

Bread Has Its Day On Oct. 3

By ELLY

Across the country, ceremonial luncheons and banquets will mark Oct. 3 as the "International Day of Bread." This is a revival of an ancient custom of celebrating the harvest.

The modern version began in West Germany in 1953 and spread to other countries of Europe, South America, Asia and Africa.

Bread comes in so many shapes and sizes, each with a heritage, each with a tradition. An estimated 70 different kinds can be found in this metropolitan Detroit area.

As a part of Michigan's celebration of "Day of Bread," Chef Renee Ori of the J.L. Hudson Co. will demonstrate baking some of her favorite bread recipes. On Oct. 3 and 4 she will demonstrate in the downtown store 10th floor Culinary Corner.

At Eastland, Westland, Northland, Oakland, Southland and downtown stores, "Day of Bread" will be marked with novelties for children and informational pamphlets for adults distributed in restaurants Oct. 3 and 4.

Bread is French-born Renee Ori's forte. She was a Paris Cordon Bleu student of Monsieur Guillaumet, pastry and bread specialist and is resident chef for Hudson's culinary arts.

RENEE ORI'S FRENCH BREAD

Mix together in a large, warm mixing bowl:

- 2 1/2 c. lukewarm water
- 1 egg yolk (room temperature)
- 2 packs dry yeast
- 3 T. melted butter
- 1 T. salt
- 3 T. sugar

Beat by hand for three minutes, then add seven cups of unsifted flour. Mix with hands for five minutes. Dough will be sticky, so put melted butter on hands several times while mixing. When the dough is soft and well mixed, smear a little soft butter onto bowl; put in the dough, turning once to put greased side up. Let rise for one hour, covered in a warm, draft-free place, punch down the dough and turn in bowl. Grease a bread board with a little butter; divide the dough into three equal parts. Roll gently back and forth to lengthen loaf. Place it diagonally on ungreased baking sheet. Make eight slashes in dough at one-inch intervals.

Let rise for another hour. Bake each loaf at 425 degrees for 25 minutes. Remove from oven and quickly brush the loaf with one egg white lightly beaten with one tablespoon of lukewarm water. Put the loaf back into the oven. Bake for five more minutes at 425 degrees. Remove bread from baking sheet. Place on wire cooling racks. This bread will keep for about one week. Yields three loaves.

EGG BREAD

10 T. margarine or butter
1/2 to 2/3 c. sugar
2 pkg. yeast
1 1/2 c. warm water
1 t. salt
4 eggs (whole)
7 to 8 c. flour

Beat together butter, sugar, salt and eggs. Dissolve yeast in lukewarm water and add to egg mixture. Add one cup of flour at a time, beating after each one until it is easy to handle. Turn onto a board and knead about five minutes. Set aside and let rise one hour. Punch down and shape into loaves, or whatever shape you desire. Let rise one hour and 20 minutes. Then bake in a moderate, preheated 350-degree oven for 25 to 30 minutes.

SOURDOUGH STARTER

In a three-quart crock, dissolve one package active dry yeast in one quart lukewarm water. Add two teaspoons sugar and four cups sifted flour; beat to mix. Cover and let rise until light and slightly aged, up to 48 hours in a warm kitchen near stove. Starter may be kept in refrigerator seven to 10 days without attention. Then it should be stirred and equal amounts of flour and water added.

To use starter, pour off amount needed for recipe, and then add equal amounts of flour and water needed to replace amount poured off. Return to refrigerator.

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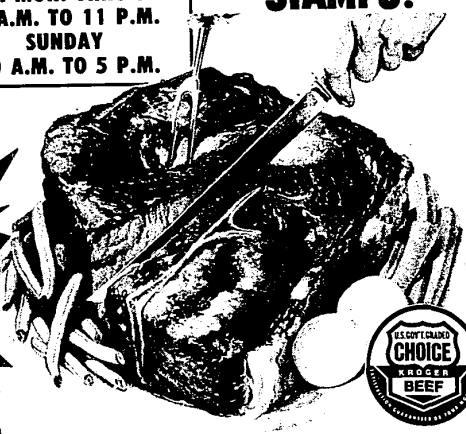


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