

[A Method to Make Potatoe-Bread without the Admixture of Flour]

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Food

Ingredients

potato

water

buckwheat

barley

oats

potato starch

potato pulp

leaven

yeast

salt

Places

Paris

France

Nova Scotia

Source: Nova Scotia Magazine

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Description

Instructions from a member of the Paris College of Pharmacy detailing the method of extracting potato starch for use in baking bread. nn.207. Microfilm Reel 8063.

Transcription

A METHOD TO MAKE POTATOE-BREAD WITHOUT THE ADMIXTURE OF FLOUR.

[By M. Parmentier, Member of the College of Pharmacy at Paris.]

Of the STARCH.

THE potatoes must be well washed; they must be ground fine with the assistance of a tin rasp; they are thereby converted into a liquid paste, which must be diluted in water, and well agitated, in order to empty it into a sieve placed over a proper vessel. The water passes with the starch of the potatoes; this starch must be well washed in several waters; it is to be divided into small pieces, and exposed to the air, in order to dry it : it is of a most exquisite whiteness. The substance which remains in the sieve is the most fibrous part; it must be dried after all the moisture is pressed out of it; it may be used in the composition of brown bread, or may be given in that state to poultry.

Remarks.--One pound of potatoes contains three ounces of starch, two ounces of fibrous substance and extractive matter, and eleven ounces of vegetative water. These substances vary according to the nature of the soil and the species of the potatoe. It is to clear this root from the superabundance of water which it contains, and to separate the starch from the other substances which constitute the potatoe, that the foregoing process is put in practice. You may, in lieu of a rasp, which renders the operation tedious, substitute a broad wheel with double parallel spokes, upon the same axis or axletree, shod with plate iron, stamped with holes, instead of hands of iron, or any other instrument ; besides, necessity and practice will soon clear up that point.

The starch extracted from potatoes has his advantage ; that it may be kept for many years without the least alteration, and will still subsist without corruption, or untouched in a frozen potatoe, even when animals will not eat it.

Of the PULP. - Put the potatoes in boiling water ; when they are boiled enough, cast away the water, and peel them ; and, with the assistance of a wooden roller, reduce them into a paste, which, by grinding grows stiff and elastic. When there are no more clots or lumps in the whole mass, then the pulp is in perfection.

Remarks, - The parts which constitute the potatoe are in its natural state divided; after boiling, these parts are so united as to be but one homogenous mass. The starch, the fibrous substance which floated, as one may say, in the vegetative water, are in it dissolved.

It is from this very simple operation that the whole fabrication of potatoe bread depends ; without it, no panification : moreover, the potatoe must necessarily be in that state when we intend to mix it with any other grain, such as buck wheat, barley, or oats : under any other form, its union with these sorts of grain will make, at best, but a coarse bread.

Of the BREAD. - Take five pounds of dried starch, and five pounds of the pulp ; dissolve a suitable quantity of leaven on yeast in warm water the eve or night before. The mixture being exactly made, let it lie all night in the kneading-trough, well covered and kept warm until the next day ; this is the second leaven ; then add five pounds more of starch, and the same quantity of pulp, and knead it well. The water must be in proportion as a fifth part, that is to say, that upon twenty pounds of paste there must be five pounds of the water. You must observe that the water be used as hot as possible.

The paste being completely kneaded, it must be divided into small loaves : this bread requires slow preparation, and the

oven must be equally and moderately heated : it will require two hours baking.

The salt with which they season the bread in some provinces is also necessary for this : the quantity depends on the taste ; but half a drachm seems to be sufficient.

Any one may easily conceive that this abstract cannot wholly give an idea of the process, and that those who have the fabrication of this bread at heart must be obliged to have recourse to their own experience, because no exact account is to be expected when a new preparation is to be performed.

A Method to Make Potatoe-Bread without the Admixture of Flour recipe from Early Modern Maritime Recipes:
<https://emmr.lib.unb.ca/recipes/66>