

Homemade Bread With a Bonus

By CRAIG CLAIBORNE

*Why has our poetry eschewed
The rapture and response of food?
What hymns are sung, what praises said
For homemade miracles of bread?*

—LOUIS UNTERMEYER.

PEANUTS roasting, coffee brewing, bacon frying—each produces pleasant aromas. But nothing smells better than bread baking in a home oven. The warm odor of yeast engulfs the kitchen, engages the nostrils and stimulates the appetite with hunger pangs that can only be stilled by the eating of the bread itself.

There is probably nothing more satisfying to the ego of the home cook than producing a perfect loaf. In the kneading and the rising, it truly seems that the cook has participated in the making of a miracle, which may be why many of the most dedicated cooks belong to the breed of bakers. Some say kneading the bread is a good therapy in itself.

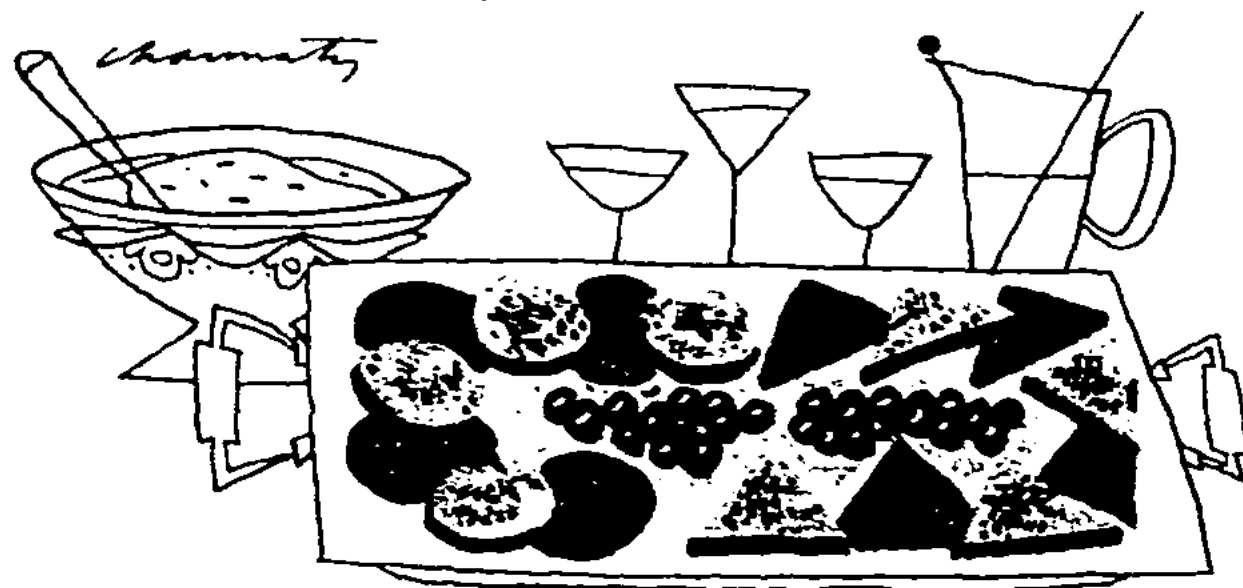
The making of yeast bread seems to be as old as the pyramids. Loaves containing yeast have been found in the tombs of the Pharaohs,

and records show that yeast was around, at least for medical purposes, in 1550 B. C. Until a family named Fleischmann introduced a commercial compressed yeast to this country during the Eighteen Sixties, most of the yeast was a "wild" product, a by-product of beer-making, and it was sold by street vendors. It was watery and not a pure culture.

Plain loaves of bread are excellent; filled loaves can provide an inspired change. Several fascinating spiral loaves filled with such varied ingredients as parsley and scallions or garlic and anchovy were recently developed in The New York Times test kitchen by Mrs. Ruth P. Casa-Emellos, The Times home economist. The home cook can easily improvise on these fillings; for example, it was found that coarsely cracked peppercorns make an interesting ingredient for bread.

THESE spiral loaves are not necessarily recommended for breakfast toast, but they are welcome on cocktail trays and for sandwiches.

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SPIRAL BREAD DOUGH

- 1 cup scalded milk
- 2 tablespoons sugar
- 2½ teaspoons salt
- ¼ cup shortening
- 1 cup lukewarm water
- 2 packages yeast
- 7 cups sifted flour

Melted butter or salad oil
Filling (see recipes below).

1. To the scalded milk add the sugar, salt and shortening. Stir and cool to lukewarm.

2. Pour water into a large bowl, add yeast and stir until dissolved. Add milk mixture.

3. Add four cups of flour, stir; then beat well. Add remaining flour and stir until dampened. Let stand ten minutes.

4. Turn dough out onto a floured surface and knead until smooth, about ten minutes. Place in a greased bowl, grease surface, cover and let rise in a warm place (80 to 85 degrees) until double in bulk, about forty-five minutes.

5. Punch dough down, turn

out on a smooth surface and let rest ten minutes.

6. Grease two 9x5x3-inch bread pans.

7. Cut dough in half and shape each half into a ball. Roll each into a rectangle about one-quarter inch thick and almost nine inches wide.

8. Brush with slightly beaten egg reserved from the selected filling recipe and then spread the filling over it to about one inch from the edges. Roll jelly-roll fashion and place in greased pans with sealed edges underneath.

9. Brush tops with melted butter or salad oil, cover with wax paper and let rise in a warm place until slightly higher in the middle than the edge, fifty to sixty minutes.

10. Meanwhile, preheat oven to 400 degrees.

11. Cut gashes in top of loaves. Bake one hour. Turn out and cool on rack.

Yield: Two loaves.

HERB FILLING

- 2 cups finely chopped parsley
- 2 cups finely chopped scallions
- 1 large clove garlic, minced
- 2 tablespoons butter
- 2 eggs, lightly beaten
- ¼ teaspoon salt
- Freshly ground black pepper to taste
- Tabasco sauce to taste.

1. Cook parsley, scallions and garlic in butter over mod-

erate heat, stirring often, until thoroughly wilted but not browned. Mixture should be reduced to about half the original volume. Cool.

2. Reserve about two tablespoons of the beaten eggs for later use in brushing over the dough. Add balance to vegetables and season with salt, pepper and Tabasco.

Yield: Enough for two loaves.

ANCHOVY FILLING

- 4 two-ounce cans anchovy fillets
- 2 small cloves garlic, minced
- 2 tablespoons tomato paste
- 1 whole egg
- 1 egg yolk
- Cayenne pepper to taste
- 1 teaspoon paprika (for color).

1. Mash anchovies to paste

with the garlic. Add the tomato paste and mix.

2. Beat the egg with the egg yolk until well mixed. Reserve two tablespoons for later use. Add balance to anchovy mixture. Add cayenne, paprika.

Yield: Enough for two loaves.



HOMEMADE BREAD makes a welcome change when it is filled with savory chopped herbs such as parsley and scallions or with a spicy paste made of anchovies and garlic. These variations make incomparable additions to the cocktail tray or the luncheon table.

Wooden canisters, Soupcon; other accessories, Seabon.
Photographed by The New York Times Studio (Alfred Wegener).

Homemade Bread (Cont.)

WHEN making spiral loaves or any bread, the temperature of the dough should be kept as close as possible to 85 degrees. One good way to maintain this gentle warmth is to stand the bowl of dough in a large pan or a sink filled with lukewarm water. As the water cools, reheat it by adding hot water, but do not keep the dough warm over a hot burner. Dough may be shaped when doubled in bulk and an impression remains when pressed with a finger.



To make a tasty spiral loaf of bread the dough is allowed to rise. It is punched down and turned out on a smooth surface.



The dough is allowed to rest ten minutes. It is then cut in half with a knife. Each half is shaped into a ball.



Each ball of dough is rolled into a rectangle about one-quarter inch thick. It is then brushed with lightly beaten egg.



A selected filling such as chopped parsley and scallions is spread over the dough to about one inch from the edges.



The dough is rolled somewhat tightly in a jelly-roll fashion. It is placed in greased pans, with sealed edges underneath.



After the loaves are left to rise about fifty to sixty minutes, they are baked one hour until brown in a 400-degree oven.