

[A Receipt to Ferment Any Quantity of Wort or Flour with a Teaspoonful of Yeast]

Date: 1780/09/12

Publication Format

Print

Type

Food

Ingredients

wort

yeast

flour

water

Places

Halifax

Nova Scotia

Source: Nova Scotia Gazette

Institution: Nova Scotia Archives | **Source Origin:** Nova Scotia Newspapers on Microfilm | **Reference:** Microfilm Reels 990, 8162, 8163, 9466

Description

Instructions for using small amounts of yeast in brewing beer and baking bread. Vol 10, No. 745. Microfilm Reel 8158.

Transcription

A Receipt to ferment any Quantity of Wort or Flour

with a Teaspoonful of Yeast.

WHEN you have boil'd and drained off the

Hops from your first Copper of Wort, put

two or three Quarts of it in some Vessel, where it

may ly thin, in order to cool quick: You'll find it,

in about an Hour, more or less according to the Sea-

son, just warm, then put in it a Teaspoonful of thick

steady Yeast. In two or three Hours, you'll find it

come to a head: by this time you have more Wort cool'd. Now put your two or three Quarts, thus a little in Ferment, into four or five Gallons Wort, which will bring that also to a head, or as it is call'd, to be ripe, in the Space of two or three Hours more. Then add these to a Hogshead of Wort, and all will soon be ripe, by Virtue of the first Teaspoonful only.

Suppose you are to bake a Bushel of Flour, put the Flour into your kneading Trough; put to it three Quarters of a Pint of warm Water, a Teaspoonful of thick steady Yeast.--then make a hole in the middle of your flour large enough to hold two gallons of water; pour in your small Quantity, stir into it with a stick some of the Flour, until it be of the thickness of Batter for a Pudding. Strew some Flour over that Batter--so leave it for about an Hour, now it will be raised, so that it will break through the dry Flour. Pour in a quart more of warm Water--stir in some more Flour, until it be as thick as before; again shake some dry Flour over it, leave for two Hours more--it will then rise and break through the dry Flour again--then add three Quarts or a Gallon more of warm Water, repeating the same Operation. You may in about three or four Hours more mix up your Dough--then cover it Warm. In four or five Hours more you may put it into the Oven, and you will have Bread as light as if you had used

a pint of Yeast. It does not take above a Quarter of an Hour more than the usual Time of baking.

Put on your Flour, about 6 or 7 o'clock in the Morning, your small quantity of yeast and water as directed; in an hour's Time some more, in two Hour a greater Quantity, about noon make up your Dough, about six in the afternoon it will be ready for the Oven. Thus you will have good bread neither heavy or bitter.

When you find your Body of Flour spunged large enough, you should, before you put in the rest of the Water, mix with both Hands that which is spunged and the dry Flour altogether; then add the Remainder of the Water, thus the Dough will rise the better and easier.

Yeast is to Flour, as fire to fuel: A spark of Fire blow'd up, will gradually kindle a large Heap--so will a Thimbleful of Yeast, by artfully adding warm Water, raise or spung any Body of Flour.

Is your Bread heavy? It is so, because the Body raised or spunged has not been large Enough, but was made up, and put into the Oven before it was ripe.

In Summer let your Water be blood warm only; but in Winter the Water must be as warm as your hand without smarting can bear. Cover also your Dough very warm in Winter.

A Receipt to Ferment Any Quantity of Wort or Flour with a Teaspoonful of Yeast recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/58>