

Yeast Bread Recipes

Easy- Mix White Bread

Better Homes and Garden Cookbook

Prep: 30 minutes Rise: 1 1/4 hours Bake: 40 minutes

5 3/4 to 6 1/4 cups flour
1 pkg. yeast
2 1/2 cups milk or buttermilk
2 Tbs. sugar
1 Tbs. butter, margarine, or shortening
1 1/2 tsp. salt

1. In a large mixing bowl combine 2 1/2 cups of the flour and yeast; set aside. In a medium saucepan heat and stir milk, sugar, butter, and salt just till warm (120° to 130°) and butter almost melts. Add milk mixture to dry mixture. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the sides of the bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.
2. Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface of the dough. Cover; let rise in a warm place till double in size (for 45 to 60 minutes).
3. Punch dough down. Turn dough out onto a lightly floured surface. Divide dough in half. Cover; let rest 10 minutes. Meanwhile, lightly grease two 8X4X2-inch loaf pans.
4. Shape each portion of dough into a loaf by patting or rolling. To shape dough by patting, gently pat and pinch each portion into a loaf shape, tucking edges beneath. To shape dough by rolling, on a lightly floured surface, roll each portion into a 12x8-inch rectangle. Roll dough up, jelly-roll style, starting from a short side. Seal with fingertips as you roll.
5. Place the shaped dough in the prepared loaf pans. Cover and let rise in a warm place till nearly double in size (for 30 to 40 minutes).
6. Bake in a 375° oven about 40 minutes or till bread sounds hollow when you tap the top with your fingers (if necessary, cover loosely with foil the last 10 minutes of baking to prevent over-browning). Immediately remove bread from pans. Cool on wire racks. Makes 2 loaves of bread.

Easy-mix method : Do not use the easy mix method in Canada. Differences in the yeast make it impossible to get good results. Instead, here's how to convert recipes to the conventional method. Change 1/4 cup of the liquid to warm water; add yeast to dissolve. Heat remaining liquid and continue as directed in the conventional method.

White Bread (Conventional Method)

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1 pkg. yeast
1/4 cup warm water
2 cups milk
2 Tbs. sugar
1 Tbs. shortening
2 tsp. salt
5 3/4 to 6 1/4 cups flour
melted butter

Soften yeast in warm water. In a saucepan heat milk, sugar, shortening, and salt just till warm and shortening is almost melted; stir constantly. Turn into a large mixing bowl. Stir in 2 cups of the flour, beat well. Add the softened yeast; stir till smooth. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (about 1 1/4 hours).

Punch down; turn out onto a lightly floured surface. Divide dough in half. Shape into two balls. Cover; let rest 10 minutes. Grease two 8X4X2-inch loaf pans. Shape each ball of dough into a loaf. Place in pans. Brush loaves with some melted butter or margarine. Cover; let rise in a warm place till nearly double (45 to 60 minutes). Bake in a 375° oven about 45 minutes or till bread tests done. Test by tapping the top with your finger. A hollow sound means the loaf is properly baked. Remove from pans; cool on a wire rack. Makes 2 loaves.

White Bread

1 1/2 cups powdered milk	1/2 cup oil
4 cups boiling water	2 pkg. yeast
1 1/2 cup sugar	12 cups flour
2 Tbs. salt	1 egg

Scald dry milk with the boiling water, add sugar, salt, oil and **cool**. **Dissolve yeast in warm water (about 1/2 cup) and 1 tsp. sugar**. Put cooled milk mixture in mixer bowl, add flour gradually to develop the gluten (about 4 cups) beating good. Add the dissolved yeast to the soft batter. Add egg. Beat in another cup of flour. Beat with a wooden spoon now, adding more flour gradually till a stiff dough forms, and it is ready to knead. Knead for about 8 to 10 minutes. Spread with oil and set to rise in a covered bowl. Let rise to the ripe test, knead down and let rise again about 40 minutes. Shape and put into pans that are well-greased. Let rise till 1/2 " over tins. Bake about 12 minutes at 400° till light brown. Turn down heat to 350° for 25 minutes. Take out and cool. Makes 4 loaves of bread.

Scones

1/2 cup mashed potatoes
1 sq. margarine or 1/2 cup cooking oil
1/2 cup honey

Mix in large bowl. Add 2 cups scalded milk. (1 cup evaporated milk and 1 cup water)

1 pkg. dry yeast dissolved in 1/2 cup warm water
3 eggs
4 cups flour
1 tsp. salt

Add to milk mixture. Beat. Gradually add enough flour to make a soft dough. Knead 2 minutes. Cover and let rise two hours. Roll out about 1/8" to 1/4 " thick. Cut into serving pieces and deep fry until brown. About 60.

To store for a week to ten days:

Add: 1/4 tsp. soda, 1/4 tsp. ginger, and 1/2 tsp. baking powder.

Spudnuts

1 cup shortening
1 cup sugar
1 1/2 tsp. salt (if you use instant potatoes)
2 cups mashed potatoes
5 eggs
2 yeast cakes or pkgs.—dissolved in 1/2 cup warm water
14 cups flour (about)

Let raise good and then roll out and put on a tablecloth 45-60 minutes. Fry top side down. Let drip in colander.

Glaze:

2 lbs. powdered sugar
2 tbs. butter
vanilla
water to thin

Let drip with stick through the middle.

Pizza Dough

Let the yeast rise in:

1 cup warm water
1 Tbs. yeast
1 tsp. sugar

Add to the above:

1 Tbs. oil

1/2 tsp. salt

Add 2 - 3 cups flour (enough to make it hold together, not too sticky)

Knead it well and let rise for 10 - 15 minutes.

Roll out and place on pizza pan. Top with Pizza Sauce. Add cheeses, meats, mushrooms, olives, green pepper, etc. Bake at 450° for 20 minutes. Makes 2 - 3 large pizzas.

Soft Pretzels

1 pkg. yeast
1 1/2 cups warm water
1 tsp. salt
1 Tbs. sugar
4 cups flour
1 egg, beaten
coarse salt

Measure warm water into large mixing bowl. Sprinkle in yeast and stir until it looks soft. Add salt, sugar, and flour. Mix and knead dough 1 - 2 minutes. Take small balls of dough to roll, and twist into pretzels, letters, numerals, snakes, and things. Grease cookie sheets lightly. Lay twisted pretzels on greased cookie sheets. Brush pretzels with beaten egg and sprinkle with coarse salt. (Optional: cinnamon/sugar, garlic, parmesan cheese, etc.) Bake at 425° for 12 to 15 minutes.

Indian Fry Bread Tacos

Advance preparation: Place 1 frozen Rhodes Texas roll (per student) in the refrigerator to thaw overnight.

Ingredients Needed:

4 Rhodes Texas rolls (1 per student)
1 cup refried beans
1/2 lb. ground beef
1/4 onion
1 large tomato
1 cup lettuce
1 cup shredded mild cheese
salsa
oil for frying

Utensils and supplies:

non-stick spray
cookie sheet
frying pan
knives and spoons
paper towel

Directions:

1. Stretch each roll into a 7" circle. Place on baking sheet sprayed with non-stick cooking spray. Cover with plastic wrap and set aside.
2. Chop onion.
3. Brown ground beef and chopped onion. Set aside.
4. Chop tomato and lettuce. Set aside.
5. Heat refried beans until warm on low heat.
6. Heat oil to 375°. Fry each roll in oil until light brown.
7. Drain on paper towel.
8. Top fried bread with refried beans, ground beef and onion, cheese, salsa, tomatoes and lettuce. Serve warm.