

To Make Yeast For Bread

Ingredients

1-1/2 oz. of hops, 3 quarts of water, 1 lb. of bruised malt, 1/2 pint of yeast.

Method

Boil the hops in the water for 20 minutes; let it stand for about 5 minutes, then add it to 1 lb. of bruised malt prepared as for brewing. Let the mixture stand covered till about lukewarm; then put in not quite 1/2 pint of yeast; keep it warm, and let it work 3 or 4 hours; then put it into small 1/2-pint bottles (ginger-beer bottles are the best for the purpose), cork them well, and tie them down. The yeast is now ready for use; it will keep good for a few weeks, and 1 bottle will be found sufficient for 18 lbs. of flour. When required for use, boil 3 lbs. of potatoes without salt, mash them in the same water in which they were boiled, and rub them through a colander. Stir in about 1/2 lb. of flour; then put in the yeast, pour it in the middle of the flour, and let it stand warm on the hearth all night, and in the morning let it be quite warm when it is kneaded. The bottles of yeast require very careful opening, as it is generally exceedingly ripe.

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

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