SATURDAY BAKING SERIES
IN GREENFIELD VILLAGE®

Presented by Panera BREAD®

Daggett Whole Wheat Bread

INGREDIENTS:

2 tablespoons yeast
1 1/2 cups warm water
2 tablespoons melted butter
2 tablespoons honey
1 teaspoon of salt
2 cups white flour
2 cups whole wheat flour

DIRECTIONS:

In a large bowl set water by the fire to warm then add yeast and honey. In a separate small bowl melt butter. Allow the yeast to froth then add butter and salt. Using a large bowl start to add flour, about 1/2 cup at a time until dough starts to pull away from the sides. Knead dough until not sticky. Grease 2 baking pans. Separate dough for bake pans. Cover with a clean towel and allow dough to rise until double in size. Place dough in you bake oven at approximately 350° for 45 minutes to an hour.

*Use the Bundt Pan for a cake recipe too.
**Grease and flour the pan well....ginger bowl too)

As adapted from English Bread and Yeast Cookery.

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Firestone Bread

INGREDIENTS:

1/2 cup water
1/2 cup milk
1 tablespoon yeast
2 tablespoons sugar or honey
1/2 cup butter
1 egg
1 teaspoon salt
white flour–add just until the dough can be handled without sticking

DIRECTIONS:

Heat water and milk. When a drop of the mixture on the inside of your wrist feels warm, remove from heat and pour into bowl. Add yeast and sugar or honey. Mix, then put in bowl, cover with a damp towel and place in warm draft free place.

When mixture has developed a sponge over the top, mix in butter, egg and salt. Add flour just until the dough can be handled without sticking to bowl.

You will need a sturdy, flat surface to knead your dough on. (A wooden cutting board on a kitchen counter works nicely.)

Flour your kneading surface and place dough on surface.

Gather dough into a ball, then knead. To knead: Use the heels of your hands and push down and slightly forward into your dough. Fold the side of dough furthest away from you towards you. Use the heel of your hands and push down and slightly forward into your dough. Then fold the left side of the dough over to the right side. Turn your dough a quarter turn. Repeat all steps.

Knead dough for 8-10 minutes, until the dough feels smooth and springy. If dough becomes sticky during kneading, add a little more flour.

Grease the inside of a bowl. Place dough in bowl once, then turn over (to butter top). Cover bowl with a damp towel and place bowl in warm, draft-free place to rise.

While dough rises, grease pans well.

Allow dough to double in size. To check: Gently poke the top of the dough about a one-half an inch deep. If dough immediately fills hole, it is not done rising. If hole remains, dough is done.

Lightly punch dough in the middle, "disinflating" dough.

Shape dough into rolls or loaves. To do so, pull out enough dough to make a roll or loaf. Gently flatten dough against floured kneading surface. Roll edges to middle and pinch together. Turn over and place in pan.

Place pans in warm draft-free place to rise. Gently poke the top of the dough about a one-half an inch deep. If dough immediately fills hole, it is not done rising. If hole remains, dough is done.

When dough is done rising, place in oven. Bake at 400 degrees for 25-35 minutes. Bread should be golden brown and crusty on top and should sound hollow when tapped. When done, cool on rack.

Enough to make 2 loaves or 1 loaf and 8 rolls.

As adapted from the "Buckeye Cookbook."

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Mattox Household Sweet Potato Bread

INGREDIENTS:

1 teaspoon salt
1 cup finely mashed cooked sweet potatoes
1/2 yeast cake
2 tablespoons warm water
2 3/4 cups flour, or sufficient to make a soft dough

DIRECTIONS:

Add the salt to the potatoes, and the yeast; pour in the water; add flour enough to make a smooth sponge (about a cup-ful); cover and set in a warm place to rise.

When light, add the remainder of the flour or whatever is needed to make a smooth, elastic dough. Cover with a clean kithen towel and set in a warm place to rise and let rise until light; mold; shape into loaves or rolls; let rise until double in size and bake.

Many variations of the above bread can be made by adding sugar, butter, lard, spices, orange or lemon silces, etc.

As adapted from the George Washington Carver Bulletin, 'How to Use and Cook the Sweet Potato.'

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Edison Homestead Strawberry Baskets

INGREDIENTS:

4 eggs
1 cup sugar
3 tablespoons water
1 1/2 teaspoons cornstarch
1 cup flour
1 1/4 teaspoon baking powder
1/4 teaspoon salt
1 teaspoon lemon extract
butter for pans
sweetened crushed strawberries

DIRECTIONS:

Beat yolks of four eggs until thick, add the sugar gradually, and beat 2 minutes; add the water. Put cornstarch in 1 measuring cup and fill cup with flour. Mix and sift cornstarch, flour, and baking powder and salt, add to egg mixture. Beat the whites until eggs are stiff and add to mixture, then add the lemon extract. Fill buttered gem pans and bake at 350°. Cool, scoop out centers and fill with sweetened crushed strawberries. Recipe makes 8 baskets.

As adapted from 'The Dinner Calendary 1815' by Fannie Merritt Farmer.

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Sweet Potato Bread and Biscuits

During the Great Depression of the 1930s, the Mattox family worked a farm in Bryan County, Georgia. Carrie Lou Mattox recalls that when she was a child they always had enough food to put on the table or share with those in need. American Southern agriculture was in the process of replenishing the soil with help from scientists like George Washington Carver. One crop he encouraged farmers to grow was the highly nutritious sweet potato. In the Mattox family oral histories, both Carrie Lou and Amos Lee Jr. fondly remember their father growing sweet potatoes and their mother serving up pones and breads.

The following are two easy recipes from the bulletins published by Dr. Carver that Mrs. Grace Mattox would have prepared for family and friends.

SWEET POTATO BREAD

INGREDIENTS:

1 cup finely mashed sweet potatoes
2 tablespoons warm water
1/2 yeast cake
1 teaspoon salt
2 3/4 cups flour,
or sufficient to make a soft dough

DIRECTIONS:

Add the salt to the potatoes, and the yeast; pour in the water; add flour enough to make a smooth sponge (about a cupful); cover and let rise.

When light, add the remainder of the flour or whatever is needed to make a smooth elastic dough. Cover and let rise until light; mould; shape into loaves or rolls; let rise and bake until done (or 45 minutes at 350°.)

Many variations of the above bread can be made by adding sugar, butter, lard, nuts, spices, etc. (Flavoring may include some cinnamon, orange peel, lemon peel and juice, mace, nutmeg or ginger.)

SWEET POTATO BISCUITS

INGREDIENTS:

1/2 cup mashed sweet potato
1 cup flour
1/2 teaspoon salt
4 teaspoons of baking powder
2 tablespoons of butter or lard
small amount of milk*

DIRECTIONS:

Milk sufficient to make a soft dough*; sift the flour, salt, and baking powder together several times; add these to the potatoes, mixing in with a knife.

Now work the fat into the mixture lightly; add the milk; work quickly and lightly until a soft dough is formed; turn out to a floured board; pat and roll out lightly until 1/2 inch thick; cut into biscuits; place on buttered or greased pans and bake 12–15 minutes in a quick oven.

*Amount of milk will vary depending on moistness of sweet potatoes.

As adapted from the George Washington Carver Bulletin, "How to use and cook the sweet potato."