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# UNITED STATES FOOD ADMINISTRATION

## CONNECTICUT COMMITTEE OF FOOD SUPPLY



CONNECTICUT AGRICULTURAL COLLEGE  
and  
U. S. DEPARTMENT OF AGRICULTURE  
Co-operating



### HOW TO SAVE WHEAT FLOUR

This year the supply of wheat is not sufficient to meet the demand. It is the duty of every housewife to save wheat flour.

All cereal grains furnish nearly equal amounts of energy and building material. Wheat however, has more important bread making qualities than any other cereal. Palatable breads can be made by substituting meals and flours made from other cereals for part of the wheat flour in yeast bread.

The first four recipes have been prepared by Miss Ula Dow of Simmons College and are published with the permission of the Mass. Agri. College.

#### CORN MEAL BREAD (One Loaf) —

- |   |                                 |
|---|---------------------------------|
| 1 cup liquid ( $\frac{1}{2}$ milk, $\frac{1}{2}$ water) | $\frac{1}{4}$ yeast cake        |
| 1 tbsp. shortening                                      | 1 cup yellow or white corn meal |
| 1 tbsp. sugar   | Wheat flour (about 2 cups)      |
| $1\frac{1}{2}$ tsp. salt                                |                                 |

Soften the yeast cake in the water. Measure salt, sugar and shortening into a mixing bowl. Add the scalded milk and cool the mixture until it is lukewarm. Add the yeast and the corn meal and beat thoroughly. Add wheat flour gradually until the dough can be lifted in a mass on the spoon. Turn the dough onto a floured board and knead flour into it until it can be kneaded on an unfloured board for 1 minute without sticking. Place the dough in a clean bowl. Cover it tightly (to prevent the formation of a crust) and let it rise until it doubles its bulk. Knead the dough on an unfloured board just enough to distribute the gas bubbles evenly. Shape into a loaf and place in an oiled tin, pressing it into the corners. Let the loaf rise until double its bulk and bake for 50 or 60 minutes. Remove the loaf from the tin and cool on a wire rack.

Rye Meal Bread — Substitute 1 cup rye meal for corn meal in above recipe.

Oatmeal Bread — Substitute 1 cup rolled oats or oatmeal for corn meal in above recipe.

Starch Breads — Substitute  $\frac{1}{2}$  cup of potato or rice flour for corn meal in above recipe. Increase amount of wheat flour to  $2\frac{1}{2}$  cups.

#### BREAD CRUMB BREAD —

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|---|----------------------------|
| 1 cup liquid ( $\frac{1}{2}$ milk, $\frac{1}{2}$ water) | 1 cup bread crumbs         |
| $\frac{1}{4}$ yeast cake                                | 1 tbsp. shortening         |
| 1 tbsp. sugar   | 1 tsp. salt                |
|   | Wheat flour (about 2 cups) |

Make a sponge with  $\frac{1}{2}$  cup of the liquid, sugar, yeast and 1 cup of wheat flour. When the sponge is light add the salt, bread crumbs, shortening,  $\frac{1}{2}$  cup liquid and flour to make dough stiff enough to be kneaded on an unfloured board for 1 minute without sticking. Let rise until double its bulk. Shape into a loaf, let rise and bake as any bread.

#### RICE BREAD —

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|--|---------------------------------|
| $\frac{1}{2}$ cup water, or a mixture of milk and water or water in which rice has been boiled | 1 tbsp. shortening (If used)    |
| $\frac{1}{4}$ yeast cake   | 1 tsp. salt                     |
| 1 tbsp. sugar  | $\frac{1}{2}$ cup uncooked rice |
|  | $2\frac{1}{2}$ cups wheat flour |

Make a sponge with  $\frac{1}{2}$  cup of water, sugar, yeast, salt and one cupful of wheat flour. Let it rise until it is light. Boil the rice in salted water until it

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...der (about 20 min.) drain and ... it until it is lukewarm. This makes ... out 2 cups of boiled rice. Add the rice and shortening to the light sponge. Add the wheat flour gradually and knead the dough thoroughly. Let the dough rise until it has doubled its bulk. Shape into a loaf, let rise again and bake.

NOTE: corn meal mush may be substituted for the boiled rice in above recipe.

### CORN MEAL BISCUIT —

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|---------------------------------|-----------------------------|
| 1 cup yellow or white corn meal | 4 tsp. baking powder        |
| 1 cup wheat flour               | 2 tbsps. shortening         |
| 1 tsp. salt                     | Liquid to make a soft dough |

Mix the dry ingredients thoroughly. Cut in the shortening. Add the liquid. Place the dough on a floured board and roll or pat it until it is  $\frac{1}{2}$  inch thick. Cut the biscuits and bake them in a hot oven from 12 to 15 minutes. A floury surface can be avoided by brushing the biscuits with milk or water just before baking.

NOTE: 1 cup of rye meal, rolled oats, or oatmeal, may be substituted for the corn meal in above recipe.

### POTATO BREAD —

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|--|---|
| $\frac{1}{2}$ cup liquid (scalded milk, or water in which potatoes have been boiled) | 2 tsp. sugar  |
| 1 tsp. salt  | 1 tbsps. fat  |
|  | $1\frac{1}{2}$ cup mashed potato                            |
|  | $3\frac{1}{2}$ cups flour (or more)                         |
|  | $\frac{1}{2}$ yeast cake dissolved in 2 tbsps. of the water |

Boil potatoes until soft. Peel and mash very thoroughly or put through a ricer so there will be no lumps. Add the liquid, salt, sugar, fat and 1 cup flour and dissolved yeast. Beat well. Let stand until light and full of bubbles. Add remainder of the flour. Knead into loaf. Let rise till doubled in size. Knead slightly, put into pan and let stand until doubled in size. Bake in a moderate oven about 50 min. Care must be taken not to use too much liquid, as potatoes contain so much water that the dough softens as it stands. No flour should be added to the last kneading.

### BOSTON BROWN BREAD —

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|--------------------------|--|
| 1 cup corn meal          | 1 tsp. salt  |
| 1 cup rye meal           | $\frac{3}{4}$ cup molasses                         |
| 1 cup Graham flour       | 2 cups sour milk or $1\frac{3}{4}$ cups sweet milk |
| $2\frac{1}{2}$ tsp. soda |  |

Mix and sift the dry ingredients and add the molasses and milk. Beat thoroughly and steam  $3\frac{1}{2}$  hours in well-greased, covered molds. Remove the covers and bake the bread long enough to dry the top.

This may be made also with  $1\frac{1}{2}$  cups each of corn meal and rye meal and no Graham flour.

This serves eight people.

### BUCKWHEAT MUFFINS —

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|-----------------------|----------------------|
| 1 cup buckwheat flour | 1 tsp. salt          |
| 1 cup wheat flour     | 1 egg                |
| 3 T sugar             | 1 cup milk           |
| 5 tsp. baking powder  | 3 tbsps. melted fat. |

Sift the flour, baking powder, and salt together. Beat the egg, add the milk, and add to the first mixture with the melted fat. Bake in a well-greased muffin pan 20 to 30 minutes in a hot oven.

NOTE: A very satisfactory muffin may be made by using 2 cups of buckwheat and no white flour.

### EGGLESS RYE MUFFINS —

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|-------------------------|-------------------------------------|
| 2 cups rye flour        | 1 cup milk                          |
| 4 tsp. baking powder    | 1 tbsps. melted butter or other fat |
| $\frac{1}{2}$ tsp. salt |                                     |
| 4 tsp. sugar            |                                     |

Mix and sift the dry ingredients; add the milk and melted fat. Mix quickly, do not beat. Bake in greased muffin pans 20 minutes in a hot oven.

NOTE: Sugar may be omitted in above recipes. Use vegetable fat for shortening.