. Then fold over other third. Press down lightly.



Step 7. Roll loaf lightly to make it round and smooth.



Step 5. Flatten roll slightly. Fold one-third of dough over on itself.



Step 8. Place loaf in greased pan to rise.

Bread Recipes

WHITE YEAST LOAF BREAD

STRAIGHT DOUGH METHOD

- 2¼ cups milk
- ½ cup lukewarm water
- 2 packages or cakes yeast
- 4 tablespoons sugar
- 4 teaspoons salt
- 2 tablespoons shortening
- 9 cups flour, about

Soften yeast in water. Scald milk, pour over the sugar, salt and fat. Cool to lukewarm and add yeast mixture. Add the flour except about 1 cup and mix thoroughly. If the mixture is not stiff enough, add rest of the flour. When thoroughly mixed and the dough no longer sticks to the mixing bowl, turn on clean canvas covered board that is lightly floured and knead until smooth and elastic. Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm place until doubled in bulk. Punch down; let rise again until doubled. This second rising helps to give a fine even texture and grain. Divide dough into 3 equal portions. Shape each portion into smooth ball. Let covered pieces of dough rest for 10 minutes. Shape into loaves and place in greased 1 pound loaf pans. Let rise until doubled. Bake at 400° F. about 50 minutes. When loaves shrink from sides of pan, are a golden brown and give a hollow sound when tapped, the bread is done. As soon as loaves are taken from the oven, turn top side up on racks to cool. Do not cover while warm. Makes three 1-pound loaves.

SPONGE METHOD

SPONGE:

- 1 package or cake yeast
- 1 cup lukewarm water
- 1 teaspoon sugar
- 2 cups flour

Soften yeast in water. Add sugar. Add flour to form a thick batter, beating until smooth. Cover and let rise in a warm place until very bubbly, about 1 hour.

DOUGH:

- Sponge mixture
- 1 cup milk
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 tablespoon shortening
- 4 cups flour, about

Stir down risen sponge. Scald milk and add sugar, salt and shortening. Cool to lukewarm. Add to sponge. Add enough flour to make a moderately stiff dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny, 5 to 8 minutes. Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm

place until doubled, about 1½ hours. Punch down. Let rise again until doubled, about 45 minutes. Divide dough into two equal portions. Shape each portion into ball. Cover and let rest 10 minutes. Shape into loaves. Place in greased bread pans. Let rise until doubled, about 1 hour. Bake at 400° F. 50 minutes. Makes two 1-pound loaves.

WHOLE WHEAT BREAD

STRAIGHT DOUGH METHOD

- ¾ cup milk
- 3 tablespoons sugar
- 4 teaspoons salt
- ½ cup shortening
- ⅓ cup molasses
- 1½ cups lukewarm water
- 2 packages or cakes yeast
- 4½ cups whole wheat flour
- 2 cups white flour

Scald milk. Stir in sugar, salt, shortening and molasses; cool to lukewarm. Sprinkle or crumble yeast into water; add to milk mixture. Add half of flour mixture and beat until smooth. Stir in remaining flour mixture. Turn dough out on lightly floured board or pastry cloth. Knead until smooth and elastic. Place in greased bowl; brush top with soft shortening. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour and 15 minutes. Punch down. Divide in half; shape into loaves. Place in greased bread pans. Cover. Let rise in warm place, free from draft, until center is slightly higher than edge of pan, about 1 hour. Bake at 400° F. about 50 minutes. Makes 2 loaves.

CHEESE YEAST BREAD

- 2 cups milk
- 3 cups shredded American cheese,
¾ pound
- 2 tablespoons butter or margarine
- 4 tablespoons sugar
- 2 teaspoons salt
- 1 package or cake yeast
- ¼ cup lukewarm water
- 5½ cups flour, about
- Melted butter or margarine

Soften yeast in water. Scald milk; add 2 cups of cheese, sugar, salt and butter or margarine. Stir until the cheese melts; cool to lukewarm. Add yeast. Let stand 3 minutes. Mix remaining cup of cheese and all but ½ cup of flour. Mix thoroughly. Turn out on board or pastry cloth sprinkled with the remaining ½ cup flour. Knead until the dough is smooth



Rye bread.

and satiny. Place in greased bowl, brush top with melted butter or margarine. Cover with a cloth; put in warm place to rise until doubled in bulk. Punch down, cut in half. Round each half into a smooth ball, cover and let rest for 10 minutes. Shape into 2 loaves and place in greased 1-pound loaf bread pans. Cover and let rise until almost doubled in bulk. Bake at 375° F. for about 45 minutes or until loaf gives a hollow sound when tapped.

FRENCH BREAD

- 3 packages or cakes yeast
- 2 cups lukewarm water
- ¼ cup sugar
- 1½ tablespoons melted fat
- 1 tablespoon salt
- 6 cups flour, about

Sprinkle or crumble yeast into 1 cup lukewarm water. Add sugar and stir until dissolved. Add remaining cup water, melted fat and salt. Mix enough flour to make a batter and beat thoroughly. Add flour to make a dough to knead. Knead in flour until dough is stiff. Let rise until doubled in bulk. Punch down

and let rise again until doubled. Divide in 3 equal portions and shape into oblong loaves. Place on cookie sheet. Cut slashes in top. Let rise until doubled in bulk. Bake at 350° F. 30 to 40 minutes. Remove from oven. Beat 1 egg or 1 egg white with 1 tablespoon water. Brush top heavily and cover with poppy or sesame seed. Return to oven, and bake 10 minutes longer. For a very hard crust, bake with a pan of water in bottom of oven. For hard rolls, sprinkle with dry cornmeal.

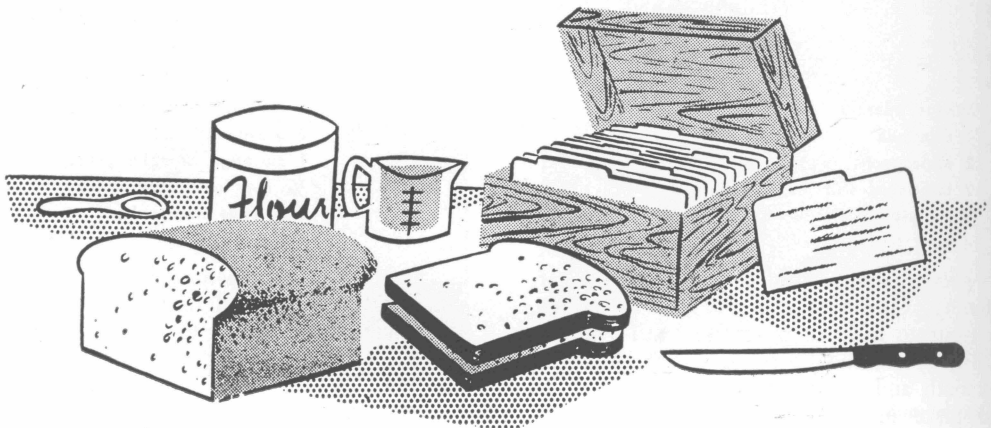
RYE BREAD

- 1 cup milk
- 2 tablespoons shortening
- 2 packages or cakes yeast
- 1 cup lukewarm water
- 3 tablespoons sugar
- 3 cups white flour
- ¾ cups whole-rye flour*
- 1 tablespoon salt
- 2 tablespoons caraway seeds

Scald milk. Stir in the shortening and cool mixture to lukewarm. Sprinkle or crumble yeast into lukewarm water to soften. Mix flour, rye-flour, salt, sugar and caraway seeds in a bowl. In a second bowl, stir milk mixture and yeast together. Add half the flour mixture to the liquid and beat vigorously. Place bowl in a warm spot away from drafts; cover and let rise until doubled in bulk. Stir in remaining flour; turn out dough on a lightly floured board or pastry cloth and knead until ingredients are mixed thoroughly, and dough is springy. Place in a greased bowl and let rise until doubled in bulk.

Grease a baking sheet. Halve dough and shape two round loaves, two neat squares, or two long sausage-shaped pieces. Place on baking sheet and let rise for 30 minutes only. Bake at 375° F. for 50 minutes or until crust is brown and bread sounds hollow when tapped. Remove bread from oven and, while still hot, brush top with a little raw egg white and sprinkle with coarse salt or caraway seeds. Cool loaves on a wire rack. Both flavor and texture of bread are improved if stored in the breadbox for 24 hours.

*If you have difficulty in finding rye flour at your local markets, it is always available at specialty food stores.





How to Shape Rolls

**Cloverleaf
Rolls**

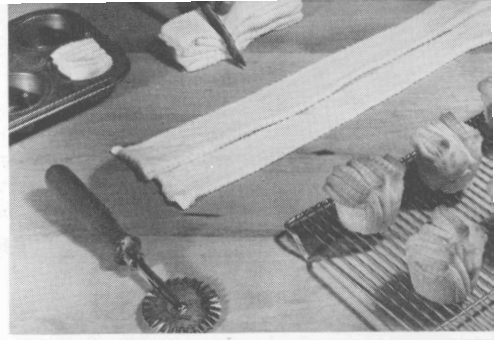
CLOVERLEAF ROLLS—Form dough into small balls. Dip each into melted butter or margarine. Place three balls in each cup of a greased muffin pan.

FANTANS—Roll dough into a very thin rectangular sheet. Brush with melted butter or margarine. Cut in strips about 1 inch wide. Stack six or seven strips together. Cut pieces 1½ inches long, and place on end in greased muffin pans.

BUTTERFLY ROLLS—Roll dough into a rectangular sheet ¼ inch thick and 6 inches wide. Brush with melted butter or margarine. Roll like a jelly roll. Cut in pieces 2 inches long. Press across center of each piece with knife handle or wooden spoon handle.

BOWKNOTS—Roll dough under hands to ½ inch thickness. Cut in pieces about 6 inches long. Tie in knots. Place on greased baking sheet. Longer pieces may be made into rosettes. After tying in bow knots, bring one end through the center and the other over the side.

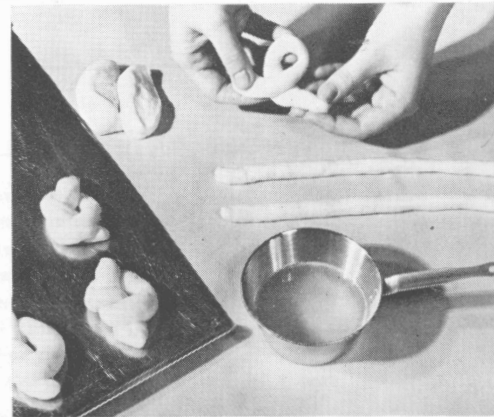
CRESCENTS—Roll ball of dough into circular shape about ¼ inch thick and 6 inches wide. Brush with melted butter or margarine. Cut circle into six pie-shaped wedges and roll up, beginning at the wide end. Curve into crescents on greased baking sheet.



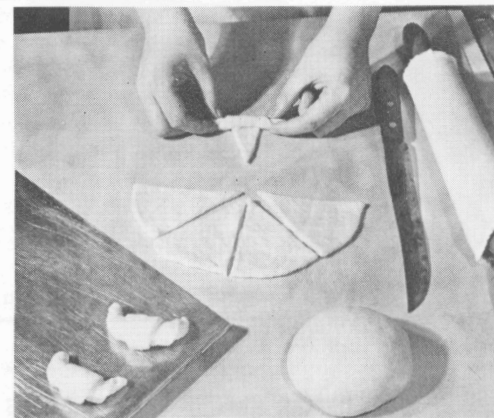
Fantans



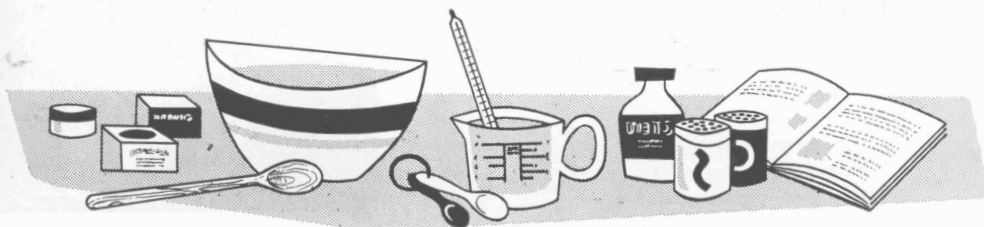
**Butterfly
Rolls**



Bowknots



Crescents



Roll Recipes

BASIC ROLL DOUGH

- 3/4 cup milk
- 1/4 cup sugar
- 2 1/4 teaspoons salt
- 4 1/2 tablespoons shortening
- 3/4 cup lukewarm water
- 1 package or cake yeast
- 4 1/2 cups flour, about

Scald milk. Stir in sugar, salt and shortening. Cool to lukewarm. Sprinkle or crumble yeast into water. Let stand until dissolved. Stir. Add lukewarm milk mixture. Add about half the flour. Beat until smooth. Stir in additional flour. Turn out onto lightly floured board or pastry cloth and knead. Place in a greased bowl and brush top lightly with fat. Cover and let rise in a warm place, free from draft, until doubled in bulk. Punch down and shake into rolls. Let rise until doubled in size. Bake at 425° F. 15 to 20 minutes, depending on the shape of the roll.

WHOLE WHEAT ROLLS (SOUR MILK)

- 1/2 cup lukewarm water
- 1 package or cake yeast
- 1 1/2 cups lukewarm buttermilk
- 5 cups whole wheat flour
- 1/2 cup melted shortening
- 1/4 cup sugar
- 1/2 teaspoon soda
- 1 teaspoon salt

Sprinkle or crumble the yeast into the lukewarm water. Dissolve and add to the lukewarm milk. Let stand 10 minutes. Add the sugar to the melted fat and mix with the liquid ingredients. Add the flour which has been mixed with the other dry ingredients. When stiff enough to knead, place on a floured board or pastry cloth and knead until smooth and elastic. Place in a greased bowl and let rise until doubled in bulk. Punch down, and shake into rolls. Let rise until almost doubled in size. Bake at 425° F. 15 to 20 minutes.

BUTTERMILK ROLLS

- 1 cup buttermilk
- 1/4 cup lukewarm water
- 1 teaspoon sugar
- 1/4 teaspoon soda
- 1 teaspoon salt
- 3 tablespoons soft shortening
- 1 package or cake yeast
- 2 1/2 to 2 3/4 cups flour

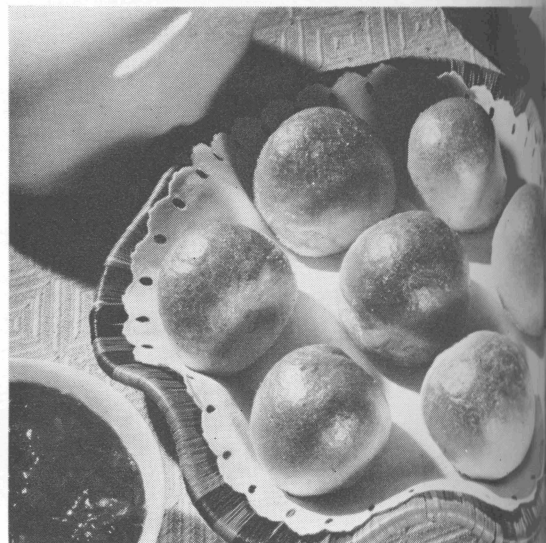
Scald milk. Cool to lukewarm and add sugar, salt and shortening. Crumble in yeast and stir until dissolved. Stir in flour and beat well. Turn dough onto floured board or pastry cloth. Cover and let stand 10 minutes to tighten up. Knead until smooth and elastic. Shape into rolls and let rise until doubled in size, 1 to 1 1/4 hours. Bake at 400° F. 15 to 20 minutes.

CRUSTY WATER ROLLS

- 1 package or cake yeast
- 1 cup lukewarm water
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 tablespoons melted shortening
- 2 egg whites, beaten
- 4 cups flour, about

Soften yeast in 1/4 cup water. To the remaining water add sugar, salt and shortening. Add 1 cup flour, beating well. Add softened yeast and egg whites. Mix thoroughly. Add enough more flour to make a soft dough. Knead until smooth and satiny. Shape into smooth ball and put into greased bowl. Grease surface lightly. Cover and let rise until doubled, about 1 1/2 hours. Punch down. Let rise again until doubled, about 45 minutes. Punch down and let rest 10 minutes. Shape into buns or Vienna rolls. Place 2 1/2 inches apart on greased baking sheet. Cover and let rise until doubled in bulk, about 45 minutes. Bake at 450° F. 20 minutes. Place large flat pan filled with boiling water on bottom of oven to give crustiness. Makes 2 dozen large rolls.

Crusty water rolls



TOMATO CHEESE ROLLS

- 3/4 cup lukewarm tomato juice
- 1 package or cake yeast
- 1 tablespoon sugar
- 1 teaspoon salt
- 3 tablespoons melted butter or margarine
- 2 1/4 cups flour

Add yeast and sugar to lukewarm tomato juice and let stand until dissolved. Add salt and fat. Add half the flour and beat until smooth. Add remaining flour. Place in greased bowl and brush with melted fat. Cover and let rise until doubled in bulk, about 1 1/2 hours. Turn out on lightly floured board, knead gently 3 minutes, and roll into circle 1/4 inch thick.

- 2 tablespoons melted butter or margarine
- 3/4 cup grated sharp cheese
- 1 tablespoon celery seed

Brush circle with melted butter or margarine and sprinkle with cheese and celery seed. Cut into 16 pie-shaped pieces. Roll each piece from edge toward point. Place rolls, point side down, on greased cookie sheet. Brush with melted butter or margarine and let rise until doubled, about 45 minutes. Bake at 400° F. 15 minutes.

REFRIGERATOR ROLLS

- 2 packages or cakes yeast
- 1/2 cup lukewarm water
- 1 1/2 cups milk
- 1/2 cup sugar
- 2 teaspoons salt
- 1/4 cup shortening
- 1 egg
- 5 1/2 cups flour, about

Soften yeast in lukewarm water. Scald milk and add sugar, salt and shortening. Cool to lukewarm. Add 2 cups flour. Mix thoroughly. Add egg and softened yeast. Beat well. Add enough more flour to

make a soft dough. Turn out on lightly floured board and knead until smooth and satiny. Place in lightly greased bowl. Grease surface. Cover and put into refrigerator, or let rise in warm place, until doubled in bulk, about 1 1/2 hours. Punch down. Shake the desired amount of dough into rolls and let rise until doubled in size, about 45 minutes. Form remaining dough into ball. Grease surface lightly. Cover and put into refrigerator. If dough rises in refrigerator, punch it down. When wanted, remove dough from refrigerator and punch down. Mold at once in any desired shape. Or, if preferred, let dough stand in warm room an hour before molding. Place in greased pans and let rise until doubled in size, about 1 hour. Bake at 425° F. 15 to 20 minutes. Makes about 2 1/2 dozen rolls.

OATMEAL REFRIGERATOR ROLLS

- 2 packages or cakes yeast
- 1/2 cup lukewarm water
- 1 1/2 cups milk
- 1/2 cup shortening
- 1/2 cup brown sugar
- 2 teaspoons salt
- 5 to 5 1/2 cups flour
- 2 eggs, beaten
- 1 1/2 cups rolled oats, uncooked quick or old-fashioned

Soften yeast in water. Scald milk and pour over shortening, sugar and salt. Cool to lukewarm. Stir in 1 cup flour and eggs. Add yeast. Fold in rolled oats. Add enough flour to make a soft dough. Turn out on lightly floured board or cloth and knead until smooth and elastic. Place in greased bowl and grease surface. Cover and let rise in a warm place until doubled in bulk. Punch down, grease surface. Cover and refrigerate overnight or for 3 or 4 days. When wanted, remove dough from refrigerator and punch down. Mold into any desired shape. Let rise until doubled in size. Bake at 400° F. 15 to 20 minutes. Makes 4 to 5 dozen rolls.

Batter Bread Recipes

COCONUT PINEAPPLE COFFEE CAKE

- 3 tablespoons butter or margarine
- 2 tablespoons brown sugar
- 1/2 cup shredded coconut
- 1/3 cup pineapple tidbits

- 1/3 cup milk
- 1/3 cup sugar
- 3/4 teaspoon salt
- 1/4 cup shortening
- 1/4 cup lukewarm water
- 1 package or cake yeast
- 1 egg, beaten
- 1/2 teaspoon vanilla
- 2 cups flour

Melt butter or margarine in bottom of 8" x 8" x 2" pan. Spread evenly with brown sugar and coconut; arrange pineapple over this. Scald milk, and stir in sugar, salt and shortening. Cool to lukewarm. Sprinkle

or crumble yeast into water and stir until dissolved. Stir in lukewarm milk mixture. Add egg, vanilla and flour. Beat until well blended. Turn batter into prepared pan. Let rise in warm place, free from draft, until doubled in bulk, about 1 1/4 hours. Bake at 375° F. about 35 minutes. Turn out of pan immediately. Serve warm.

ORANGE COFFEE CAKE

- 3 tablespoons butter or margarine
- 1/4 cup brown sugar
- 2 oranges, peeled and sectioned
- 1 recipe of above batter

Melt butter or margarine in 8" x 8" x 2" pan. Spread brown sugar evenly and arrange orange sections. Proceed as for coconut pineapple coffee cake.



Apple Coffee Cake.

APPLE COFFEE CAKE

- 3 medium apples
- 2 tablespoons melted butter
or margarine
- ¼ cup sugar
- 1 teaspoon cinnamon
- 1 recipe of batter for coconut
pineapple coffee cake

Spread batter evenly in greased 8" x 8" x 2" or 9" round pan. Peel and slice apples. Arrange apple slices on top of batter overlapping them. Brush with melted butter or margarine. Mix sugar and cinnamon. Sprinkle over apples. Let rise until doubled. Bake at 375° F. 35 minutes.

BATTER ROLLS

- 1 ¼ cups milk
- 3 tablespoons sugar
- 1 ½ teaspoons salt
- ¼ cup shortening
- ¼ cup lukewarm water
- 2 packages or cakes yeast
- 3 ¼ cups flour

Scald milk and stir in sugar, salt and shortening. Cool to lukewarm. Sprinkle or crumble yeast into water. Stir until dissolved. Combine with milk mixture. Add flour and beat until well blended. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 30 minutes. Stir down batter and beat vigorously about ½ minute. Fill greased muffin pans about two thirds full. Bake at 400° F. about 25 minutes. Makes 12 rolls.

CHEESE PUFFS

- 2 packages or cakes yeast
- 1 tablespoon sugar
- ½ cup lukewarm water
- ¼ cup shortening
- 2 eggs
- 1 cup shredded sharp cheese,
4 ounces
- ¾ teaspoon salt
- 1 ½ cups flour
- 1 ½ teaspoons dry mustard
- 1 tablespoon milk, if desired
- Shredded cheese for topping,
if desired

Combine yeast, sugar and water. Cream shortening. Add eggs, one at a time, beating after each addition. Add cheese and salt. Mix well. Add yeast mixture, beating thoroughly. Sift together flour and mustard. Add gradually, beating well. Drop batter by teaspoons on greased baking sheets. Let rise until doubled in bulk, about 1 hour. Bake at 375° F. about 10 minutes. If desired, brush hot puffs with milk and dip into cheese. Makes about 4 dozen 2-inch puffs. *NOTE:* Batter may be dropped by tablespoons into greased 2-inch muffin pan.



Sweet Dough Recipes

BASIC SWEET DOUGH

- 2 packages or cakes yeast
- ½ cup lukewarm water
- 2 cups milk
- 1 cup butter or margarine
- 2 teaspoons salt
- 1 cup sugar
- Rind and juice of 1 lemon
- 1 ½ cups chopped nuts, raisins,
citron or candied orange peel,
if desired
- 4 eggs
- ½ teaspoon ground nutmeg, mace
or cardamon
- 8 to 10 cups flour

Soften yeast in water. Scald milk and cool to lukewarm. Cream together butter or margarine, salt and sugar. Add slightly beaten eggs, lemon, spice, lukewarm milk and soaked yeast. Stir in flour, keeping dough softer than for loaf bread.

Turn out onto lightly floured pastry cloth and knead. Place in a greased bowl and brush top lightly with fat. Cover and let rise in a warm place until doubled in bulk. Punch down and mold in some of the following shapes, brush with butter or margarine, let rise until almost doubled and bake at 350° F.

CINNAMON ROLLS

Roll basic sweet dough gently into rectangle $\frac{1}{4}$ inch thick, 15 inches wide, any length. Brush with butter or margarine, and sprinkle with sugar and cinnamon. Roll up as for jelly roll, pressing down last edge firmly, cut into 1 inch slices. Place close together, cut side up, in shallow, greased pan. Sprinkle tops with sugar and cinnamon. Let rise until doubled in size. Bake at 350° F. about 25 minutes, depending upon the size of the cinnamon rolls. Spread with powdered sugar or butter icing, page 15.



Cinnamon rolls.

SWEDISH TEA RING

Roll basic sweet dough into rectangle about $\frac{1}{2}$ inch thick and 8 inches wide. The length depends on size ring desired. Brush with butter or margarine and sprinkle with mixture of $\frac{1}{2}$ cup brown sugar and 1 teaspoon cinnamon. Roll up like jelly roll, sealing edge. Form into ring on greased baking sheet. With scissors cut through ring almost to center in slices about 1 inch thick. Turn each slice on its side slightly overlapping. Brush lightly with melted butter or margarine. Let rise. Bake at 350° F. 25 to 30 minutes. When cool, frost with powdered sugar icing or butter icing, page 15, and sprinkle with chopped nuts.



Swedish tea ring.

HONEY TWIST COFFEE CAKE

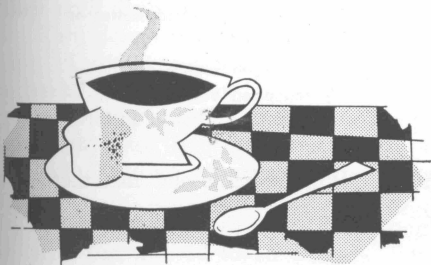
Shape basic sweet dough into long roll about 1 inch in diameter. Coil the roll loosely into greased 9-inch layer pan or 8" x 8" x 2" pan, beginning at the outer edge and continuing to center. Brush with honey topping. Let rise until doubled in size. Bake at 350° F. 30 minutes.

HONEY TOPPING

- $\frac{1}{4}$ cup softened butter or margarine
- $\frac{2}{3}$ cup powdered sugar
- 1 egg white
- 2 tablespoons honey

Combine all ingredients and mix until smooth.

Honey twist.





Streusel coffee cake.

STREUSEL COFFEE CAKE

- 2 tablespoons butter or margarine
- 2 tablespoons sugar
- ¼ cup flour
- ¼ cup fine bread crumbs
- ½ teaspoon cinnamon

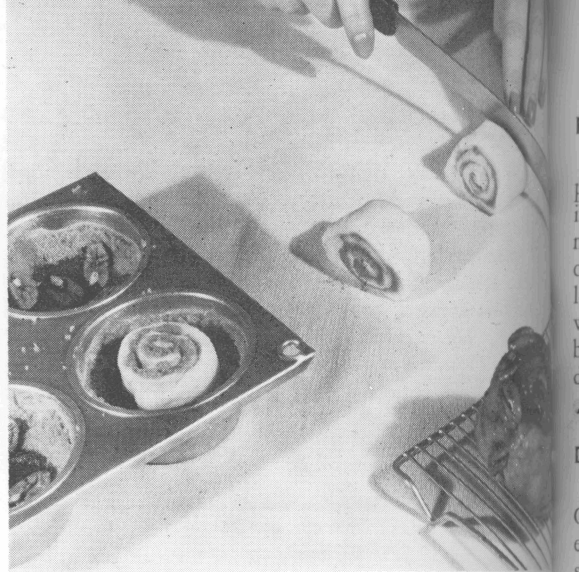
Cream fat and sugar. Add flour, bread crumbs and cinnamon. Prepare basic sweet dough as for honey twist coffee cake. Sprinkle with Streusel topping. Let rise until doubled in size. Bake at 350° F. 30 minutes.



BUTTERSCOTCH PECAN ROLLS

- ½ cup melted butter or margarine
- 1½ cups brown sugar
- 1 cup pecan halves
- Water

Bubble loaf.



Butterscotch pecan rolls.

Into each muffin cup put ½ teaspoon butter or margarine, 1 teaspoon brown sugar and 3 or 4 pecan halves. Sprinkle with ½ teaspoon water. Roll basic sweet dough into long narrow sheet ½ inch thick and 8 inches wide. Brush with melted butter or margarine. Sprinkle with brown sugar. Roll like jelly roll, sealing edge. Cut into 1-inch slices. Place slices, cut side down, into prepared muffin pans. Let rise until doubled in size. Bake at 350° F. 25 minutes. Let rolls stand in pan 1 minute before turning out.

BUBBLE LOAF

Divide basic sweet dough into pieces about the size of a walnut. Shape into balls. Place one layer of balls ½ inch apart, on bottom of greased loaf pan 8½" x 4½". Arrange the second layer on top of first, placing over spaces in first layer. Arrange the third layer of balls. Pour caramel glaze over all. Let rise until doubled. Bake at 350° F. 35 to 40 minutes. Let stand in pan 5 minutes before turning out.

- ¼ cup dark corn syrup
- 1 tablespoon melted butter or margarine
- ½ teaspoon lemon extract
- ¼ teaspoon vanilla

Combine all ingredients and mix thoroughly.

ROLLED CINNAMON LOAF

Divide basic sweet dough into fourths. Roll each piece into a rectangular sheet about $\frac{1}{2}$ inch thick, 7 inches wide and 18 inches long. Brush with butter or margarine. Mix 1 to 3 teaspoons cinnamon with $\frac{1}{2}$ cup of sugar and sprinkle thickly over dough. Roll up like jelly roll beginning with narrow side. Seal edges well and place in greased loaf pan with seam on the bottom. Brush with butter or margarine. Let rise until double in bulk. Bake at 375° F. 35 to 40 minutes.

DOUGHNUTS

Roll basic sweet dough into a sheet $\frac{3}{4}$ inch thick. Cut into rings. Let rise until doubled in bulk. Fry in enough fat to cover, at 350 to 375° F. Fry with raised side down in the fat first. Turn. Drain. Roll in sugar or spread with powdered sugar or butter icing.

POWDERED SUGAR ICING

- $\frac{3}{4}$ cup powdered sugar
- 2 tablespoons hot milk
- $\frac{1}{4}$ teaspoon vanilla

Combine ingredients and mix until smooth.

BUTTER ICING

- 4 tablespoons butter or margarine
- 2 cups powdered sugar
- $\frac{1}{4}$ teaspoon vanilla or $\frac{1}{2}$ ounce melted chocolate
- Milk or cream

Cream butter or margarine. Sift in sugar gradually and mix until smooth. Add flavoring and milk or cream to make desired consistency.

KOLACHES

Divide basic sweet dough into pieces the size of a walnut. Shape into balls. Place balls two inches apart on greased baking sheets. Let rise 15 minutes. Press down center of each roll to make hollow. Brush with butter or margarine. Fill hollows with fruit filling. Let rise until doubled. Bake at 350° F. 20 minutes. Sprinkle with powdered sugar, if desired.

Miscellaneous Recipes

HURRY-UP YEAST ROLLS

- $\frac{3}{4}$ cup lukewarm water
- $2\frac{1}{2}$ cups prepared biscuit mix
- 1 package or cake yeast

Measure water into a mixing bowl. Sprinkle in yeast and stir until dissolved. Stir in biscuit mix. Beat vigorously. Turn dough onto surface well dusted with biscuit mix. Knead until smooth, about 20 times. Shape as desired, into crescents, rolls, etc. Place on lightly greased baking sheet. Cover with damp cloth. Let rise in a warm place, free from draft, about 1 hour. Bake at 400° F. 10 to 15 minutes, depending on size. Brush with butter or margarine after baking. Makes 12 to 16. *How to shape crescents:* Roll dough into 12 inch circle. Cut into 12 to 16 wedges. Beginning

FRUIT FILLING

- $1\frac{1}{2}$ cups chopped cooked prunes or apricots
- $\frac{1}{4}$ cup prune or apricot juice
- $\frac{1}{2}$ cup sugar
- 1 tablespoon lemon juice, more may be used in prune filling
- $\frac{1}{2}$ teaspoon grated lemon rind

Combine all ingredients and mix well.

FRUIT KOLACHY

DOUGH

- 1 package or cake yeast
- $\frac{1}{4}$ cup lukewarm water
- $\frac{1}{4}$ cup butter or margarine
- 1 cup scalded milk
- 1 egg
- $\frac{1}{3}$ cup sugar
- 1 teaspoon salt
- 4 to $4\frac{1}{2}$ cups flour

FILLINGS

- Cooked dried pitted prunes, apricots or peaches, mashed and sweetened
- Marmalade
- Preserves
- Jams
- Jellies
- Conserves

Soften yeast in lukewarm water. Melt butter or margarine in scalded milk. Add unbeaten egg, sugar and salt. Cool to lukewarm. Add softened yeast. Blend well. Gradually add flour to form a soft dough. Cover. Let rise in warm place until light and doubled in bulk from $1\frac{1}{2}$ to 2 hours.

Roll out dough on well-floured surface or pastry cloth to a 15" square. Cut into 25 pieces each 3 inches square. In the center of each, place 1 tablespoon filling. Bring corners of square to center, seal to enclose the filling. Place 2 inches apart on greased baking sheets. Cover and let rise until light and doubled in size, 30 to 45 minutes. Bake at 400° F. 12 to 15 minutes. Makes about 25.

at wide side, roll toward point. Place on greased baking sheet with point underneath. Curve to form crescents.

QUICKIE CARAMEL BUNS

- $\frac{1}{4}$ cup margarine or butter
- $\frac{1}{3}$ cup brown sugar
- 1 teaspoon light corn syrup
- $\frac{1}{3}$ cup pecans or walnuts
- $\frac{3}{4}$ cup lukewarm water
- 1 package or cake yeast
- $2\frac{1}{2}$ cups prepared biscuit mix
- 2 tablespoons soft margarine or butter
- $\frac{1}{4}$ cup brown sugar
- 1 teaspoon cinnamon

In a saucepan melt $\frac{1}{4}$ cup margarine or butter; add $\frac{1}{3}$ cup brown sugar and the corn syrup. Bring to a rolling boil. Spread evenly in 8 inch round layer pan. Add nuts. Measure water into a mixing bowl. Sprinkle in yeast and stir until dissolved. Stir in biscuit mix and beat vigorously. Turn dough onto surface well dusted with biscuit mix. Knead until smooth, about 20 times. Roll out into 16" by 9" rectangle. Spread with 2 tablespoons margarine or butter, $\frac{1}{4}$ cup brown sugar and the cinnamon. Roll up jelly-roll fashion beginning at wide side. Seal well by pinching edge of dough into roll. Cut into 12 equal slices. Arrange slices in prepared pan. Cover with damp cloth; let rise in a warm place about 1 hour. Bake at 400° F. 20 to 25 minutes. Invert pan and serve rolls warm. Makes 12.

SOUR DOUGH STARTER

- 1 $\frac{3}{4}$ cups unsifted flour
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 package active dry yeast
- 2 $\frac{1}{2}$ cups warm water

Combine flour, sugar and undissolved yeast in a large bowl or crock. Add water gradually to make a batter. Cover and let stand at room temperature (78°-80° F.) for 4 days, stirring it down each day.

To reuse starter, after 1 $\frac{1}{2}$ cups have been removed for bread making, add 1 $\frac{1}{2}$ teaspoons sugar to unused starter. Beat well about 1 minute. Cover and let stand until ready to make bread again, stirring down daily.

SOUR DOUGH BREAD

- 5 to 6 cups unsifted flour
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 package active dry yeast
- 1 cup milk
- 2 tablespoons margarine or butter
- 1 $\frac{1}{2}$ cups starter

Combine 1 cup flour, sugar, salt and undissolved yeast in large bowl. Combine milk and margarine or butter in saucepan and heat until warm but fat does not need to melt. Gradually add to dry ingredients. Add starter and 1 cup flour or enough to make a thick batter. Stir in enough flour to make a soft dough. Turn out on lightly floured board and knead about 8 to 10 minutes until smooth and elastic. Place in a greased bowl, turning to grease top. Cover and let rise in warm place until doubled in bulk, about 1 hour.

Punch down dough and turn out onto lightly floured board or pastry cloth. Let rise 15 minutes. Divide dough in half and shape into loaves. Place in greased 9 x 5 x 3 inch loaf pans. Cover and let rise in warm place until doubled in bulk, about 1 hour.

Bake at 400° F. about 30 minutes or until done. Remove from pans and cool on wire racks.

SALT STICKS

- 2 packages or cakes yeast
- 1 cup lukewarm water
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup sugar
- 2 teaspoons salt
- 3 tablespoons melted shortening
- 4 cups flour, about
- 1 egg white, slightly beaten
- Coarse salt or crushed ice cream salt
- Caraway seeds

Soften yeast in water. Add milk, sugar, salt and shortening. Add enough flour to make a thick batter. Mix well. Add more flour, enough to make a soft dough. Turn dough onto lightly floured board or pastry cloth and knead until smooth and satiny. Place in greased bowl, cover and let rise until doubled in bulk. When light, punch down. Divide dough into small portions and shape into balls. Let rest 10 minutes. Roll each ball under palms of hands to form "sticks," about $\frac{1}{2}$ inch in diameter. Or divide dough into four portions, shape into balls and let rest 10 minutes. Roll each ball of dough into circular shape about $\frac{1}{8}$ inch thick. Cut into pie-shaped pieces. Roll up tightly beginning at wide end. Brush with egg white. Sprinkle with coarse salt and caraway seeds. Place on greased baking sheet and let rise until doubled, about 30 minutes. Bake at 400° F. about 15 minutes. Makes about 3 $\frac{1}{2}$ dozen rolls.

YEAST PASTRY

- $\frac{1}{3}$ cup milk
- $\frac{1}{4}$ cup shortening
- 6 tablespoons sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup lukewarm water
- 1 package or cake yeast
- 1 egg, beaten
- 2 $\frac{3}{4}$ cups flour, about

Scald milk, add shortening, sugar and salt. Cool to lukewarm. Soften yeast in water. Stir in milk mixture. Add beaten egg and 1 $\frac{1}{2}$ cups flour. Beat until smooth. Stir in remaining flour. Knead on lightly floured board until smooth and elastic. Place in well-greased bowl. Cover. Let rise in warm place until doubled in bulk, about 1 $\frac{1}{2}$ hours. Punch down; divide into three equal pieces. Roll each into 10-inch circle. Press firmly into 9-inch pie pan. Trim pastry; press rim with tines of fork. Brush crusts with slightly beaten egg white. Let rise in warm place until doubled in bulk, about 20 minutes. Prick all over with fork. Bake at 350° F. 8 minutes. Do not brown. Makes three crusts.

Fill and bake as directed in the following recipes.

For later use: cool crusts, remove from pans, stand and wrap in aluminum foil. Hold in refrigerator 1 to 10 days. Return to pans. Use as freshly baked pastries.

QUICK YEAST PASTRY

- ¾ cup warm water
- 1 package dry or cake yeast
- 2½ cups biscuit mix

RECIPES USING YEAST PASTRY

HAWAIIAN HAM PIE

- 2 cups ground cooked ham
- ½ cup fine bread crumbs
- ½ teaspoon dry mustard
- 1 cup milk
- ½ cup crushed pineapple, drained

Mix ham, bread crumbs, mustard and milk. Add ½ cup crushed pineapple. Put ham mixture into yeast crust.

TOPPING:

- 2 tablespoons melted butter or margarine
- ¼ cup brown sugar
- ½ cup crushed pineapple
- ⅓ cup shredded coconut

Mix all ingredients together except coconut. Spread over ham mixture. Sprinkle with coconut. Bake at 350° F. 20 to 25 minutes. Serves 4 to 6.

SAVORY EGG PIE

- 5 hard-cooked eggs, sliced
- ¼ cup butter or margarine, melted
- 2 tablespoons flour
- 1 teaspoon salt
- Dash of pepper
- ¼ teaspoon dry mustard
- ¾ cup milk
- ½ cup grated cheese
- 1 tablespoon chopped green pepper
- 1 tablespoon chopped pimiento

Place eggs in yeast crust. Make sauce of butter or margarine, flour and milk; add seasonings, cheese, pepper and pimiento. Blend well. Pour over eggs. Garnish with more cheese, if desired. Bake at 350° F. 15 to 20 minutes. Serves 4 to 6.

Dissolve yeast in warm water. Add biscuit mix; beat. Knead 20 times on surface dusted with biscuit mix. Roll to fit 9-inch pie pan. Place dough in the pie pan.

VIENNESE VEAL

- 2 tablespoons butter or margarine
- 2 cups coarsely ground veal
- ¼ cup minced onion
- 1 4-ounce can chopped mushrooms, drained
- ⅓ cup milk or cream
- 1 tablespoon paprika
- 1¼ teaspoons salt
- Pinch of marjoram
- 2 egg whites; beaten until stiff

Melt fat in skillet; add veal and onion. Cook until meat is browned and onion is tender. Add mushrooms, milk, paprika, salt and marjoram. Fold egg whites into meat mixture. Spread into 9-inch yeast crust. If desired, garnish with a ring of seasoned mashed potatoes. Bake at 350° F. about 20 minutes or until the crust is golden brown and the filling is set. Serves 4 to 6.

ITALIAN PIZZA PIE

- 1 pound ground beef or pork sausage
- ¾ cup chopped onion
- 1 clove garlic, minced
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon oregano
- 1 tablespoon fat
- 1 6-ounce can tomato paste
- 1 6-ounce package Mozzarella cheese, cut in thin strips
- ¼ cup grated Parmesan cheese

Mix ground beef, onion, garlic, salt, pepper and oregano. Add fat to skillet, add meat mixture and cook until meat loses red color. Drain off excess fat. Add tomato paste. Mix thoroughly. Place mixture in pie shell. Place Mozzarella cheese strips over top. Sprinkle Parmesan cheese over cheese strips.

Bake at 425° F. 15 to 20 minutes. Cut in six wedges. Serves 6.



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