

What Might Make Yonder Batter Rise? It Is The Yeast

(NAPSA)—During the early European settlement of America, baking revolved around the chore of bread making. This task often took days from start to finish, namely because colonial bakers didn't have the time- and labor-saving devices, such as mixers, food processors and bread machines now common in many kitchens.

According to Greg Patent, author of *Baking in America: Traditional and Contemporary Favorites From the Past 200 Years* (Houghton Mifflin, \$35), early Americans had to find their own sources for yeast, such as distilleries and breweries. Compressed yeast cakes were not commercially available until 1868, and dry yeast did not appear until the 1940s. Today, we are fortunate to have dry yeast, such as SAF Perfect Rise Gourmet Yeast, that is used by chefs and home cooks alike to make a variety of high-quality baked goods.

The following recipe for Yeasted Corn Bread, featured in the cookbook, was developed by Patent, a contributing editor to *Cooking Light* magazine and host of weekly radio and cooking shows about food.

"Before chemical leaveners gained a foothold in kitchens, corn bread was made with yeast," he writes. "You'll find this bread a revelation. It has a marvelous corn bread taste, but it isn't the least bit crumbly. It is wonderful hot, spread with a generous amount of butter."

This bread also makes an excellent base for a turkey stuffing. When cool, cut it into cubes and spread on two large baking sheets. Set aside, uncovered, overnight to dry.



A throwback to old-fashioned bread making, this delectable Yeasted Corn Bread is made with basic ingredients—butter, milk, cornmeal, yeast—and can be enjoyed as a simple pleasure.

Yeasted Corn Bread

Makes one 13x9-inch pan

- 2 cups fine stone-ground yellow cornmeal
- 2 cups unbleached all-purpose flour
- 1¼ oz. package (2¼ teaspoons) SAF Perfect Rise Gourmet Yeast
- 2 teaspoons salt
- 2 cups milk, warmed to 105-115°
- 8 tablespoons (1 stick) unsalted butter, melted and cooled slightly
- 2 large eggs

1. Butter a 13x9-inch baking pan, or coat with cooking spray; set aside. Using a rubber spatula, stir the cornmeal, flour, yeast and salt together in a large bowl. Add the milk, melted butter and eggs and

stir to moisten the dry ingredients. Continue to beat with the rubber spatula for about 2 minutes to make a smooth batter.

2. Scrape into the prepared pan and cover the pan tightly with plastic wrap. Let rise until doubled in size (the pan will be slightly more than half full), about 1 hour.

3. Meanwhile, adjust an oven rack to the center position and preheat the oven to 375°F.

4. Remove the plastic wrap and bake for 20 to 25 minutes, until the bread springs back when lightly pressed and a toothpick inserted into the center comes out clean. Cut into squares and serve hot.

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