

For The Farm Wife

(Continued from Page 14) risings before it is shaped for the pans.

SPONGE DOUGH: The dough is mixed in two operations. First, the yeast, liquid and part of the flour are mixed to a thick batter, which is set aside to rise until bubbly and light. The fat, sugar, salt and remainder of the flour are then added and the dough kneaded. The dough needs two to three rising periods before being placed in pans.

NO-KNEAD DOUGH This method saves time and labor. There is no kneading. The dough is mixed and can be immediately shaped for the pans.

BATTER Mixing is done in

almost no time and no kneading is required. After the ingredients are thoroughly beaten together, the dough is set aside to rise once. Then it is stirred down, turned into the pan and allowed to rise again before baking.

HOT ROLL MIX: The most modern development in home baking of yeast-raised breads is the packaged hot roll mix. Only water needs to be added to the pre-measured ingredients. This dough can be used for all varieties of rolls, sweet rolls and breads.

MIXING

Mixing is a must for well-shaped loaves of bread. Yeast cells must be distributed even-

ly throughout the dough; thorough mixing accomplishes this.

Active dry yeast is softened in warm water, while lukewarm water is better for compressed yeast.

Milk is scalded to destroy undesirable bacteria and enzymes that may interfere with the growth of the yeast. It must be cooled to luke warm before being combined with softened yeast.

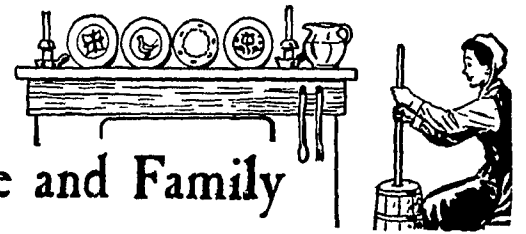
Sifting flour before measuring is done for a more accurate measurement of flour from bake to bake. With bread recipes calling for a range of flour, it is not necessary to sift. The important thing is to add the flour to the correct dough consistency. Too heavy a dough will not rise properly while too soft a dough will be more coarse and open-textured.

KNEADING

Kneading blends the ingredients and stretches the gluten into a fine elastic framework, which will hold the gas bubbles produced by the yeast when making bread by the straight dough or sponge method. As kneading progresses the dough loses its stickiness and rough appearance. It is sufficient in mix. The dough is then rounded

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

About Storing Fresh Meat

Fresh meat is perishable and it needs proper storage. You must store it in the refrigerator as soon as you get home from shopping.

If fresh meats are wrapped in market paper, remove the paper and cover the meat loosely with it or cover with waxed paper or aluminum foil. Wrapping loosely allows air to circulate. Store meat in the fresh food compartment or meat compartment of your refrigerator.

If you must keep fresh meat longer than two or three days, and you have a freezer, it's best to freeze the meat. Separate chops, steaks, and ground meat packages with two layers of freezer paper, then wrap meat in moisture-vapor-proof paper and freeze. For the best flavor, color, texture, and appearance, use fresh pork, veal, and ground beef within four months; use lamb within seven months and beef within eight months.

Uses For Blanched Almonds

Toast sliced almonds and sprinkle over hot creamed dried beef that you serve in toast cups or on buttered toast.

Sprinkle toasted, sliced almonds over cooked vegetables, such as green beans or peas, and you'll help perk up appetites.

Dice blanched almonds, toast, then stir into appetites.

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