

WHAT'S COOKING IN OUR ARCHIVES!

A taste of the past

Sourdough was so essential to the old mining prospectors in the North that they carried the "starter" on their person to keep it warm. Eventually the men themselves were nicknamed "sourdoughs."



sourdough bread

Sourdough Starter

2 medium potatoes (about ½ pound)

2 cups boiling water

½ teaspoon salt

1 tablespoon sugar

1 package fast-rising yeast

2 cups sifted all-purpose flour

Cook potatoes in boiling salted water until tender. Drain, saving liquid, and mash potatoes thoroughly. Add water to potato liquid to make 2 cups; when lukewarm, stir in sugar and sprinkle with yeast. Let stand until yeast dissolves (10 minutes). Stir in potatoes, Cover with towel and set in a warm place for 2 to 3 days, stirring occasionally. When mixture smells fermented, beat in flour until smooth. Cover and set in a warm place overnight. Next day, measure amount of starter required for bread and refrigerate remainder for future use.

Sourdough Bread

2 cups sourdough starter

1 tablespoon sugar

1 teaspoon salt

3 tablespoons melted shortening

2½ to 3 cups sifted all-purpose flour

Pour starter into large bowl. Add sugar, salt and shortening. Gradually stir in enough flour to make a soft, but not sticky, dough. Turn out on lightly floured board and knead 10 minutes. Place dough in greased bowl and brush with fat. Cover and let rise in a warm place (85°F) until double in bulk (about 1 hour). Punch down dough, knead for 2 minutes and let rise as before. Punch down again, turn out on board and shape into 1 loaf. Place in greased loaf pan (9 × 5 inches) and brush with fat. Cover and let rise until double in bulk (about 1 hour). Bake 15 minutes at 400°F, turn oven control to 375°F and continue baking until bread is golden brown (30 to 40 minutes). *Makes 1 loaf.*

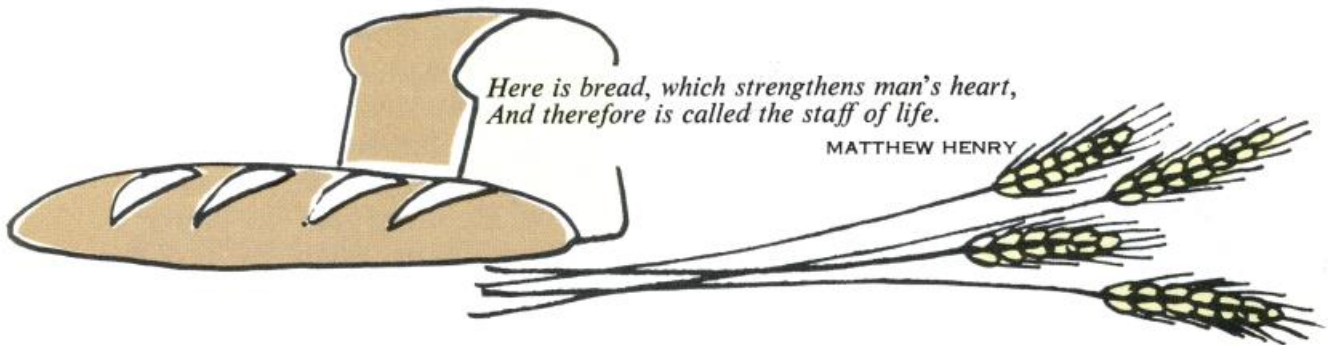
To prepare additional starter: Remove remaining starter from refrigerator the night before baking. Beat in 1 cup potato water and 1 cup flour. Cover and set in a warm place overnight. Make bread as above. (If only 2 or 3 tablespoons of starter remains, build it up gradually by adding 1 tablespoon water and 1 tablespoon flour the first day; next day add ¼ cup water and ¼ cup flour; and so on, until sufficient starter is obtained.)

oat bread

2 cups scalded milk
2 tablespoons butter
1 tablespoon salt
 $\frac{1}{2}$ cup molasses
1 teaspoon sugar

$\frac{1}{2}$ cup lukewarm water
1 package fast-rising yeast
2 cups rolled oats
5 cups sifted all-purpose flour

Combine first four ingredients and cool to lukewarm. Dissolve sugar in lukewarm water, sprinkle with yeast and let stand 10 minutes. Add yeast to milk mixture. Stir in oats. Add 3 cups flour and beat until smooth. Gradually stir in more flour until dough is easy to handle and does not cling to bowl. Turn out on greased or very lightly floured board and knead 10 minutes. Place dough in greased bowl and brush with fat. Cover and let rise in a warm place (85°F) until double in bulk (about 2 hours). Punch down dough, divide in two, cover and let rest 10 minutes. Shape into loaves and place in greased pans (9 × 5 inches). Brush with fat, cover and let rise until double in bulk (1½ to 2 hours). Bake 40 to 45 minutes at 375°F. *Makes 2 loaves.*



*Here is bread, which strengthens man's heart,
And therefore is called the staff of life.*

MATTHEW HENRY