

The Tassajara



Bread Book

I(A) MIXING UP THE SPONGE

(Four loaves; all measurements are for Basic Tassajara Yeasted Bread Recipe No. 1.)

6 c lukewarm water (85–105°)

2 T yeast (2 packages)

½–¾ c sweetening (honey, molasses or brown sugar)

2 c dry milk (optional)

7–9 c whole wheat flour (substitute 2 or more cups unbleached white flour if desired)

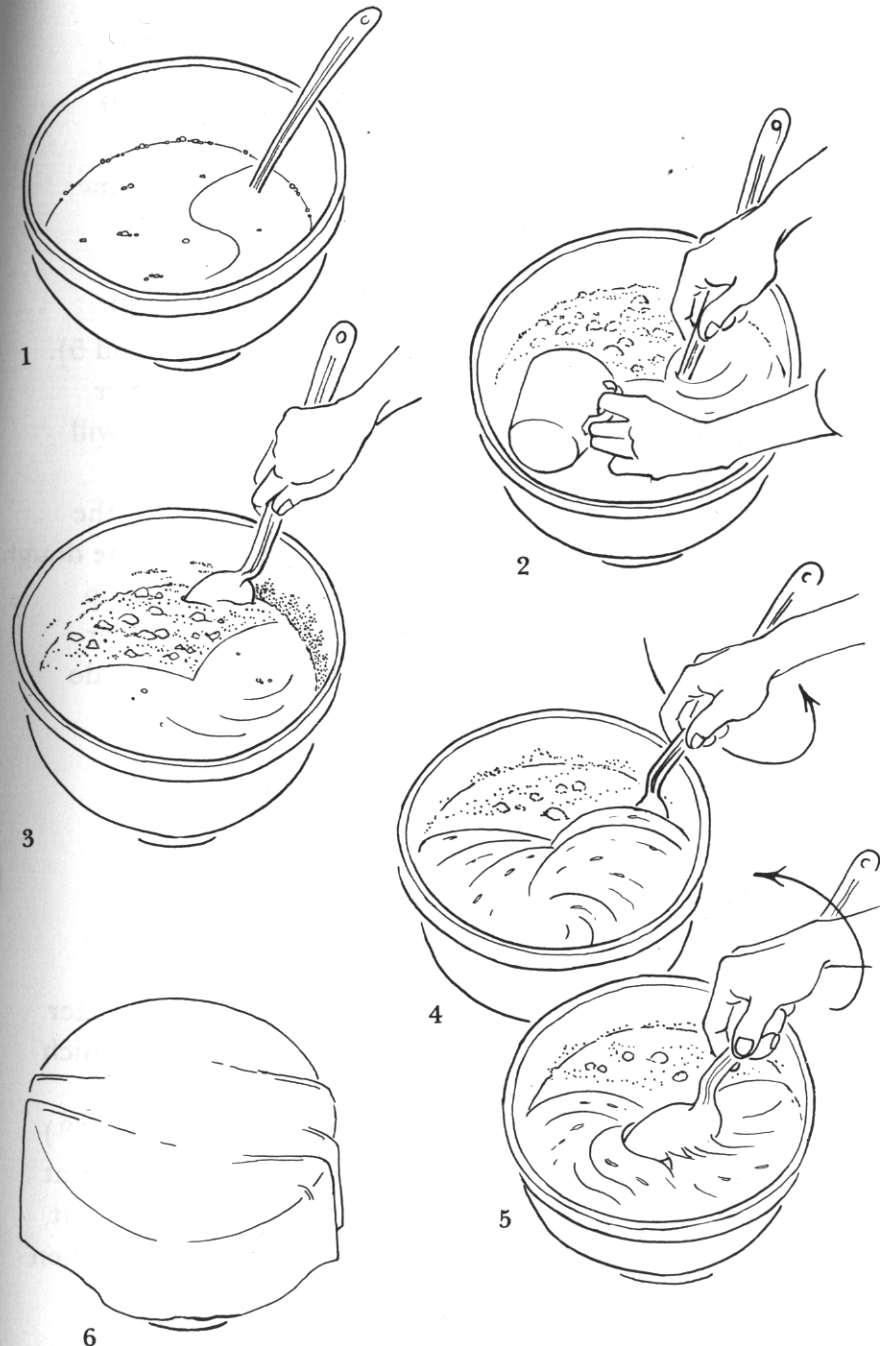
Measure the WATER (6 cups); lukewarm (85–105°), does not feel warm or cold on your wrist.

Measure the dry BAKER'S YEAST (2 T); for faster rising and lighter bread, use 1½–2 times amount in recipe. Sprinkle YEAST over water and stir lightly to dissolve.

Add SWEETENING (½–¾ cup); rinse measuring cup in liquid to clean. ¾ cup sweetening for four loaves will make a "sweet" dough. ¼ cup sweetening would be quite sufficient for the growth of the yeast, while larger amounts may be added for sweet tooth.

Add DRY MILK and stir to dissolve. Complete dissolving is not necessary (Figure 1), as the ingredients will become well mixed when the batter is thicker. The bread will have a grainier taste and a coarser texture if the dry milk is omitted. In this case less flour will be needed.

If EGGS are desired, beat and add at this stage, adding more flour if needed for proper consistency of dough. Or eggs may be added to the completed sponge after flour is in and the batter beaten. Let the sponge rise 10–15 minutes while you separate the eggs and beat the yolks

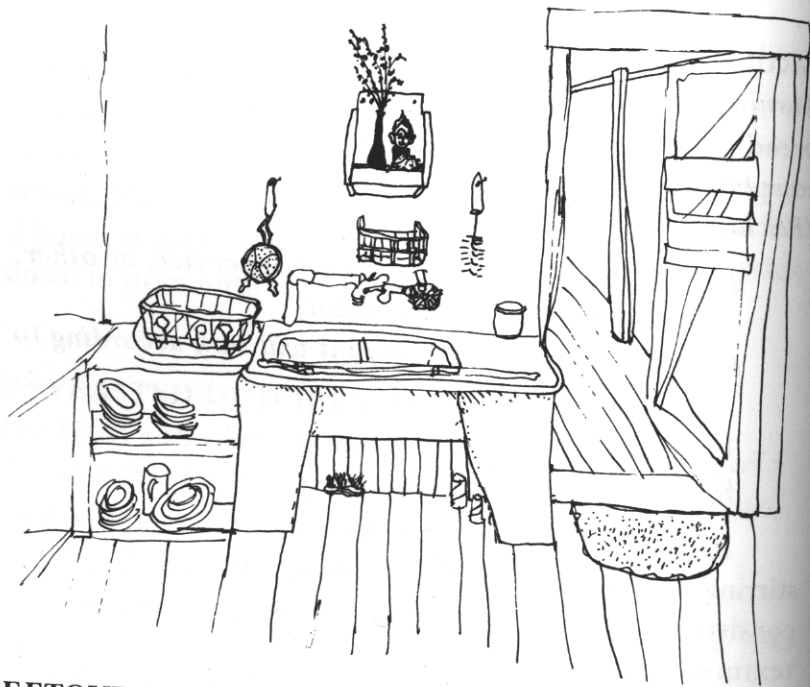


GRUEL BREAD VARIATIONS:

38 ALTERNATE GRUEL BREAD

Heavier than Gruel Bread.

Begin by adding whole wheat flour in an amount equivalent to the amount of gruel. If more flour is required, use rye, buckwheat, or roasted barley flours, corn meal or millet meal, up to 2 c per loaf.



39 LEFTOVER CEREAL BREAD

Kind use for leftover cereal.

Same directions as with gruel bread, using any leftover cereal in place of gruel. May also add chopped nuts, dates, or raisins, $\frac{1}{2}$ –1 c per loaf.

40 GRUEL OR CEREAL CRACKERS

Crisp, crunchy

Same directions as with gruel bread. Let dough set in warm place overnight in bowl covered with damp towel (or dough may also be used immediately). Roll dough out about $\frac{1}{8}$ " thick on floured board. Cut into squares, diamonds, or rounds. Place on greased cookie sheet. Brush with seasoned oil, or garlic butter. Sprinkle with salt and bake in 425° oven for 10 minutes. May also be deep fried or fried.

41 LEFTOVER CEREAL FLATBREAD

Crisp, chewy

Leftover cereal

Whole wheat flour

Salt

Water if needed

Add flour to leftover cereal (oatmeal, brown rice, gruel, corn meal, whatever) until of kneadable consistency. Add salt (about $\frac{1}{2}$ t per cup of flour). Knead well and let sit in bowl covered with wet towel and in a warm place for 4–6 hours, or overnight. Knead again and roll out (about $\frac{1}{2}$ " thick) onto oiled cookie sheets. Let rise in warm place covered with damp towel $\frac{1}{2}$ to 2 hours. Brush top with oil, melted butter, or margarine, and sprinkle with salt and oregano, or your choice of garlic powder, minced onion, marjoram, basil, sesame. Bake at 375° for 30 minutes, or until browned all over. Cut into squares, and serve hot.

85 HONEY BARS

My favorite—they can “age” many months in a tightly-closed tin.

(About 24 large bars)

Have all ingredients ready to mix quickly, before mixture stiffens with cooling.

1½ c honey or molasses

3 T butter or margarine

2 c whole wheat flour

1 T baking powder

2 T chopped lemon peel

or 2 T chopped orange peel

2–3 t cinnamon

½ t cardamon

¼ t cloves

Try also mace, allspice, or coriander

½ c almonds or other nuts

¼ c each of chopped citron and chopped candied orange or chopped lemon peel for variation (optional)

1½–2 c more whole wheat flour

Heat honey or molasses in saucepan slowly until liquidy. Melt and add butter or margarine. Sift whole wheat flour and baking powder and add to mixture to make thick batter. Add chopped lemon peel or orange peel, cinnamon, etc. Then add additional flour until dough is somewhat sticky. Pat into greased pans until you have a layer 3/8" thick. Bake about 20–25 minutes at 350°, being careful not to overbake, or cookies will be quite hard.

Remove from pan while still warm. Slice into bars.



86 DATE, FIG OR PRUNE BARS

Whip up in just a few minutes; very sweet.

(One to two dozen)

3 eggs

½ c brown sugar

1 c whole wheat flour

1 t baking powder

1/8 t salt

½ t cloves, ground

1 t cinnamon

½ t allspice

1 t vanilla

1 c chopped dates, figs or prunes

½ c of broken nut meats

Beat eggs until light. Then gradually blend in brown sugar. Sift together flour, baking powder, salt, cloves, cinnamon, allspice. Add eggs and vanilla and beat until well blended. Add fruit and nut meats. Pour into greased and floured pan 9" x 13" and bake for about 25 minutes at 325°.