

Preparedness Hints

More Bread Making Tips



More Bread making Tips

Did you try the last handout's bread recipe with the lemon juice? Maybe you filed it away to try some other day. You could even try it with your favorite bread recipe replacing about 1/16 of your water with lemon juice. I hear many people say it's better than any bread they have ever made and this includes those who are old hands at bread making.

The following bread hints are taken from "Simply Ready" by Terri Johnson, who reports that she has made most of her family's bread for the past 20 years. It is the same book that I got the wonderful bread recipe from.

Whole Wheat Yeast Dough Tips

1. Whole-wheat flour refers to finely ground hard winter wheat. Coarsely ground flour will give a heavy result.

2. Wheat dough must be softer than white dough. Keep it just so it is not too sticky to handle.

3. Wheat bread browns faster than white. Keep the oven temperature no higher than 350.

4. Wheat dough requires more yeast than white, approximately 1 1/2 times more.

5. When mixing whole-wheat yeast dough, beat all the ingredients with only 1/2 the amount of flour in the recipe, by hand or machine, for 7-10 minutes to develop the gluten content. Gradually mix in the remaining flour until a soft dough is formed.



6. Remember the lemon juice or vinegar trick.

7. If bread browns too quickly, cover with loose foil the last 15 minutes of cooking.

8. Bread is done when tapped and it sounds hollow.

9. Turn out of pans immediately and cool on wire racks.



Poor Bread Prevention Hints

Crumbly Bread: Using too much flour and the dough is not soft or the dough has risen too long.

Cracks: Dough may be too stiff or you may not have let the dough rise sufficiently. Oven may be too hot and may have caused the bread to form a crust before it had finished rising. Cracks on one side indicate the oven temperature is uneven or that the pans are too close together so heat could not circulate.

Flat Loaf: Dough not stiff enough or the oven not hot enough.

Airy Crust: If a hole is found right under the crust, this is caused by leaving a large gas bubble near the top of the dough when molding it. Loaf could be too dry before baking or letting the dough over-rise.

Thick Bread: if you have a thick crust or thick side walls, the dough was not kneaded enough or risen long enough.

Over-rising: Letting the bread get too light by rising too long or placing the bread in an oven not fully pre-heated.

Personal and Family Preparedness

Vision: Each family uses principles of provident living in their daily lives.

Mission: "Increase awareness and practice of home production and storage.