



YEAST IN COOKING

I HAVE had a good many requests for some fresh recipes using yeast. Here are some, and we shall welcome any others which the Daisy Chain can supply.

Wholemeal Bread

This is an easily-made and very satisfactory bread. The recipe, together with a loaf, was given to me last Christmas time at a church bazaar, and we liked it so much that we have made it regularly ever since. In all breadmaking, one gradually works out a little knack of one's own, so keep practising until you get it perfect, and then keep rigidly to that method. We usually omit the malt, as we prefer it without, but each must try for herself. One cake compressed yeast, 8 breakfast cups wholemeal, 1 tablespoon each of salt and raw sugar, $1\frac{3}{4}$ pints medium hot water (or less), and 1 tablespoon malt if liked. Mix flour and salt, dissolve yeast in warm water with sugar, and malt if using. Pour into flour and stir and knead for five minutes. If not right consistency, add flour or water accordingly. Mould into loaves, put in greased tins, and put in warm place (oven slightly heated), till double the size—about $1\frac{1}{2}$ hours. Keep covered while rising. Then bake three-quarters hour till done. Gas regulo 7. Electric 425 to 450 degrees, top low, bottom medium.

Wholemeal Loaf

This is from our well-known and faithful Link, "Mrs. Nicotinus." Half a cake compressed yeast, 3 breakfast cups wholemeal, 1 dessertspoon salt, 1 tablespoon golden syrup, $1\frac{1}{2}$ cups milk—or half water, half milk. Mix golden syrup and yeast on a saucer. Sift meal and salt. Make a well in meal, and pour in yeast and syrup mixture. Add milk warmed to blood heat, beating all the time and working in the yeast. Continue to beat when all milk is in, for three or four minutes. A fairly moist mixture needed for bread, so that if more milk is needed, heat it to blood heat as before. Place in greased tin in a warm place to rise, for about 1 hour. Bake 1 hour, Regulo 7, at the top of oven. No kneading required.

Wholemeal Yeast Cake

This recipe was sent from Frankton by a fine home-maker:—Half a pound of butter, 1 cup raw sugar (or brown if unobtainable), $2\frac{1}{2}$ cups of any fine wholemeal, 2 cups sultanas (or any mixed fruit), 3 eggs, three-quarters cup milk, a little more than half a cake of yeast. Method:—First make milk luke-warm, with a dessertspoon of the cup of sugar added, and also the yeast. Put in warm place while you cream the butter and sugar well, and add eggs one at a time. Then stir up milk and yeast and add; also dry ingredients and fruit. Put in greased cake tin and let rise for half an hour in a warm place. Then bake in moderate oven for $1\frac{1}{2}$ hours. This is very nice, and keeps well.

Yeast Pancakes

This is an English recipe. Six ounces flour, 1 dessertspoon sugar, $\frac{1}{4}$ oz. yeast, quarter-pint milk, pinch salt, $2\frac{1}{2}$ to 3 tablespoons water. Fat for frying. Make milk and water luke warm. Crumble up yeast, and add milk and water gradually. Mix flour, sugar and salt. Strain yeast into centre, and mix to a smooth batter. Beat well and stand in warm place, covered. It will take about 45 minutes to rise. Fry spoonfuls gently until brown, in buttered pan.

Danish Pastries

This is not strictly a pie, but is included among a collection of economical pies which was sent to me from Los Angeles. Mix together 3 cups flour, half teaspoon salt, and 3 tablespoons sugar. Rub in three-quarters cup of butter or margarine, in the usual way for making pie crust. Dissolve 1 cake of compressed yeast in quarter-cup warm milk, and mix it into the flour etc., together with half-cup sour cream. Cover basin with a cloth and let stand in a cold place overnight. Next morning, roll out quarter-inch thick, and brush over with a little melted butter. Mix together half-cup chopped walnuts, half-cup chopped raisins, quarter-cup sugar, and 2 teaspoons cinnamon, and spread this over the pastry not quite to the edge. Press together, roll in just a little, and cut into squares, bake on a greased dish for about half an hour, in moderate oven. (Hazelnuts should be used instead of walnuts if available).

Chocolate Crumb Pie (One Egg)

This is made with cooking chocolate, but it will be more practical for us to use cocoa. Bring to the boil $2\frac{1}{2}$ cups milk, and mix into it $1\frac{1}{2}$ tablespoons cocoa. Add a cupful of breadcrumbs, and leave to soak. Beat together half cup sugar, 1 large egg, one-eighth teaspoon salt, and half teaspoon vanilla. To this, add the breadcrumb mixture, and cool a little. Then pour it into a pie-plate lined with rich pastry (uncooked), and bake in 400 degree oven for first 10 minutes — then reduce heat to 350 degrees and bake about 30 minutes longer, or until firm in the centre, when a sharp knife is inserted.

FROM THE MAIL BAG

Machining Locknit

Dear Aunt Daisy,

I thought this little hint might interest your inquirer re machining locknit. I have found that the machine stitch breaks when the locknit stretches, so I always do my locknit by hand, but with "herring-bone" stitch. This gives with the locknit, and is really worth the extra time involved. Anyhow, these cold nights one would rather do hand sewing by the fire than sit in the cold at the machine.—An Auckland Listener.

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