

Baker's bread. By Paul Richards.

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rye. When the loaves are baked and while hot brush the top over with lard, which makes a nice soft crust. Sour dough and also caraway seed may be added to this dough the same as for the other rye breads.

PUMPERNICKEL.

The coarse rye bread which is here known under the above name is raised with leaven or sour dough. It is made from the rye meal with all the bran in it, and often the darker grades of wheat are blended with the rye meal to give more strength to the weaker rye flour. The stone-milled meal makes a better bread than the rye meal which is made by the roller process, and should be used for this bread if it can be had. The addition of bran to the rye meal makes an inferior bread, and I would not advise its use, although it is used in some bakeries. The best bread is made with a pure rye meal and one fourth or fifth part of wheat flour; it makes a lighter and more palatable bread.

The home of the genuine pumpernickel is Westphalia, a part of Prussia, and in some places an addition of molasses is used to sweeten the bread. The loaves are made very large, from ten to twenty-five pounds and more; the bread is sold in slices and by weight. In small country towns one often meets boys with a hand-cart taking one big loaf to the baker or bringing the baked loaf home. The bread is put in the oven in the evening and taken out in the morning. Westphalia ham and pumpernickel are a well-known delicacy in Germany, which have found their way into some of our best American hotels.

In North Germany this bread goes through the process of "casselling." After it is moulded the loaves are washed and put on a long iron "cassel," which consists of a long piece of sheet iron, six feet long, eight inches wide, and one fourth of an inch thick, with a wooden handle of two feet attached. The ovens are heated on the inside, and the coals are drawn to the front and divided into two long heaps about two feet apart. The iron cassel is pushed in between the two fires; when it has reached a certain degree of heat it is pulled out and the moulded loaves are put on about six at one time, washed and pushed in the oven. The heat forms a thin elastic skin and little blisters; then the loaves are taken off and set on boards to finish proving. This treatment keeps the loaves in shape, prevents bursting, and gives a lighter color to the crust in baking and gives also a different taste to the baked

loaf. It also prevents the loaves from adhering too much. This treatment is not practiced here to my knowledge, because it is too troublesome and not enough of this bread is baked by many bakers to make it pay. For this reason bakers generally mould the bread, give it half proof and wash and bake it like the other rye breads, only set close together in brick shape.

I would advise bakers, in making this bread, to try a different way to form a thin crust on the moulded bread before proving; I know it will make a better bread and any baker who uses a furnace oven can do this without much trouble. For this process the flash heat of the oven can be utilized. Have the pumpernickel dough ready for moulding, and scaled off about fifteen minutes before the oven is ready to be shut down. Begin moulding up the loaves at once. In fifteen minutes they are moulded, and the oven is shut. The oven heat at this time is from 550 degrees F. to 600 degrees F. "Swab" and clean out the oven; wash over the loaves; put them on the peel and fill the oven as quickly as possible. The flash heat forms the thin crust and the loaves are withdrawn and set aside to finish proving. If the crust should get a little too crisp the loaves can be washed over, which will soften it again. While proving the oven should be cleaned, and lined on the sides with pieces of wood cut to fit, and then the bread is put in. The loaves are pressed in shape, and slightly greased on one side to prevent sticking. When the bread is taken from the oven it is washed with water.

Where only a small quantity of pumpernickel is made, the loaves can be set in a baking pan, with a wooden frame in it and baked in this manner. I give two recipes:

No. 1.—For Sponge: Three pounds of sour dough, two gallons of water. For Dough: Six gallons of water, eight ounces of salt, one ounce of caraway seed. Set a sour dough with three pounds of old rye dough and two gallons of water and rye meal, in the evening. In the morning put on the six gallons of water and salt; add the caraway seed and make a firm dough with more rye meal, to which some wheat flour has been added. Let the dough rest till it shows life again, then scale, and when it is all scaled, begin moulding. In Germany the loaves weigh from two to ten pounds and even more. Here, only two pound loaves are made.

No. 2.—Like the other rye breads, pumpernickel can be made out of a yeast raised sponge which has been broken up. Some sour

dough is added, and rye meal is used for doughing. One gallon broken sponge, one gallon water, three pounds old rye dough, four ounces salt, caraway seed. Dissolve the rye dough in the water; add it to the broken sponge, also the salt and caraway seed, and make a firm dough with rye meal. Prove and bake as directed in the other recipe. The caraway seed is only optional, and can be left out if so desired.