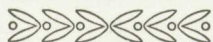




**ELIZABETH DAVID**  
**ENGLISH**  
**BREAD AND**  
**YEAST COOKERY**



# Contents



xi · ACKNOWLEDGEMENTS

xv · LIST OF PLATES

xvii · INTRODUCTION

## *Part I: History and Background*

3 · OUR BREAD GRAIN:

WHEAT, RYE, BARLEY, OATS AND PEASE

17 · MILLING:

The beginnings. The watermills and the windmills. Stone milling. Bolting the flour. Roller milling. Bleaching of flour. The millers and the Government Flour Order, 1953. The millers and the myth of the extraction rate. Have we a choice? What is choice and who makes it? Hand milling.

45 · BREAD FLOURS AND MEALS:

The structure and content of a grain of wheat. Buying flour for bread: stone-ground 100 per cent wholemeal or whole wheat-meal; wheatmeals with husk and bran removed; 'Farmhouse' bread flour; strong plain white bread flour; bakers' white bread flour; bakers' wheatmeal or brown flour; bakers' wholemeal or wholewheat flour; granary meal; household flour; American all-purpose unbleached flour; Graham meal and Graham flour; French bread flour; barley meal; rye meal; oatmeal; cornmeal or maize meal; cornflour or cornstarch; rice and rice flour; potatoes and potato flour; miscellaneous bread flours; buckwheat and buckwheat flour; proprietary bread flours; bread mixes; self-raising flour; Vienna flour; patent flours; semolina

meals; bran in bread and in diet; wheat germ in bread and in diet; National flours.

89 · YEAST:

The yeast plant and its food. Yeast manufacture. Ale barm, brewers' yeasts and home-made yeasts. Using compressed or bakers' yeast. Yeast and the flavour of bread. Sugar and yeast. The yeast dies. Buying and storing yeast: to freeze compressed yeast; to test compressed yeast. Using dried granular yeast. Buying and storing dried yeast.

119 · SALT

125 · LIQUIDS AND FATS USED IN BREADMAKING:

Water. Milk. Buttermilk and sour milk. Cream. Butter. Lard. Oil. Vegetarian fats.

133 · EGGS, DRIED FRUIT, SUGAR, SPICES AND  
FLAVOURINGS USED IN YEAST CAKES AND BREADS:

Eggs. Dried fruit, spices and sugar. Sugar. Brown sugars. Molasses and black treacle. Golden syrup. Spices. Lemons. Flavouring essences.

153 · MALT EXTRACTS

155 · BREAD OVENS:

Brick ovens in use: the radiation of heat; judging the temperature; home baking in the eastern counties; the fuel; the fuel and the firing; the iron door . . . and the wooden door; the earthenware ovens of the West Country; a Cornish clay oven, and 'baking under'; the village bakeries: Sussex, Dorset, Essex - repairing the oven; the village bakery: a survival; pastry-cooking in the brick oven; taking dough to the baker's oven. The iron side-oven: the criticisms and the complaints; coal ranges: their slaves. Baking in gas and electric ovens.

191 · THE BREAD FACTORIES

197 · SHAPES AND NAMES OF ENGLISH LOAVES

206 · MOULDS AND TINS FOR BREAD AND YEAST CAKES:

Earthenware bread moulds and pots. Moulds and tins for yeast leavened cakes.

- 217 · STORAGE OF MEAL AND FLOUR
- 221 · STORAGE OF BREAD:  
The freezing of bread
- 226 · WEIGHTS OF LOAVES AND THE ASSIZE OF BREAD
- 233 · WEIGHTS, MEASURES AND TEMPERATURES:  
The conversion of British imperial weights and measures (avoirdupois) into metric and vice versa; table of solid and liquid measures. Linear measurements; table of linear measurements. The old dry measures for flour and grain; table of old dry measures. Dough temperatures; table of dough temperatures. Oven temperatures; table of equivalent oven temperatures.
- 241 · WEIGHING AND MEASURING EQUIPMENT:  
Scales and jugs. Measuring spoons. Thermometers.
- 246 · THE COST OF BAKING YOUR OWN BREAD:  
Composition of flour used in breadmaking

*Part II: Recipes*

- 255 · BREAD
- 320 · BAPS AND ROLLS
- 329 · MANCHETS AND MAYN AND PAYNDEMAYN
- 341 · CRUMPETS AND MUFFINS
- 362 · NOTES ON FRENCH BREAD
- 384 · THE PIZZA AND THE PISSALADIÈRE
- 398 · QUICHES WITH YEAST DOUGH
- 403 · SAUSAGE IN BRIOCHE CRUST
- 407 · YEAST LEAVENED PANCAKES AND OATCAKES
- 418 · DUMPLINGS AND DOUGHNUTS
- 424 · REGIONAL AND FESTIVAL YEAST CAKES  
AND FRUIT BREADS
- 473 · YEAST BUNS AND SMALL TEA CAKES

496 · FRENCH YEAST CAKES

515 · SODA BREADS

528 · BAKESTONE CAKES OR BREADS

540 · TOAST

549 · BIBLIOGRAPHY AND FURTHER READING LIST

557 · INDEX

