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Yeast Breads

Are Easy To Make

Circular 262

Agricultural Extension Service
University of Arizona
PLEASE NOTE: This circular replaces former Circular 232, "Yeast Bread & Rolls," issued in 1955. Some of the information therein has been revised for use in the present publication.

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University of Arizona
College of Agriculture
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Chas. U Pickrell, Director

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Yeast Breads
Are Easy to Make

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"If only I had time."

With these words many homemakers have discarded the wonderful old-time habits of making nutritious yeast breads at home because of a mistaken attitude on the difficulty of making good homemade yeast bread products. Yeast breads can be easy to make!

Bread has always played an important role in human nutrition, providing a low-cost source of energy, easily digested proteins, and other nutrients. No homemaker
can do her family meal planning without careful consideration of the varied role of bread in the menu.

Careful planning and an organized kitchen help the homemaker to enjoy making good wholesome yeast breads for her family frequently. Of course, it takes good equipment, quality ingredients, and tested recipes to make good yeast bread.

You’ll Need These Ingredients

**Flour**

It is very important to use either enriched or whole-wheat flour in making rolls and bread.

“Enriched” flour is enriched at the mill with the B vitamins — thiamine, riboflavin and niacin — and the mineral iron. When buying flour read the label carefully. See that the word “Enriched” is on the package.

**Salt**

Salt improves flavor and texture. It controls yeast action so that the dough does not rise too quickly. Too much salt slows the rising.

**Yeast**

Yeast is the leavening agent in the bread. When the tiny yeast plants feed on sugar, they produce carbon dioxide gas which makes the dough rise. Yeast may be obtained in several forms such as dry and as a compressed cake.

**Dry Granular Yeast**

It can be kept without refrigeration. Note expiration date on package to insure satisfactory results. Follow the directions on package or add to each package ¼ cup warm water. Stir thoroughly and let set for approximately 10 minutes before adding to liquid mixture. Subtract this ¼ cup liquid from the recipe if it does not specify dry yeast.

**Compressed Cake Yeast**

The plants are alive and active so they start to grow as soon as food, moisture, warmth and air are supplied. This yeast is perishable and its life under refrigeration is for one to two weeks. Good compressed yeast is grayish-tan in

**Sugar**

Sugar furnishes food for the yeast and aids in browning the loaf.
color, breaks with a clean edge, and crumbles between fingers when broken.

Fat

Fat used in bread may be lard, a hydrogenated fat, butter, margarine, or cooking oil. The fat used in bread increases tenderness and volume, improves texture, flavor, and keeping quality; it also contributes to the golden brown color of the crust.

Liquid

Liquid used in bread may be milk or water. Different forms of milk, such as fluid milk, buttermilk, evaporated milk, or dry milk, may be used. Milk in any form increases the food value of the bread and improves its keeping quality. Bread made with water has a nutty flavor and a crispier crust than bread made with milk. Water in which potatoes were cooked may also be used.

NOTE: All liquids used in yeast breads are scalded and then cooled except water, evaporated milk and dry milk.

Other Ingredients

Other ingredients that may be used in bread are eggs, fruits, nuts, and spices. These ingredients are usually used in fancy breads and rolls. Eggs added to plain bread and rolls increase their nutritive value, give flavor and creamy color, and improve their texture.

Remember These Steps

Use a tested recipe and follow each step as it is written. Be sure that your liquids are only lukewarm. Warm liquids speed up the action of the yeast but hot liquids will kill the yeast.

1. Add sifted flour in two parts. After first addition beat until smooth.
2. Add last portion of flour to form dough. (Dough should be soft.) Turn on lightly floured bread board or pastry frame.

**NOTE:** A soft dough makes a more desirable yeast bread because it is lighter, has more flavor and better texture.

3. Shape dough into a ball. Now you are ready to knead. (Remember the moisture content of flour differs, so sometimes it takes more flour than it does at other times.) Flatten dough slightly.

4. Catch hold of back sides of flattened dough and fold toward you.

5. With ball of hand, gently roll dough away from you. Do not press hard on dough — this makes it stick to your hands and the pastry cloth.

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6. Repeat this folding, rolling motion (called kneading) until dough is smooth and elastic.

NOTE: To test whether dough has been kneaded enough, place your hand on the dough while you count to 30. If the dough does not stick to your hand, it has been kneaded enough. Remember, a soft dough is better than a stiff dough.

7. Place the kneaded dough in a greased bowl. Grease the top of the ball of dough and cover. Let rise until double in bulk.

NOTE: The temperature can be controlled on this type of dough by placing the bowl in a pan of warm water in cold climates or a pan of cold water in warm climates.

8. Punch the proofed dough down. You are now ready to shape the dough into loaves, rolls, or fancy breads.

9. Yeast bread products will be ready to bake when they have doubled in bulk or when the dough doesn't spring back after being pressed with your fingers.
NOTE: Be sure to check the accuracy of your oven temperature, then bake the breads at the temperature given in the recipe. Never open the door of the oven while baking bread. Place oven racks a little below the center of the oven. Remember under or over-baking can ruin what would have been a perfect pan of bread.

Take bread from the oven when done and remove from pans immediately. This prevents sweating and soggy bottom and side crusts.

Cool bread on cooling racks before trying to slice and prepare for serving.

Yeast Loaf Breads

Enriched White Bread

Yield: 2 loaves
Pan: 9 x 5 x 3 inches
Temperature: 375° to 400° F.
Baking Time: 50-60 minutes

Ingredients:
2 1/4 cups milk (or 2 1/2 cups warm water plus 1/2 cup skim milk powder)
1 package dry, active, or compressed yeast
3/4 cup water
2 tablespoons sugar
2 teaspoons salt
2 tablespoons fat
6 cups sifted enriched flour

1. Sift and measure flour; add salt, sugar, and dry skim milk powder, if used. Sift together.

2. Scald fluid milk, or if dry skim milk powder is used, use lukewarm water for liquid.

NOTE: To test for lukewarm, place a drop on the inside of the wrist. If the liquid feels neither warm nor cool, it is at the desired temperature (95° F.).

3. Compressed Yeast Cake: When the liquid is lukewarm, crumble in the fresh, compressed yeast cake.

Active Dry Yeast: Use 1/4 cup water when dissolving active dry yeast. The water should be warm but not hot (95° F.). Sprinkle yeast on water and stir to dissolve. Allow to stand 10 minutes. Add yeast mixture to lukewarm liquid. Add melted fat and mix thoroughly.

4. Add the flour and other dry ingredients to the yeast mixture. Beat until smooth. If using a mixer, beat 1/2 minute at low speed.

5. Add enough flour to make a smooth dough that is soft but not sticky. Enough flour has been added when the dough cleans the bowl.

6. Turn dough out on lightly floured board or canvas and let it rest for five minutes. While dough rests, clean and grease bowl.

7. Knead as directed in Remember These Steps, page 5.

8. Divide the dough in two portions and cover with a towel. Let it rest on your board for 10 minutes. You will find that the dough is easier to handle after this second rest period.

9. Shape the dough into loaves by rolling each portion into a flat-
tended oval. (See drawing above.) Fold each side toward the center, then fold the top and bottom thirds toward the center. Seal well. This forms a cylindrical shaped loaf. Roll over on the board lightly two or three times. Place loaves in greased pans with seam at the bottom of the pan. Flatten the dough gently so that it is eased into the corners of the pan. Brush the loaves lightly on sides and top with melted fat.

10. Let loaves rise until they almost double in size. While loaves are proofing, pre-heat oven.

11. Bake the loaves at 400° F. 35 minutes.

NOTE: Cover with brown paper to prevent crust browning too much.

12. The bread is done when it shrinks from the side of the pan and sounds hollow when thumped lightly.

13. Remove from pans immediately and place on rack to cool. Grease tops lightly.
100 Percent Whole Wheat Bread

Yield: 2 loaves
Pan: 9 x 5 x 3 inches
Temperature: 375° to 400° F.
Baking Time: 50-60 minutes

Ingredients:
- 2 cups milk
- 1 tablespoon salt
- ¼ cup (or less) molasses or syrup
- 1 cake compressed yeast
- ½ cup fat
- 6 to 6½ cups whole wheat flour (stirred)

1. Scald milk and pour over measured molasses and salt in a large mixing bowl.

2. When mixture has cooled to lukewarm (95° F.) add the crumbled yeast and about 2 cups of flour. Stir with a mixer for one minute or with a spoon until the ingredients are combined.

3. Add melted fat, mix, then add about 1 cup flour and beat well (100 strokes), or with a mixer for one-half minute. If desired, add 1 cup raisins.

4. Add flour to make a stiff dough; then put on generously floured board. Scrape bowl clean of dough and grease well with melted fat. Knead remaining flour into dough until it is stiff.

5. Place dough in bowl and grease it all over. Cover dough with towel and let it rise until double in bulk (about 3 hours). The time may be shortened to about 1 hour by using 2 times as much yeast.

6. Punch down and shape into loaves. Put into greased pans; grease top; let rise in pans until double in bulk (about 2 hours).

NOTE: It is easy to grease the top by turning the dough in the greased bowl. This coats all surfaces.

7. Put into hot oven (400° F.) and bake 10 minutes. Continue baking at moderate temperature (350° F.) for 40 minutes more.

Cracked Wheat Date Nut Bread

Yield: 2 loaves
Pans: 9 x 5 x 3 inches
Temperature: 375° F.
Time: 60 minutes

Ingredients:
- 3½ cups sifted enriched flour
- 2 cups fluid milk scalded
- 1 package compressed or active dry yeast
- ½ cup water
- 2 cups cracked wheat flour
- 2½ teaspoons salt
- 2½ tablespoons melted fat
- 3 tablespoons brown sugar, honey, or molasses
- ½ cup chopped nuts
- ½ cup chopped dates

Follow procedure for enriched white bread.

1. Use half of white flour in initial batter and beat.

2. Add cracked wheat and enough of remaining white flour until batter cleans the bowl.

3. Add chopped nuts and dates at last of kneading.

NOTE: To soften, cracked wheat is soaked in hot water. Subtract amount of water used from fluid milk.
Raisin Nut Bread

Yield: 2 loaves
Pan: 9 x 5 x 3 inches
Temperature: 400° F.
Time: 45 minutes

Ingredients:
1. package yeast
2. cup lukewarm water
3. cups milk
4. cup sugar
5. teaspoons salt
6. cup shortening
7. cups sifted enriched flour
8. cup raisins
9. cup chopped nuts
10. Confectioner’s sugar icing (if desired)

1. Soften yeast in lukewarm water.
2. Scald milk; add sugar, salt, and shortening, and cool to lukewarm (95° F.).
3. When cooled, add two cups flour, stirring well.
4. Add softened yeast and mix well.
5. Stir in raisins and chopped nuts.
6. Add enough flour to make a moderately stiff dough.
7. Turn out on lightly floured board and knead until smooth and satiny (5 to 10 minutes).
8. Shape into ball and place in lightly greased bowl.
10. Cover and let rise in warm place (80° to 85° F.) until doubled (about 2 hours). Punch down.
11. Divide dough into two balls; shape each portion into a smooth ball and let rest 10 minutes.
12. Shape into loaves. Place in greased bread pans and let rise until doubled, about 1 hour.

13. When cool, brush with confectioner’s sugar icing if desired. Makes two loaves.

Rye Bread

Yield: 2 loaves (oblong)
Pan: 1 Baking Sheet
Temperature: 375° F.
Time: 45 minutes

Ingredients:
1. 2 1/2 cups lukewarm water
2. 2 packages active dry yeast
3. 3 tablespoons sugar
4. 5 teaspoons salt
5. 2 tablespoons salad oil
6. 6 cups rye flour (straight grade) mix with
7. 2 cups sifted all-purpose flour
8. 1/4 cup cornmeal
9. Caraway seeds (if desired)

1. Sprinkle yeast over lukewarm water in a large bowl and stir to dissolve. Let stand 10 minutes.
2. Add sugar, salt, salad oil and caraway seed.
3. Add one-half the mixed flour and beat to a smooth batter. Add rest of flour and mix well.
4. Turn on lightly floured board. Knead until smooth. Place in greased bowl, grease top and cover. Let rise to double in bulk.

5. Punch down, divide and mold into loaves pointed on each end. Place on greased baking sheet sprinkled with corn meal. This recipe makes four pounds of bread.

6. Let rise again until double in bulk.

**NOTE:** This dough will be very soft, which helps give the texture of the bread.

**Potato Bread**

**Yield:** 2 loaves  
**Pan:** 9 x 5 x 3 inches  
**Temperature:** 375°F  
**Time:** 75 minutes

**Ingredients:**
- 7-7 1/2 cups or 2 1/4 lbs. flour
- 2 1/2 cups or 1 1/4 lbs. potatoes
- 2 eggs
- 1 cake yeast
- 1 tablespoon salt
- 2 cups milk

1. Grate the potatoes in a good sized pan so that the dough will have plenty of room to rise.

2. Heat the milk. Dissolve the yeast in 1/2 cup of the heated milk, add eggs, salt, remainder of milk, and yeast to the grated potatoes.

3. Add enough flour to potato mixture to stiffen. This should take the whole amount of flour. Let rise in a warm place for 2 hours.

4. Put dough into greased bread tins (2) and shape them.

5. Put directly into the oven which has been heated to 375°F, and bake for 1 1/4 hours.

If more potatoes are used, reduce the amount of milk, or the dough will not become stiff.

**NOTE:** a. Extremely soft dough.  
   b. No kneading required.

**Oatmeal Bread**

**Yield:** 3 loaves  
**Pan:** 9 x 5 x 3 inches  
**Temperature:** 375°F  
**Time:** 50-55 minutes

**Ingredients:**
- 3 cups finely ground rolled oats
- 9 cups sifted all-purpose flour
- 3 1/2 cups milk
- 1 to 2 cakes compressed yeast
- 4 tablespoons sugar
- 4 teaspoons salt
- 2 tablespoons fat

Mix the rolled oats with the white flour and proceed as for white bread (page 8). These ingredients make approximately four pounds of bread.
French Bread

Yield: 2 loaves
Pan: Baking pan
Temperature and Time:
425° for 10 minutes
325° for 40 minutes

Ingredients:
1 1/2 cups warm water
1 package active dry yeast or
1 cake fresh yeast, crumbled
1 tablespoon sugar
2 teaspoons salt
4 1/2 cups sifted all-purpose flour

1. Pour water into large bowl, sprinkle or crumble yeast into water, stir until yeast dissolves.
2. Stir sugar and salt into yeast mixture.
3. Add flour all at once, stir with wooden spoon until dough is well mixed. (Dough will be stiff and slightly sticky).
4. Cover bowl with damp clean towel, let dough rise in warm place about 1 hour or until double in bulk.
5. While dough rises, grease large cooky sheet; sprinkle with cornmeal.
6. Turn half of raised dough out onto well-floured board, lightly sprinkle top with flour, roll and stretch dough to a rectangle 10 x 14 (do not knead).
7. Starting at one long edge, roll up dough, pinch along edge to seal seam. Shape loaf by rolling ends back and forth under palms of hands until ends are pointed and loaf is about 18 inches long.
8. Place loaf on cooky sheet. Do the same with the second half.
9. Cut 3 evenly spaced shallow diagonal slashes on top of each loaf. Cover loaves with dry towel and let rise 1 hour or until double in bulk.
10. Brush loaves lightly with water just before baking.
11. Bake loaves in hot oven 425° for 10 minutes, then brush again with water.
12. Reduce heat to 325° and bake 40 minutes longer.
13. Cool loaves quickly and in a draft to give cracky crust. (Use an electric fan or place loaves where there is a brisk breeze).

NOTE: Double the recipe and make 3 larger loaves.

Garlic Bread

1/2 cup butter or margarine
1/4 teaspoon garlic powder
1 loaf French bread

Method
Cream butter and garlic powder. Slash bread diagonally to within 1/2 inch of crust. Spread butter mixture between slices and over top. Sprinkle loaf with paprika. Place on baking pan. Heat in moderate oven (350° F.) 10-15 minutes.
Arizona Christmas Bread

Yield: 2 loaves
Pan: 9 x 5 x 3 inches
Temperature: 375° F.
Time: 40 minutes

Ingredients:
1 cup warm milk
1/4 cup melted butter or oleo
1/2 cup sugar
1 teaspoon salt
1/2 teaspoon nutmeg
1/2 teaspoon mace
1/4 teaspoon ground cloves
1/2 cup lukewarm water
2 packages active dry yeast
6 cups sifted all-purpose flour
2 eggs, beaten
1/2 cup raisins
1/2 cup candied cherries (cut in fourths)
1/2 cup chopped nuts

1. Sprinkle yeast over 1/2 cup lukewarm water in large bowl. Let stand 10 minutes.
2. Mix scalded milk, sugar, fat, salt and spices. Add to yeast.
3. Add one-half the flour and beat until smooth. Add egg, raisins, cherries and nuts. Blend in rest of flour.
5. When double in bulk, punch down and shape into two loaves. Cover, let rise until dough is 1/4 inch from top of bread pan. Brush with melted butter and sprinkle generously with granulated sugar.
6. Remove from pan and cool on racks. Glaze with butter frosting and decorate with nuts.

Braided Loaves

Yield: 1 large loaf
Pan: Large Baking Sheet
Temperature: 350° F.
Time: 45 minutes

Ingredients:
1 cup warm milk
1/2 cup melted shortening (or salad oil)
3/4 cup sugar
1/2 teaspoon salt
1/4 cup lukewarm water
2 packages active dry yeast
2 eggs, beaten
5 1/2 cups sifted all-purpose flour
1/4 cup citron, chopped
1/4 cup raisins
1/4 cup chopped almonds
1. Sprinkle yeast over $\frac{1}{4}$ cup lukewarm water in large bowl. Let stand 10 minutes.
2. Scald milk and then cool to lukewarm.
3. Mix warm milk, fat, sugar, and salt. Add to yeast.
4. Add $\frac{1}{2}$ the flour and eggs to mixture. Beat smooth. Stir in citron, raisins, and almonds. Add last of flour.
5. Knead until smooth on lightly floured board. Place in greased bowl, grease top. Cover and let rise.
6. When double in bulk, punch down and divide in half. Let rest 10 minutes. Cut one-half of dough into three pieces.
7. Roll each piece into a strip about 18 inches long.
8. Place the three strips on greased baking sheet. Braid.
9. Take two-thirds of remaining dough and divide into three 18-inch strips. Braid and place on top of large braid.
10. Use the last of dough to form a small 18-inch braid on top of the loaf. (If needed, use toothpicks to hold braid in place.)
11. Let rise, covered, until double in bulk. Mix 1 egg with 1 tablespoon water and brush on braids.
12. Decorate with blanched, slivered, or whole almonds.

**How Good Is Your Bread?**

Look at the bread you make each time and judge its quality. Practice can help you improve. Here are some points to check.

**FLAVOR:** A sweet, nut-like flavor indicates a good product, but flavor will vary with recipe used.

**TEXTURE:** When roll is broken open or loaf cut, the surface should feel soft and fine. It should not crumble or "ball up."

**GRAIN:** This refers to the size and shape of the little air cells. They should be evenly spaced and fairly uniform in size.

**NOTE:** Batter breads will have larger and less uniform cells.

**AROMA:** The aroma of bread should be pleasant and sweet. It should not smell strongly of yeast, or it should not have a sour smell.

**VOLUME:** This means size of the roll or loaf. The product should be light in weight in relation to its size.

SHAPE: Yeast products should be rounded on top and have straight sides. They should be even in size — that is, one end should not be higher than the other.

CRUST: A smooth crust of medium thickness is best. It should be golden brown in color on top and a slightly lighter even-brown on sides and bottom.

INSIDE COLOR: Color should be even, with no light or dark streaks.

**Some Common Bread Problems And Their Causes**

**Small Heavy Loaves or Rolls**

1. The dough may not have been allowed to rise long enough before shaping or baking.
2. Water used to dissolve yeast too hot.
3. Bread rose too long before baking and "fell" before going into oven.
4. Oven temperature too hot.

**Large Cracks Around Top and Sides of Loaf**
1. Too much flour used in recipe.
2. Too much flour used in kneading and shaping.

**Large Bubbles or Bumps on Surface After Baking**
1. Not kneaded enough before setting to rise.
2. Not punched down enough before shaping.

**Streaks Inside**
1. Not mixed well in making.
2. Not all utensils clean and sanitary.

**Heavy Soggy Streaks**
1. Too slow baking temperature.

2. Rope-like texture caused by bacteria. Be sure hands and all utensils are clean.
3. Overrising and dough "falling" in center before baking.
4. Too hot oven browns crust and leaves center underbaked.

**Large Air Cells**
1. Not kneaded enough.
2. Overrising before baking.

**Strong Yeast Odor and Flavor**
1. Underrising.
2. Too much yeast.

**Uneven or Lopsided Loaves**
1. Not shaped evenly.
2. Overrising before baking.
3. Put in drafty place to rise.

**Tough Crust**
1. Not enough shortening used.
2. Baked too long.
3. Too much flour used in kneading.

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**Rolls for Family Table**

**Yeast Rolls**

Yeast rolls usually are made of a richer dough than yeast breads. Eggs and sugar are added to improve flavor, texture, and food value.

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**Basic Roll Dough**

**Yield:** 18 to 24 rolls

**Temperature:** 400° F.

**Time:** 12 to 15 minutes

**Ingredients:**

1. cup milk
2. package dry or compressed yeast
3. cup water (if using dry yeast)
4. cup sugar
5. cup shortening
6. teaspoons salt
7. or 2 eggs
8. 4 1/2 to 5 cups sifted enriched flour
1. Scald milk. Don’t let it boil.
2. Soften yeast in $\frac{1}{4}$ cup lukewarm water. Stir until dissolved.
3. Measure sugar, shortening, and salt into mixing bowl. Pour scalded milk into bowl. Stir to melt fat and dissolve salt and sugar.
4. When milk mixture is lukewarm, add softened yeast and stir.
5. Add 2 cups flour and beat vigorously about 100 strokes or one-half minute in electric mixer.
6. Add egg. Beat well (one minute in mixer).
7. Add enough flour to make a soft dough (about 2 cups). Enough flour has been added when the dough cleans the bowl. A soft dough makes the best rolls.
8. Turn out on floured board; allow dough to rest 10 minutes to tighten. While dough rests, clean and grease bowl.
9. Flour or grease hands and knead dough lightly until it is smooth, satiny, and elastic, kneading the remainder of the flour into the dough. Shape dough into a ball.

A Test: Place one hand over dough. Count to 30 if the hand does not stick, the dough has been kneaded enough.
10. Place dough into greased bowl. Grease top lightly to prevent the formation of a dry crust. Cover with a towel or waxed paper and allow to rise at 85°F, free from draft, until it doubles in bulk (about 1 1/2 hours).
A Test: To test for double in bulk press two fingers deeply into the dough. The imprint remains when fingers are withdrawn.

11. Punch down dough by plunging your fist into it. This allows the gas to escape. Fold the dough over until it is its original size. Do not knead.

12. Let dough rest on your bread board 10 minutes to make it easy to handle. Cover with a towel.

13. Shape rolls. All types of rolls may be shaped from this recipe. (See drawing on page 17.)

NOTE: If you wish to cut down on the rising time, use two packages or cakes of yeast in place of one. This reduces the rising time to about 45 minutes.

Bake and Brown Rolls

1. Bake rolls in 250° F. oven for 30 to 35 minutes until the framework is set. Use shiny pans to avoid browning.

   Store in breadbox: 1 week
   Store in refrigerator: 2 weeks
   Store in freezer: as long as 2 months

3. To serve, bake rolls in 425° F. oven.
   Room temperature: 7 to 8 minutes
   Frozen: 15 to 20 minutes

Whole Wheat Rolls

Yield: 18 to 24 rolls
Temperature: 400° F.
Time: 20 minutes

Ingredients:

- ½ cup lukewarm water
- 1 yeast cake
- 1½ cups lukewarm buttermilk
- 5 cups whole-wheat flour
- ½ cup melted fat
- ¼ cup sugar
- ½ teaspoon soda
- 1 teaspoon salt

1. Sprinkle 1 yeast cake or package in ½ cup of lukewarm water.

NOTE: Place a drop of the liquid on the wrist and if it is just warm, the temperature is correct.

2. Measure 1½ cups of buttermilk and heat in a double boiler to lukewarm temperature.

3. Add the dissolved yeast to the buttermilk and let it stand 10 minutes to give the yeast a good growing start.

4. Melt ½ cup of fat and add ¼ cup of sugar to it. The fat and sugar mixture should stand until it is just warm before it is added to the other ingredients to prevent killing any of the yeast.

5. Stir the whole-wheat flour to loosen it before measuring. It is too coarse to sift as white flour. Measure out 5 cups, using a dry
measuring cup and spatula in order to get an accurate measure.

6. Measure \( \frac{3}{4} \) teaspoon of soda and 1 teaspoon of salt, using standard measuring spoons and a spatula to level the ingredients to get an accurate measure. Add to the flour and mix thoroughly.

7. Add the sugar and fat mixture to the milk and yeast mixture and mix thoroughly.

8. Add dry ingredients until stiff enough to knead and then place on a canvas covered bread board which has had flour worked into the canvas and knead until smooth and elastic.

9. Knead the dough about ten minutes to develop the glutens in the flour, which in turn helps to improve the texture of the rolls.

10. When the dough is smooth and elastic, place in a greased bowl, and turn the dough over so that the top will be greased. Cover with a cloth and set it aside in a warm place (85° to 90° F.). Let it rise until it doubles in bulk.

11. Punch hand into center of the dough. Fold the edges of the dough over from the four sides to the center. Turn the dough over with the smooth side up.

**NOTE:** Punching down the dough breaks the large gas pockets and improves the texture of the dough.

12. Let the dough rest ten minutes after placing it on the board. This allows the cells to rise up some before shaping into rolls and makes the handling much easier.

13. The dough may be made into various shaped rolls such as Parker house, fan-tans, crescents, clover-leaves, and plain rolls.

14. Place rolls in pans and let rise until almost double in size, or when pressed with the finger the imprint remains.

15. Bake in 400° F. to 450° F. oven for about 20 minutes.

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**Refrigerator Rolls**

**Yield:** 4 dozen

**Temperature:** 400° F.

**Time:** 12-15 minutes

Refrigerator dough should have more sugar and salt than basic roll dough to extend the action of the yeast over several days. Mashed potatoes are used to supply food for the yeast.

**Ingredients:**

- 1 1/2 cups milk
- 1/3 cup sugar
- 1 tablespoon salt
- 1/2 cup shortening
- 1 cup mashed potatoes
- 2 eggs
- 1/4 cup water (if using dry yeast)
- 1 package dry yeast or compressed yeast
- 5 to 6 cups flour

1. Scald milk. Pour over sugar, salt, and fat.
2. Add mashed potato to the milk before the yeast is added.
3. Follow directions for making basic roll dough.
4. Add enough flour to make a very stiff dough.
5. Place dough in a large greased bowl.
6. Brush dough with melted fat, cover with waxed paper and place in refrigerator for at least 12 hours.
7. Remove from refrigerator 3 to 4 hours before shaping. Shape and let rise.
8. Bake at 400° F. for 12-15 minutes.

Yeast Batters

No Kneading — No Shaping

Yeast batters are mixed as yeast doughs. They require no kneading as they are thin enough to spoon into the pans. The batter rises once in the pan.

Batter rolls are light, open grained, and have a thin crust. Yeast batter breads are to be mixed and baked in 1 hour and 20 minutes.

Basic Beaten Batter

1 package yeast
⅛ cup lukewarm water (if using dry yeast)
1 cup milk
⅝ cup sugar
1 teaspoon salt
⅝ cup shortening
2 eggs
3½ cups enriched flour (about)
½ teaspoon vanilla extract
(if desired)

1. Soften yeast in lukewarm water.
2. Scald milk and add sugar, salt, and shortening. Cool to lukewarm.
3. Add 1 cup flour and beat well.
5. Add remaining flour to make a thick batter. Beat thoroughly until smooth.
6. Cover and let rise until doubled (about 1 hour).
7. Use with different toppings to make coffee cakes and puff rolls.
8. Makes two coffee cakes 8 x 8 inches, or two 9-inch cakes, or about 2½ dozen 2-inch puffs.

Plain Puffs

When Basic Beaten Batter has risen until doubled, stir down. Drop by spoonfuls into greased muffin pans. Let rise until doubled (about 45 minutes). Bake in moderate oven (375° F.) 20 to 25 minutes.

Orange Marmalade Swirl

½ recipe Basic Beaten Batter
½ cup orange marmalade

When Basic Beaten Batter has risen until doubled, stir down. Spread evenly in greased 9-inch layer pan. Let rise until almost doubled in size (about 30 minutes). With a floured spoon make grooves in swirl design on top of batter. Fill grooves with orange marmalade. Let rise another 5 or 10 minutes and bake in moderate oven (375° F.) 30 to 35 minutes.

Cinnamon Nut Puffs

Yield: about 16 2-inch puffs
½ recipe Basic Beaten Batter
1 cup raisins
⅛ cup sugar
½ teaspoon cinnamon
¼ cup finely chopped nuts

When Basic Beaten Batter is light, stir in raisins. Drop by
spoonfuls into greased muffin pans. Mix sugar, cinnamon, and nuts. Sprinkle over muffins. Let rise until doubled (about 30 minutes). Bake in moderate oven (375° F.) 20 to 25 minutes.

**Crumble Coffee Cake**
- ½ recipe Basic Beaten Batter
- ½ cup raisins
- ½ cup enriched flour
- ¼ cup fine bread crumbs
- ¼ cup sugar
- 1 teaspoon cinnamon
- ¼ cup butter or margarine

When Basic Beaten Batter is light, stir in raisins. Drop batter into greased 9-inch ring mold. Combine flour, bread crumbs, sugar, cinnamon, and butter or margarine. Mix until crumby and sprinkle over batter. Let rise until doubled (about 30 minutes).

Bake in moderate oven (375° F.) 30 to 35 minutes. Makes one coffee ring.

## Yeast Bread Specialties

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**Basic Sweet Dough And Variations**

- 2 cakes dry or compressed yeast, soaked in
- ½ cup lukewarm water (if using dry yeast)
- 2 cups milk
- 1 cup butter
- 2 level teaspoons salt
- 1 cup sugar (honey or corn syrup)
- Rind and juice of 1 lemon
- 4 eggs
- ½ level teaspoon ground nutmeg, mace, or cardamon
- 8 to 10 cups all-purpose flour

1. Scald milk and cool.
2. Cream together butter, salt, sugar.
3. Add slightly beaten eggs, lemon, spice, lukewarm milk and soaked yeast.
4. Work in flour.
5. Follow the straight dough method, keeping dough somewhat softer than for loaf bread.
6. Mold into the suggested shapes, let rise, brush with butter, and bake at 350° F. to 375° F.

**NOTE:** 1 1/2 cups chopped nuts, raisins, citron or candied orange peel can be added, if desired.

## Coffee Cake

Roll dough 1 inch thick to fit in baking pan, or form into a long roll 1 inch thick and coil this in a greased round cake pan, starting at outer edge and covering bottom of pan. Sprinkle with favorite coffee-cake topping or omit topping and frost after baking with powdered sugar icing and sprinkle with chopped nuts.

## Coffee Cake Toppings

1. Honey. Cream 1/4 cup butter, 2/3 cup powdered sugar, 1 egg white, 2 tablespoons honey, 1/2 teaspoon cinnamon or grated orange rind.

2. Cinnamon. Mix 1/4 cup sugar or corn syrup, 1/2 teaspoon cinnamon and 1/2 cup chopped nuts.

3. Streusel. Cream 2 tablespoons butter and 2 tablespoons sugar (corn syrup or honey) and add 1/4 cup flour, 1/4 cup dry bread crumbs, and 1/2 teaspoon cinnamon.

## Cinnamon Rolls

Roll dough gently into rectangle 1/4 inch thick, 15 inches wide, any length. Brush with butter 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.

**NOTE:** Use string to cut 1-inch slices from rolled dough. This makes uniform slices.

## Swedish Rolls

Prepare as for Cinnamon Rolls and add chopped nuts, raisins or citron to cinnamon roll filling.
**Tea Rings**

Prepare as for Swedish Rolls, but do not cut into slices. Curve long roll into ring, joining ends. Place in greased pan. Cut gashes 1 inch apart almost through dough. Turn slices partly on side to form star. Butter top. After baking, frost top and sprinkle with chopped nuts if desired.

**Pecan or Butterscotch Rolls**

Prepare as for Cinnamon Rolls and sprinkle generously with brown sugar and chopped nuts. Roll up and cut into 1-inch slices. Prepare muffin pans by buttering bottom and sides thickly and covering liberally with brown sugar (or maple syrup) and halves of nuts in the bottom of the pan. Place rolls cut-side down in prepared pans.

**NOTE:** The addition of 1 teaspoon of water in the bottom of each cup makes a tastier product.

**Butter Frosting**

Cream 4 tablespoons butter, sift in 2 cups confectioner’s sugar. Gradually add milk, cream or coffee a little at a time until icing holds shape well, and flavor with ¼ teaspoon vanilla or ½ oz. melted chocolate.

**Confectioner’s Sugar Frosting**

2 tablespoons milk or water
Confectioner’s sugar
Flavoring

Add enough sugar to the liquid to make right consistency to spread, then add flavoring.

**Grandmother’s Raised Doughnuts**

1 ¼ cups scalded milk
1/4 cup shortening
1/2 teaspoon salt
1 package of yeast
1/4 cup water (if using dry yeast)
5-5 1/2 cups sifted flour
3/4 cup sugar
1 1/2 teaspoons cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon mace
3 eggs well beaten

1. Pour scalded milk over shortening and salt in large mixing bowl and cool until lukewarm.
2. Add yeast that has been dissolved in lukewarm water.

3. Sift together flour, sugar, and spices; gradually add enough milk yeast mixture to make a soft batter, beating thoroughly.

4. Add eggs and remaining flour mixture to make a dough which can be handled.

5. Knead well, cover and let rise in warm place about an hour, or until doubled in volume.

6. Turn out on lightly floured board, cover and let stand ten minutes.

7. Roll one inch thick and cut with floured doughnut cutter, or cut in rounds, or make into twist.

8. Let rise on board, covered, until doubled in bulk.

9. Fry in hot, deep fat (360°-370°) from two to three minutes, or until lightly browned.

**NOTE:** If dropped into hot fat raised side down, the top side will rise while the underside cooks and doughnuts will take up less fat.

10. Drain on absorbent paper.


12. Glaze with plain frosting if desired.

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**Cinnamon Swirl Loaf**

**Yield:** 2 loaves  
**Pan:** 9 x 5 x 3 inches  
**Temperature:** 350° F.  
**Time:** 40 minutes

Sugar and spice spiral through the bread, making each slice pretty and full of flavor.

**Ingredients:**

1. Soften active dry yeast in warm water or compressed yeast in lukewarm water.

2. Pour scalded milk over sugar, shortening, and salt; stir to dissolve sugar. Cool to lukewarm.

3. Add 3 cups of the flour and mix well.

4. Stir in softened yeast and eggs; beat well.

5. Add remaining flour or enough to make a soft dough.

6. Turn out on lightly floured surface. Cover and let rest 10 minutes.

7. Knead until smooth and elastic (8 to 10 minutes).

8. Place in lightly greased bowl, turning once to grease surface. Cover and let rise in warm place until doubled in bulk (about 1½ to 2 hours).

9. Punch down and let rise again until almost double (about 1 hour).
10. Punch down and divide dough in half. Cover and let rest 10 minutes.

11. Roll each half in 15 x 7 inch rectangle, about ½ inch thick.

**Cinnamon-sugar:** Mix ¾ cup sugar and 1½ tablespoons cinnamon.

1. Reserve 2 tablespoons cinnamon-sugar mixture; sprinkle remainder over rectangles of dough.

2. Sprinkle about 2 teaspoons of water over each half of dough; smooth with spatula.

3. Roll each as for jelly roll, beginning with narrow side. Seal long edge.

4. Place sealed edge down in greased 9 x 5 x 3 inch loaf pans. Let rise until almost double (45 to 60 minutes).

5. Just before baking, brush loaves with soft butter and sprinkle with remaining cinnamon-sugar.

6. Turn out of pans and cool on rack. Makes 2 spicy loaves.

**NOTE:** If crust browns too fast, cover with aluminum foil the last 5 to 10 minutes of baking.

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**Pizza**

**Dough**

1. Sprinkle yeast into 1 cup of lukewarm water that has been measured into mixing bowl.

2. Stir until dissolved.

3. Add sugar, salt, oil, 2 cups flour and mix thoroughly.

4. Add additional 1½ cups flour and stir.

5. Turn out on lightly floured board. Knead until smooth and elastic.

6. Place in greased bowl and let rise until doubled in bulk (about 45 minutes).

7. When dough has doubled, punch down and divide in half.

8. Form each half into a ball and place on greased baking sheet.

9. Press with palms of hands into a circle about 12 inches in diameter, making edges slightly thick.

10. On each circle:

   1. Arrange ¼ pound cheese.
   2. Then add one-half of prepared tomato mixture, made as follows:

**Pizza Filling**

6-oz. can tomato paste or canned tomatoes

⅛ cup water
1 teaspoon salt
1 teaspoon crushed oregano
1/8 teaspoon pepper

3. Sprinkle evenly 2 tablespoons oil (salad or olive).

4. Sprinkle evenly 2 tablespoons grated Parmesan cheese.

5. Bake in hot oven (400° F.) about 25 minutes. Serve hot.

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