

HOMEMADE *Breads*

How to make your own

- Party Breads
- Allergy Breads
- Flavored Breads
- Quick Breads
- Sourdough
- Rolls
- Buns
- Biscuits
- Muffins
- Bread

KEEPERS AT HOME SAMPLER SERIES
· ONE ·

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HELPFUL BREAD HINTS

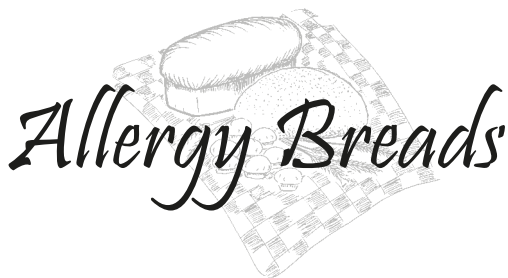
- 🍞 Whole grain breads should rise to barely double at the last rising. If they rise too long they sink a bit in the oven.
- 🍞 Water for dissolving yeast should not exceed 125°.
- 🍞 Bread burns more easily in glass and tin than aluminum.
- 🍞 “Until it feels right” usually means the dough has lost most of its stickiness. You can easily clean your hands.
- 🍞 Whole grain breads are more likely to turn out well with extras like dough enhancer, wheat gluten, lecithin or oatmeal (soaked).
- 🍞 A warm environment makes the bread rise faster. Texture may be too coarse if it rises very fast.

HOW DO YOU FORM LOAVES?

There are several methods. Some people weigh the dough to divide it evenly. Some just “eyeball” it. Then roll out each portion (not thin) with a rolling pin to eliminate air bubbles. Then either fold in the sides to shape a rectangle that fits the bread pan or roll it up and tuck the ends under. Grandma used to work each portion in her hands (no rolling pin) slapping it to get the air bubbles out and reworking it to bring all the edges under, leaving a smooth top. If you do this, make sure you prick each loaf with a fork every inch or so.



Heart symbol denotes a recipe
with no white flour or sugar.



Allergy Breads

♥ SUGARFREE SPELT BREAD

- | | |
|--------------------|-----------------------------------|
| 2¾ C. warm water | 1 Tbsp. lecithin |
| 2½ Tbsp. dry yeast | ¼ C. instant mashed potato flakes |
| ¼ C. oil | 8-8½ C. spelt flour |
| 2 tsp. salt | |
| 4 Tbsp. vinegar | |

Dissolve yeast in warm water. While beating with mixer at medium speed, gradually add the rest of ingredients except for 6 C. flour.

Work in the rest of the flour until it doesn't feel sticky to touch.

Let rise for 1-2 hrs. Work out into 2 loaves, place in greased bread pans and prick all the way through with fork. Cover and allow to rise 30 minutes. Bake at 350° for 30 minutes.

HOMESTYLE SPELT BREAD

- | | |
|----------------------------|--------------------|
| 2 Tbsp. yeast | 4 C. white flour |
| ⅓ C. warm water | 2 C. water |
| ⅓ C. sugar | 2 C. milk, scalded |
| ½ C. oil | 1 Tbsp. salt |
| ¾ C. instant potato flakes | 6 - 7 C. spelt |

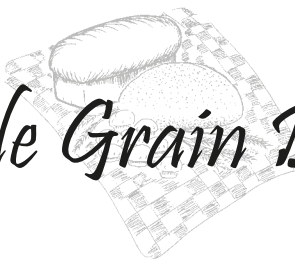
Dissolve yeast in water. Mix in rest of ingredients and let rise until double. Punch down and let rise again. Shape into loaves. Let rise and bake.

UNLEAVENED BREAD

- 2 C. all-purpose flour
- ½ C. milk
- ½ C. butter

Knead ½ to ¾ hr. Roll out real thin on large cookie sheet. Mark with knife in small squares and prick with fork.

Bake at 400° for 12-14 min. Bread should be golden brown. Edges will always be darker than center.



Whole Grain Breads

♥ TROYER'S 100% WHOLE WHEAT BREAD

4½ C. warm water	2 heaping Tbsp. dough enhancer
¾ C. oil	3 Tbsp. instant yeast (SAF)
½ C. honey	14–15 C. whole wheat flour
1 Tbsp. salt	

(Grind 6 C. Golden 86 and 3 C. Red Winter wheat.) If using Bosch, put water, oil, honey, and salt in mixer. Mix well. Add dough enhancer, yeast, and 6 C. flour. Mix well on speed 1. Add flour until it cleans sides of bowl. Mix for 10 minutes.

Oven may be preheated for 10 minutes at 250°. Turn off before putting loaves in to rise.

Put some oil on hands and table. Dough is slightly sticky. Form loaves, put in greased pans and place in warm oven to rise 30–40 minutes or until approximately 2" above pans. Bake at 325° for 30 minutes. You will need to experiment with oven temperature varying.

Butter tops for soft crust when removed from oven. Place on racks on sides to cool. You can make 2 batches back to back if you have 10 pans.

If mixing by hand, work dough longer and more vigorously than with white flour. Keep in mind dough is a little sticky, but will be alright.

Try making butterhorns, pizza crust, sweet rolls, sandwich buns, and dinner rolls with this dough. It is excellent for pizza crust.

♥ WHOLE WHEAT BREAD

Combine:

5½ C. water - 125°F	1 Tbsp. salt
½ C. oil	½ C. honey
1 vit. C (100 mg.)	2 Tbsp. soy lecithin

Add:

7 C. wheat flour	¼ C. wheat gluten
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Mix in:

3 Tbsp. yeast

Continue adding flour until right consistency, about 7-10 C. Form 4 loaves, let rise 25 min. Bake at 350° for 35–45 minutes.