

Rice Bread

Ingredients

To every lb. of rice allow 4 lbs. of wheat flour, nearly 3 tablespoonfuls of yeast, 1/4 oz. of salt.

Method

Boil the rice in water until it is quite tender; pour off the water, and put the rice, before it is cold, to the flour. Mix these well together with the yeast, salt, and sufficient warm water to make the whole into a smooth dough; let it rise by the side of the fire, then form it into loaves, and bake them from 1-1/2 to 2 hours, according to their size. If the rice is boiled in milk instead of water, it makes very delicious bread or cakes. When boiled in this manner, it may be mixed with the flour without straining the liquid from it.

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

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