



UNIVERSITY OF MINNESOTA
TWIN CITIES

Laboratory of Physiological Hygiene
School of Public Health
Stadium Gate 27
611 Beacon Street S.E.
Minneapolis, Minnesota 55455

CORRES-HUTH

February 25, 1980

Gina Huth
7019 18th Avenue Dr. NW
Palma Sola
Bradenton, Florida 33505

Dear Gina:

Since I saw you last we have had a fine holiday season. Katia and John have both returned to their West coast pursuits and we have Heidi home with us for the first time in many years. I have been free of the daily care and concern and responsibility of John's illness and obviously have had to turn my attention to my laboratory's needs.

But I've thought of you and your lovely home and have regretted that we didn't find the four or five hours needed to put together some bread at your place.

Under separate cover, I am sending you some new bread pans recently discovered. One I just tried out yesterday and one is brand new. They seem to be the most satisfactory of three varieties I have tried for making French baguettes. It is really fun to make French bread and its variations. I know nothing about multiple grain breads or sweet varieties. I have tried to specialize in a French type loaf which meets our needs here. I bake once a week and, using about 10 cups of flour, make about 6 big loaves. I give away one or two and the four usually last our family of three most of the week.

I am enclosing a basic recipe but you will have to fool around a good deal yourself to find your combination. I am sending two pans separately to make four loaves which is enough to make the effort worthwhile. You might want to try making 6 or more. I haven't, because of the size of our oven.

I am no expert, despite three years experience. I often encounter other people's bread which I like just as much though it is different from mine. Yours too may be different. Love to John, Betty Lou, Anna Maria and Chrsitian, Jeannie and Cheryl.

Love,

Henry Blackburn, M.D.
Professor and Director

HB:mb

INGREDIENTS

6 cups of flour
level tbsp light salt or 1 tsp ordinary salt
level tbsp sugar
2 packages dry Fleischman's yeast granules

In one container mix the 2 packs yeast granules in one cup of water, warm to the hand only. Add the sugar, stir and let sit while you are preparing the rest of the ingredients in another larger container or baking bowl. In about a cup and a half of very hot water dissolve the salt. Add two cups of flour and stir lightly to a paste. Add two more cups of flour, stir and mix. Add the other container of water, yeast and sugar and add one more cup of flour, and mix. Turn the contents onto a floured surface, be careful not to make a mess, and work in the other cup of flour. Knead lightly and briefly. The dough should be soft and barely stick to your hands. If it is dry, crumbly and heavy, there is too much flour. If it sticks with every move to your fingers and hands, it is too soft, and requires a little more flour added a half cup at a time. Because the tins are shallow, the dough needs enough body to stand up by itself but by no means must it be absolutely dry or silky. You'll develop your own kneading technique, and you might want to look in baking books for this. It should not be a very long process.

Divide the dough in two sections and flip each section over once or twice in a lightly greased bowl to coat the dough. Cover and let rise in a warm moist place or in the oven that has been turned onto warm just a few minutes before the dough has been put in. Spray with an atomizer of water and let rise to double volume. This takes about 45 minutes in a warmed oven or up to a couple of hours at ordinary room temperature.

Turn out the risen dough on a very lightly floured surface, punch down, pull out into an even long strip and cut ~~each risen mass~~. Shape each loaf to 2" shorter than the trays. Slash with wide but shallow strokes and lay in the pans lightly greased and floured. Let rise again, to the full extent possible, without collapsing or going over the sides of the container, again a warm, moist environment.

Preheat oven to 400 degrees. Spray loaves with moisture and put in hot oven, for 10-12 minutes. Then bake till light brown for another 15 or so minutes at 350 degrees. Turn out to cool--then wrap in plastic or freeze. The bread should be crisped for 10-12 minutes at 375 degrees just before cutting and serving.