

For the decade or so that I lived in a car in western Canada, one of my favorite regular house parties was 'baking bread with Bill'.

It was an afternoon of drinking, stories and puttering about with different bread recipes. Everything was made from scratch.

## Artisanal

Nothing to see here. The only difference between artisanal and normal yeast breads appears to be the use of a greased casserole dish instead of a bread pan.

The casserole dish works quite well. Leave the lid on for most of the baking process. Take it off for the last few minutes to brown the crust.

## Biscuits

My Grandpa Ohrt was an absolute master of making these biscuits in a cast iron frying pan over an open fire when we went camping as kids.

- 2 cups flour
- 1-2 tablespoon baking powder
- 1/2 cup shortening

Cut shortening in with a fork. Mix thoroughly until it resembles coarse crumbs.

- 3/4 cup milk

Mix in milk. Dough should be soft and slightly moist.

(add) Flour and work until soft and dry.

Roll into a 1/2 inch sheet and cut with a cookie cutter. Re-roll scraps and cut until consumed.

Pre-heat and bake on ungreased pan @450 °F or 230 °C until golden (about 10 min).

## Variations

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- You can use 1:1 butter or margarine (85% fat) for shortening (100% fat) but the texture will be a bit off.
- Add all the fruits and nuts you like.
- Add a (packed) cup of cold, cooked, sweet potatoes.

## Cornbread

Cornbread is another personal favorite. An old friend from college use to make me blueberry cornbread.

- 1/4 cup butter / margarine (melted)
- 1 cup milk
- 1 large egg
- 1 1/4 cups cornmeal
- 1 cup all-purpose flour
- 1/3 cup sugar
- 1 tablespoon baking powder

Mix everything together. Spoon into greased muffin pan, fill each cup 1/2 to 2/3 full. Bake at 350 for 20 to 30 min, use the toothpick test to check when they are done.

## Variations

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More sugar for Grandpa, less for me.

Add berries, raisins or dried cranberries as desired.

Add 1 cup fresh chopped rhubarb, 1/2 cup extra sugar.

## Very Variations

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Double everything, mix everything except flour until smooth. Add and mix in flour as little as possible to reduce gluten formation. Pour into a well greased cast iron pan and bake on 400 F for 25-30 min.

The following was requested by Grandpa so often, I added it to the book on principal.

Rhubarb Raisin Double Batch

- 1/2 cup butter / margarine (melted)
- 2 cups milk = 500ml carton
- 2 large eggs
- 2 1/2 cups cornmeal = 500g bag

- 2 cups all-purpose flour
- 1 1/2 cups brown sugar
- 2 tablespoon baking powder
- 2 cups washed, diced, fresh rhubarb
- handful or two of raisins and cranberries

## Corn Fritters

This is essentially a corn pancake.

- 1/2 cup'ish of flour (mix to consistency of pancake batter)
- can of creamed corn
- sugar to taste
- salt to taste
- 1 tablespoon of Baking Powder
- 1 egg

Mix everything to the consistency of pancake batter. Fry like pancakes.

## Flat Bread or Ash Cakes

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- flour - 1/2 cup per serving

- salt - if you have it, to taste if you do

- oil / fat / butter - up to 2 tablespoons per cup of flour - if you have it

milk if you have it, water if you don't ... enough to make a soft, dry dough ... a tich more if you want a sticky dough.

The simplest dough is flour and water ... fancier doughs have more ingredients ... some have berries and nuts in them.

Mix everything together. Knead until smooth. Cover and let rest for 30-60 min. Make egg to palm sized balls. Roll out flat to 1/8 inch (3 mm).

Wrap on a stick and cook like a hotdog over the fire ... or

Wrap it in leaves and bury it in the ashes to cook ... or

If the dough is a little wet and sticky ... Stick it to a hardwood board and prop it close enough to the fire to cook, turning occasionally.

Pan fry in oil (15 min per side) ... or

Bake on a greased pan at 350 °F (175 °C) for 25 to 30 min.

## Variations

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Flat Bread : as above

Ash Cakes : as above - typically cooked in the ashes of the fire, wrapped in leaves or on a plank or board like fish.

Bannock

As above, flour, water, oil/butter/fat, \*\*\* baking powder \*\*\* less than a tablespoon per cup of flour

roll out 3/4 to an inch thick

## Internet Bannock

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- 2 parts flour

- 1 part powdered milk
- powdered egg to taste
- salt and sugar to taste
- 1 tablespoon baking powder per 2 parts flour
- mix water slowly to dough consistency
- bake or fry to taste

#### Chase's Family Bannock

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- 2 cups of flour
- 2 tablespoons of sugar
- 2 teaspoons of baking powder
- 1/2 teaspoon of salt

Wisk dry ingredients, then add 1 cup COLD water

Mix well, let sit for an hour

Bake or Fry to taste.

#### Cornbread, Journey Cakes, Johnny Cakes, Hoe Cakes

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So named because they store very well for long journeys and were often prepared by laborers and slaves, cooked on their hoes over a fire.

- 1 cup of milk
- melt 3 tablespoons of butter into the milk
- 1 tablespoon of molasses
- 3 cups of cornmeal, 1/2 cup of wheat flour

Mix wet ingredients and scald milk over a low heat



Mix dry ingredients

Combine

Bake in a single, greased, bread pan for Common Loaf (375°F for 30 min)

Make 3-4 inches x 1/2 inch paddies - fry in a pan dry (Journey Cakes) or fry in butter but must eat right away ... or ... bake them on hoes over a fire for Hoe Cakes ... or bake them on a bannock board or wrapped in leaves like ash cakes.

### Roti Canai : Malaysian Flat Bread

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- 4 cups of flour
- 1 egg
- 3 tablespoons of melted butter (or oil)
- 1 tablespoon of condensed milk (optional)
- 1 - 1 1/4 cup of water

Mix everything into a smooth dough, not too sticky but not dry either.

Some peeps say it is important to kneed for 10 min and rest for 10 min

Oil up a bowl, oil up your hands, roll the dough into palm sized balls. Some peeps use butter, not oil.

Cover them with a lid or saran wrap and let them sit overnight.

The next day, oil up your hands, take a ball and kneed it out to dinner plate size. Flip, twirl and stretch it like pizza dough. You want it paper thin.

It often helps to coat it in oil or butter as you stretch it thinner and thinner.

Fold it into halves at least 3 times. Put goodness in each layer if you like.

Fry it in a pan with oil until golden brown.

## Grandma's favorite Raisin Bread

- 1 package or 2 teaspoons of yeast
- 1/4 cup of butter or margarine - melted
- 1/4 cup of warm water
- 1/2 cup of warm milk
- 1 cup of raisins
- 1/4 cup of sugar
- 2 large eggs

Mix all that and let it stand for 20 minutes to get the yeast going.

Mix in 3-4 cups of flour as per white bread.

Finish as per white bread.

If it browns too quickly - cover it with tinfoil.

## Variations

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You can add other dried fruits and nuts.

You can add a teaspoon or 2 of cinnamon.

2016

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My friends in BC excelled at sour dough. Koko in particular always had a jar of it growing in her fridge. She had things dialed in to the point it was just enough to make a sour dough loaf every Sunday.

2020

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Charley went on quite a sour dough kick and had it so dialed in she was trading sour dough for food and non-food items.

2022

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Had a fun chat with a stranger in the coffee shop today (Feb 12th). Turns out his favorite english muffin is made from sourdough.

<p>Sourdough Starter</p> <ul style="list-style-type: none"><li>- 1 package of active dry yeast</li><li>- 2 ½ cups of warm water</li><li>- 2 cups of all purpose flour</li><li>- 1 tablespoon of sugar or honey</li></ul>	
<p>Mix it all together, cover with a cheese cloth and let stand 5-10 days - yes, DAYS</p> <p>Stir 2-3 times a day</p> <p>DON'T seal the jar - just a cheese cloth to keep insects etc out.</p> <p>Store in a fridge to store - grow in a warm room to grow</p>	

- If taking from the fridge - allow a day to warm up and get going
- To GROW starter - stir in ¾ cup of all-purpose flour, ¾ cup water, 1 tsp of sugar or honey
- If the starter isn't used in 7-10 days - add 1 tsp of sugar or honey

Basic Sourdough requires 1 cup of starter and makes 2 loaves - but you also want starter left over to grow for the next loaf.

A friend or two - regularly freeze popular starters in their freezers for long term storage.

## Amish (Friendship) Sourdough

- So named because the starter is traditionally gifted.

<ul style="list-style-type: none"><li>- 1 package of active dry yeast</li><li>- 1 ½ cups warm water</li><li>- 6-7 cups of all-purpose flour</li><li>- 2 tsp salt</li><li>- 2 tsp sugar</li><li>- 1 cup STARTER</li><li>- ½ tsp baking soda</li></ul>	
<ul style="list-style-type: none"><li>- Dissolve yeast in water</li><li>- Add 2 ½ cups of flour, salt, sugar and STARTER</li></ul>	
<p>In a separate bowl - mix baking soda and 2 ½ cups flour</p> <p>Stir as much of this into dough with STARTER</p> <p>Knead in the rest on a floured surface or until a moderately stiff dough is made (should take 6-10 min)</p>	
<p>Shape into a ball, let rise in a greased bowl for 1 to 1 ½ hrs - or doubles in size.</p>	
<p>Punch it down, divide it in half, let the loaves rest for 10 min.</p>	
<p>Grease 2 9 inch x 5 inch loaf pans or 1 cookie sheet (for round loaves)</p>	
<p>Shape into loaves, score the top with an X, cover and let rise another hour or until doubled</p>	
<p>Bake at 400 F for 35 - 40 minutes</p>	

## White Bread

- 1 package or 2 teaspoons of dry yeast
- 2 cups of warm water
- 3 tablespoons of sugar

Mix and let stand somewhere warm to get the yeast going.

- 6 cups'ish of flour

Start adding flour, mixing with a spoon. The dough will shift from soupy to pasty, to wet dough and finally a soft, stiff, dry, dough.

Knead the dough for 10 min on a floured board.

Put the dough in a large oiled bowl and cover it with a towel and set it somewhere warm and draft-free to rise.

Let it double in volume - 1 to 1 1/2 hours

Punch it down, let it sit for 15 minutes, divide it into 2 equal halves.

Put each loaf (half) into a greased bread pan and let it rise (covered, warm, draft-free) until it doubles in volume or about an hour.

Bake at 375 F or 190 C for 30 min.

Crust should be golden brown and bread should sound hollow when tapped.

## Variations

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Grandma says you always lightly butter the crust when done and still warm enough to melt butter. I've seen many people do this.

All-Purpose Flour makes a denser, coarser loaf closer in appearance and texture to biscuits.