

## Hagerstown Liquid Yeast

(Pennsylvania Dutch Country Cooking: William Woys Weaver pg. 77)

1  $\frac{3}{4}$  cup whole wheat flour  
2 Tbsp. sea salt

$\frac{1}{4}$  cup brown sugar  
1 gallon spring water

Combine the flour, sugar, salt and water. Boil over medium heat for 1 hour. Remove from the heat and set aside to cool until lukewarm. Pour liquid yeast into sterilized wine bottles or quart jars. Cover jars with cheesecloth or some other loose material that will keep out dust and insects-gnats and flies are attracted to yeast. Put the jars in shallow pans or trays to catch the overflow and store in a warm place. When yeast becomes active (allow 2-3) days it will overflow the jars. It is then ready to use.

\*Note: If for some reason, the yeast has not become active after 3 days, add  $\frac{1}{4}$  cup hops tea to each jar.

## Salt Rising Bread

1 tsp. salt

1 pint warm water or new milk  
(warmer than blood temperature)

Thicken with enough flour to make a new cream consistency. Mix in a jug that will hold 1 quart. Set jug in a pan or pot half filled with water, warm but not too hot. Cover the mixture well and set in a warm place near the fire. Wait about 4 hours until bubbles rise and in about 2 more hours the yeast will begin to rise in a nice creamy head.

When the yeast has risen to the top of the jug:

Four quarts flour or as much as will make 2 loaves or one kettle loaf. Make a hole in the flour. Add a little salt. Pour barm (yeast) in. Mix completely and knead dough smooth. Well grease kettle, put loaf in (not more than half full) and cover with lid. Set kettle moderate distance from the fire. After it has risen move it closer to the fire. Turn bake kettle around from time to time slowly. When bread is 2" from rim, put a scattering of the embers below kettle and on the lid. (not too many) when crust is hard and bears pressure it is done.