

RECIPES
FOR

BREAD & PASTRY

WITH



THE
OGILVIE FLOUR MILLS CO.
LIMITED.

MONTREAL.

FANCY WHITE BREAD

FIVE-HOUR PROCESS

2½ to 3 cups (sifted) Ogilvie's Royal Household Flour,

1 cup milk or water.

1 teaspoon sugar.

1 teaspoon butter.

$\frac{3}{4}$ teaspoon salt.

$\frac{1}{2}$ cake Compressed Yeast.

(The above ingredients make a one-pound loaf.)

MIXING

Have water or milk at blood heat. Sift and measure flour (two cupfuls). Put the salt, sugar and butter in a bowl and pour half the milk or water over it. In another bowl put yeast, and mix smoothly with the remainder of the milk or water. (Be sure milk or water is not above blood heat, 98 degrees F. Can be tested by placing little finger in milk or water if you have not a thermometer. If too hot will kill yeast.) When yeast is thoroughly dissolved add to milk or water containing salt, etc. Having stirred all together, stir in about half the flour and beat this batter until it is *very smooth* and satiny looking, then beat in gradually enough flour to make rather a soft dough. When too stiff to beat, rub a little flour on the bakeboard and turn the dough out.

KNEADING

Dust a little flour on the dough and on the palms of your hands. Fold the edge of the dough farthest from you towards the centre of the mass, immediately pressing the dough down and away from you with a gentle rolling motion of the palms of the hands, twice repeated. Turn the dough so that what was the right-hand part of it shall be farthest away from you: fold over and knead as before: continue to do this, turning the dough and flouring your hands and the board to keep the dough from sticking. Should it stick to the board scrape it free with a dull knife and flour the board anew. Knead the dough until it does not stick to your hands or the board, is smooth on the surface, feels spongy and elastic, and rises quickly after being indented.

This takes about 1 hour to prepare.

FIRST RISING

Replace the dough ball in a buttered bowl, and brush the top with butter; cover the bowl with several thicknesses of cloth, and set it near the stove or in a pan of warm water, turning another pan over it.

SECOND RISING

When the dough has risen to twice its original bulk lift it on the board and shape into small loaves, handling lightly and using little or no flour. put into buttered pans and butter top; let it stand in a warm place covered with a thick, clean cloth, until it has again doubled in bulk.

BAKING

When nearly risen, test the oven. It should be hot enough to turn a piece of writing paper dark brown in six minutes. Bake small French loaves thirty-five minutes; brick loaves, four inches thick, fifty to sixty minutes. Turn pans if bread does not bake evenly.

NOTE: If you butter the top of your loaves often while baking you will have a nice tasty crust.

HOUSEHOLD WHITE BREAD

To one quart of luke warm wetting, which may be composed of equal portions of water and milk, or water alone, add two half ounces ($\frac{1}{2}$ oz.) or a one ounce (1 oz.) cake of compressed yeast, or if preferred the usual quantity of liquid yeast. Stir the wetting until the yeast is completely dissolved, then add one teaspoonful of salt and three tablespoonfuls of sugar and stir until the salt and sugar are thoroughly dissolved. Then stir in well sifted flour with a wooden spoon until the dough is sufficiently stiff to be turned from the mixing bowl to the moulding board in a mass. The quantity of flour to be used for the above mixture will be about three quarts. If a short bread is desired, add about two tablespoonfuls of lard. Knead this dough thoroughly until it becomes smooth and elastic and ceases to stick to the fingers or moulding board, adding if necessary a little flour from time to time; then put in a well greased earthen bowl, brush lightly with butter, cover with a bread towel, and set to rise in a warm place until light. This will require about two hours. As soon as the bread is light knead it thoroughly and again place in the earthen bowl and set for another rising until light, which will require about one hour. As soon as it is light, form gently into loaves or rolls, place in greased bread pans, brush with melted butter and let stand for one and a half hours, or until very light, then bake in a moderate oven.

USEFUL HINTS

Yeast is very susceptible to damage from either heat or cold. A temperature of 45 degrees F. is cold enough, and 100 degrees F. hot enough to spoil it.

If using compressed yeast see that it is fresh. If dark and mouldy it is old; if it breaks up like putty it is weak.

Good yeast breaks up easily, and has a crisp feeling and a pleasant, wine-like smell.

Dried yeast cake will keep longer than compressed. There is no danger of decay, but if kept too long it spoils.

Flour taken from a cold place should be warmed before using to about the temperature of the hands, and the dough kept at this temperature. If allowed to become chilled the dough will not raise. Too much heat also weakens the dough and spoils the color. Eighty-two to eighty-six degrees F. is the right temperature.

Mix the dough soft; it has enough flour when it ceases to stick to the fingers.

Knead the dough thoroughly; it improves the texture and makes the bread stand up better.

If good results are not obtained, change the yeast.

PASTRY RECIPES

- 2 cups sifted Royal Household Flour.
- $\frac{1}{2}$ cup ice cold water.
- $\frac{1}{3}$ cup, or 6 level tablespoons butter.
- $\frac{1}{3}$ cup, or 6 level tablespoons lard.
- $\frac{1}{2}$ teaspoon salt.

Mix salt with flour; with two knives cut in shortening, leaving it rather large; with knife stir in water little at a time; do it quickly.

LEMON FILLING

FOR

LEMON PIES

- 6 tablespoons water.
- 6 tablespoons sugar.
- $1\frac{1}{2}$ tablespoons cornstarch.
- 1 teaspoon butter.
- $1\frac{1}{2}$ tablespoons lemon juice (half lemon).

Beat yolk of egg till light yellow, then add water. Mix sugar and cornstarch in saucepan, then add yolk and water and butter. Cook until a clear paste, then add lemon when nearly done. Use pastry receipt for pie crust.

PUFF PASTE

- 1 pound of Royal Household Flour.
- 1 pound of butter.

Wash the butter thoroughly or until free from salt. Put both flour and butter in a cold place. Keep all utensils ice cold while working the dough. This is important. Mix about one-fourth of the butter into the flour, adding enough ice cold water to make a nice paste. Roll out thin and spread more butter on with a knife; fold up as you would a piece of paper, repeating this until all the butter is worked in. It is well to roll thoroughly, as better results will be obtained, half an hour is none too long. The dough should then be put in a cold place for several hours, over night is better, but do not allow it to freeze. Bake in a moderately hot oven.