

YINZER YUMS OF YESTERYEAR

WWII OATMEAL BREAD



INGREDIENTS

- 1 ½ cups of oatmeal plus 2 cups of boiling water
- ½ cup molasses
- ½ tsp salt
- 1 tbsp butter
- 1 yeast cake (today, we use a yeast packet) dissolved in ½ cup lukewarm water
- 5 cups flour
- dried fruit or chopped nuts (optiona)

PREPARATION

Add 2 cups of boiling water to one and a half cups of oatmeal and allow to sit for about one and a half hours. Then add the oatmeal, molasses, salt, butter, and yeast dissolved in water to your KitchenAid stand mixer. Blend with paddle attachment. Then add 5 cups of flour, one at a time. Switch to your bread hook attachment and add the final 2 cups of flour one at a time. Let the dough rise until doubled in bulk. Then, stirred it down. Knead gently on a floured board for 4 to 5 minutes. Turn into buttered bread pans (3). Let rise again until the dough reaches the top of the bread pans. Then bake in a hot oven set to 400° for around 40-50 minutes. You may add fruit or nuts after the first rising.



ORIGINAL RECIPE - MRS. WINIFRED M. HUFNAGEL JAN. 1943