

# Kirkleatham Yeast

## Ingredients

2 oz. of hops, 4 quarts of water, 1/2 lb. of flour, 1/2 pint of yeast.

## Method

Boil the hops and water for 20 minutes; strain, and mix with the liquid 1/2 lb. of flour and not quite 1/2 pint of yeast. Bottle it up, and tie the corks down. When wanted for use, boil potatoes according to the quantity of bread to be made (about 3 lbs. are sufficient for about a peck of flour); mash them, add to them 1/2 lb. of flour, and mix about 1/2 pint of the yeast with them; let this mixture stand all day, and lay the bread to rise the night before it is wanted.

*Source: Mrs Beeton's Book of Household Management (1861)*

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