

## Some wonder bread: you 'knead' it 3 ways

Toothpicks is back. This semester you will be provided with more relatively useful tidbits designed to make your day just a little stranger. The column will feature such timely topics as creative cookery in your dorm room, common sense food buying, guides to dieting, many easy-to-make, practical, conventional recipes, as well as some that are neither practical nor conventional.

This week the fine art of bread making will dominate the discussion. Many people think baking bread is very difficult indeed. Not so. Anyone with a little time and patience can do it. And, if you've got a little culinary talent, you have a head start.

The basic ingredients are the most important element in crating good bread. Substituting ingredients will vary the flavor and texture of the dough. I recommend using whole grain flour, as it is higher in vitamins and essential oils than the more processed white flour. Whole wheat flour is ground at lower temperatures and thus contains the highest percentage of gluten, which holds air in the dough and allows it to be more elastic. When substituting whole wheat flour for white flour use approximately one half the amount listed in the recipe.

Rye flour tends to produce a finer-frained, moist, dense bread. Corn meal gives bread a crumble texture, crunchiness and sweetness.

Milk makes bread smoother, softer, and contributes to a cake-like texture. It also lessens the coarse taste of some of the whole grains.

Eggs make the bread lighter and more airy, as well as more tender and golden in color.

Oil used instead of shortenings and margarines contribute to a cakier, richer tasting bread. Also liquid oils are more easily assimilated by the body than the solid shortening agents.

In addition to the whole wheat and rye bread recipes, a plain white bread recipe is included for all of you conventional types.

## karen richardson tooth picks

### Whole Wheat

- 1 cup sweet potato water
- 1 pkg. dry yeast
- 1/4 cup oil
- 1/4 cup honey
- 1 T. salt
- 1 1/2 cups stock or water
- 6 cups whole wheat flour
- 1/2 cup soy flour
- 1/4 cup wheat germ
- dash of nutmeg
- 1. Dissolve yeast in warm water.
- 2. Add oil, honey, salt, stock, soy flour and wheat germ and one half of the whole wheat flour. Mix thoroughly.
- 3. Add the rest of the flour and knead.
- 4. Shape into round ball and place in oil bowl. Cover and set in warm place to rise for 1 hr. and 15 min.
- 5. Punch down and shape into 2 loaves. Place in oiled pans and let rise 1 hr.
- 6. Bake at 350 degrees for 50 minutes.
- 7. After removing loaves from oven, brush tops with butter.

- 1. Dissolve yeast in water.
- 2. Stir in sweetening and dry milk.
- 3. Stir in rye flour until thick batter is formed.
- 4. Beat well with spoon (100 strokes).
- 5. Let rise 60 minutes.
- 6. Fold in salt and oil.
- 7. Fold in additional flour until dough comes away from sides of the bowl.
- 8. Knead on floured board, using more flour as needed to keep dough from sticking to board, about 10-15 minutes until dough is smooth.
- 9. Let rise 50 minutes.
- 10. Punch down.
- 11. Let rise 40 minutes.
- 12. Shape into loaves.
- 13. Let rise 20 minutes.
- 14. Bake in 350 degree oven for one hour.
- 15. Remove from pans and let cool, or eat right away.

### Plain White Bread

- 3 cups lukewarm water
- 2 pkg. dry yeast
- 2 tsp. sugar
- 1/2 cup sugar
- 1 T. salt
- 3/4 cup shortening (melted)
- 9-9 1/2 cups flour

- 1. In a small bowl, mix 1/2 cup lukewarm water, yeast and 2 tsp. sugar. Set aside.
- 2. In another bowl, thoroughly mix 2 1/2 cups lukewarm water, 1/2 cup sugar, salt and 2 cups flour.
- 3. Then add 2 cups flour and shortening. Beat well.
- 4. Stir in yeast mixture.
- 5. Add rest of flour and work in. Knead and put in greased bowl.
- 6. Let rise 1 1/2 hours. Punch down and let rise 30-40 min.
- 7. Form loaves and let rise 50-60 min. Bake 30 min. at 420 degrees.

### Rye Bread

- 1 1/2 cups lukewarm water
- 1 1/2 cups sour cream
- 1 pkg. yeast
- 3/8 cup molasses
- 1 cup dry milk (optional)
- 4 1/2 cups rye flour
- 1 1/4 T. Salt
- 3/4 cup oil
- 3-4 cups additional rye flour
- 1 1/2 cups rye additional rye flour
- 1-1 1/2 cups rye flour (for Kneading)



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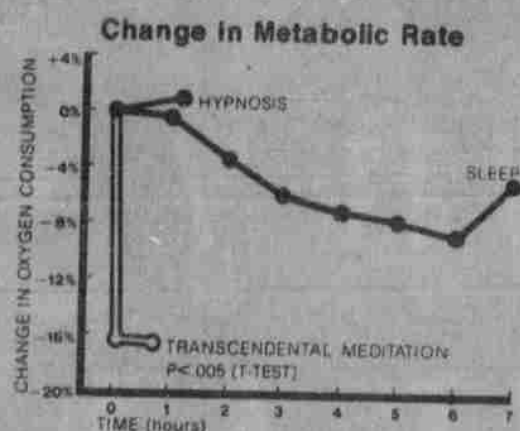
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Lectures at Nebraska Union (Rm. posted):

3:30 pm Aug. 29

7:30 pm Sept. 3



Wallace and Benson,  
'Physiology of Meditation',  
Scientific American,  
February 1972, USA

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