

Our Staff Of Life

The average homemaker buys 250 pounds of bread and bread-type rolls each year. She wants them fresh at time of purchase, able to retain freshness, and pleasing in taste and texture. The law says she must get them that way.

Bread and rolls for which standards of identity have been established by the Food and Drug Administration need not have ingredients listed on the label. These are white bread, white rolls, whole wheat, white enriched bread, white enriched rolls, and raisin bread.

Breads for which no standards of identity have been established frequently do have a list of ingredients on the label, although it is not required by law. Ingredients, other than preservatives, need not be listed if the bread is manufactured and sold within Michigan. Any leavening other than yeast must be listed on the label.

All minor ingredients used to improve the taste, adding quality, or keeping quality must be approved by the FDA and be listed on the label.

For example, that includes calcium propionate or sodium diacetate - mold inhibitors and sodium propionate - a softener. Michigan law protects consumers by establishing standards of loaf size for white bread. Diet breads must be labeled according to the same standards as other diet foods. The number of calories and food value for a specific unit (1 slice) must be stated on the label.

IS IT FRESH?

The "squeeze test" isn't reliable! Some bread formulas contain "softeners" that keep loaves soft for days, but they may not remain really fresh. On the other hand, some compact loaves may be very fresh. For things that were just baked freezing is the best way of storing. Wrap bread or rolls and store at zero degrees F. Quality is kept fresh up to 6 months if products are fully-baked. If not fully baked products like yeast rolls, breads or coffee cake they may be freezer-stored for no more than two weeks.

ONION BREAD

1 package active dry yeast
1 C. warm (not hot) water
2 t. sugar
1 t. salt
3 C. sifted flour
2 T. melted butter or margarine
1/2 C. coarsely chopped onion
2 t. paprika
1 t. salt

Sprinkle active dry yeast into warm water. (Crumble compressed yeast into lukewarm water.) Stir until dissolved. Add sugar, 1 teaspoon salt and 2 cups of flour for kneading. Sprinkle about 1/4 cup flour on pastry cloth or board. Turn dough out on flour. Knead until smooth and satiny (5 to 7 minutes), adding remaining flour as needed. Shape dough into smooth ball. Put into greased bowl. Cover and let rise until doubled (about 1 hour). Punch down. Divide into halves, cover and let rest 5 minutes. Pat dough into 2 greased 9-inch layer cake pans, or into 2 8x8-inch pans, or shape into flat round 1 1/2 inch thick on greased baking sheet. Brush tops with melted margarine or butter. Sprinkle onions evenly over top. With thumb or fingertips punch onions down into dough so entire surface looks dented. Let rise until doubled (about 45 minutes). Sprinkle lightly with 1/2 teaspoon salt and dust generously with paprika. Bake in hot oven (450 degrees) 20 to 25 minutes. Serve hot or cold.

DILLY CASSEROLE BREAD

1 package active dry yeast
1/4 C. warm water
1 C. creamed cottage cheese (lukewarm)
2 T. sugar
1 T. instant minced onion
1 T. butter
2 t. dill seed
1 t. salt
1/4 t. soda
1 unbroken egg
2-1/4 to 2-1/2 C. sifted all-purpose flour

Soften yeast in water. Combine in mixing bowl: cottage cheese, sugar, onion, butter, dill seed, salt, soda, egg and softened yeast. Add flour to form a stiff batter, beating well after each addition. Cover. Let rise in warm place (85 to 90 degrees) until light and doubled in size, 30 to 40 minutes. Stir down batter. Turn into well greased eight-inch round (one and one-half or two quart) casserole. Let rise in warm place until light, 30 to 40 minutes. Preheat oven. Bake at 350 degrees for 40 to 50 minutes until golden brown. Brush with soft butter and sprinkle with salt. Makes one round loaf.



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U.S. CHOICE TENDERAY
BEEF RIB ROAST
4TH & 5TH RIBS **79** LB

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PORK CHOPS
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HORBEST
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35 LB
18-LB & UP TO 15-LB SIZE **39** LB

U.S. CHOICE
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SAUSAGE.....2 LB ROLL **79**
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