

No Yeast or Egg Breads and Biscuits

In case of a long-term survival situation, the following bread and biscuit recipes don't require eggs or yeast and can be prepared with foodstuffs which will keep on a pantry shelf without refrigeration (except whole wheat flour which you should grind as needed):

South Boston Brown Bread

1 cup rye flour
1 cup yellow cornmeal
1 cup whole wheat flour
2 tbsp. plain white flour
2 tsp. baking soda
3/4 tsp. salt
3/4 cup raisins
2 cups buttermilk or sour milk (to sour milk, put 2 tbsp. lemon juice or vinegar in a pint container, add milk to make 2 cups, stir and let sit a few minutes until clabbered)
3/4 cup molasses Sift dry ingredients together. Add raisins. Stir. Mix buttermilk with molasses and pour into dry mixture. Blend well and pour into greased 9x5-inch loaf pan (do not use 8x4-inch pan unless you enjoy cleaning your oven). Bake at 350 degrees for about 45 minutes. (Note: This bread is named after South Boston in Halifax County, Virginia, CSA.)

Old-Fashioned Brown Bread

2 cups graham or whole wheat flour
1 cup all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
1 cup dark molasses
1 cup buttermilk
1/2 cup low-fat milk
Mix graham flour, all-purpose flour, baking soda and salt in a medium size bowl. In a large bowl, combine molasses, buttermilk and low-fat milk; stir until blended. Add flour mixture to milk mixture; stir until well blended. Pour batter into a greased 9x5-inch loaf pan. Bake at 325 degrees until bread begins to pull away from sides of pan and a skewer inserted in center comes out clean (1 to 1-1/4 hours). Let cool in pan on a rack for 10 minutes, then turn out onto rack and let cool completely.

Master Biscuit Mix

4 cups whole wheat flour
4 cups unbleached or all-purpose flour
1/3 cup baking powder
1 tbsp. salt
Mix all ingredients (store in refrigerator or freezer for later use, if desired). To prepare, take 1-1/2 cups of master biscuit mix and add 3/4 cup milk and 2 tablespoons vegetable oil. Mix. With a large spoon, drop mounds of batter on baking sheet or cast iron skillet. Bake at 425 degrees for about 15 minutes or until the tops are brown.

Cabin Buttermilk Biscuits

2 cups flour
2 tsp. baking powder

1/4 tsp. baking soda

1 tsp. salt

1 cup buttermilk (about)

2 tbsp. lard or shortening

Sift dry ingredients together and blend with lard or shortening. Add buttermilk, about one cup to make soft dough. Roll on a floured board until 1/4 to 1/2 inch thick and cut with drinking glass or biscuit cutter. Place on baking sheet and bake in 350 degrees oven about 10 minutes or until brown.

Mammy's Baking Powder Biscuits

2 cups flour

4 tsp. baking powder

1/4 tsp. salt

2 tbsp. shortening

1/2 cup milk

Sift dry ingredients together. Work in shortening with fingertips.

Add milk slowly, stirring the batter until smooth. Roll on a floured

board until 1/2-inch thick and cut. Place on a baking sheet and bake in a hot (450 degrees) oven for 15 minutes.

Rebel Yell Whole Wheat Biscuits

2 cups whole wheat flour

2 cups unbleached or plain white flour

1-1/2 tsp. salt

8 tsp. baking powder

1/2 cup vegetable oil

1-1/2 cups milk (or more)

Mix dry ingredients. Combine oil and milk. Stir the liquid into the dry mixture quickly. On greased baking sheets, make mounds of dough using a large spoon, leaving enough space to allow for expansion. Bake at 425 degrees for about 12 minutes.