

BREAD, PASTRY AND BUTTER MAKING

IN
INDIA AND THE COLONIES

A CONCISE MANUAL FOR THE USE OF HOUSEWIVES

BY

MISS PEARSON

AND

MRS. BYRDE

Author of "Handbook for School and Home Cookery"



REKUR GOD OF WISDOM
LIBRARY OF THEOS BERNARD

MAIN

CALCUTTA
PRINTED BY THACKER, SPINK AND CO

CSH
99 Jan 09

TX717
P42
1907
H21A

PREFACE.

WE have written this little book on the subjects of "Bread," "Pastry" and "Butter" making in India at the repeated request of many friends who wish to be initiated into these arts.

We have taken great pains to write it in a practical and intelligible form giving the "Why" and "Wherefore" of each process, as on this knowledge success so largely depends. In the choice of recipes we have been guided by an intimate acquaintance with the requirements of an Indian home, and each recipe has been repeatedly used by us in this country with success.

We earnestly hope this little book will be acceptable and useful, and always prove itself a trustworthy guide to those who use it.

THE AUTHORS.

INDIA, 1906.

INTRODUCTION.

ADVANTAGES OF BREAD-MAKING IN INDIA.

WHEN we reflect upon the present conditions under which bread-making is carried out in most places in India, and at the same time consider the important influence bread has on health, we cannot but feel that this subject should occupy a prominent place in every Indian housewife's duties.

When bread is properly made and of the best materials, it is one of the most valuable and digestible of our mixed foods, but on the other hand to bad bread may be traced dyspepsia and many of the disorders from which people suffer so largely in India and other countries.

When bread is made in the home under one's own supervision, one can see that the best materials alone are used, without adulterations of any kind, and that the bread is made in as digestible and clean a way as possible. The little time and trouble spent on it brings its own ample reward. Bought bread in India is usually of a very inferior quality, although improvements have taken place of late years in the larger towns. It is generally too spongy, unpalatable and as often as not unclean. One is never sure under what unwholesome conditions it may have been manufactured. The regulated, inspected bakehouses of other countries are unknown in most parts of India, and bread, as likely as not, may be made in close proximity to the sick and dying. We have known of cases where natives perfectly unfit in health and even suffering from contagious diseases have been told off to make bread, being incapable of other work. There is no doubt that as well as this risk of uncleanness in the Indian bakehouses, the native baker is still very far from understanding how to make good bread; neither has he yet grasped what good digestible, and wholesome bread should be like. In order to overcome some of the unpalatableness of this bazaar bread, it is generally toasted day after day. This perpetual toast is

condemned by many physicians. In India, especially in the rains, it is difficult to preserve flour, and from time to time large quantities have to be rejected as unfit for food. This often finds its way into the hands of dishonest bakers who buy it up at a low rate and turn it into bread, and this is another way in which inferior bread is offered as food.

In some parts of India bread cannot be obtained at all, and soda or unfermented bread is largely used by housekeepers, which is not by any means a wholesome form of bread to be taken in the daily routine.

We have always found home-made bread in India a distinct economy, when it is properly carried out, and when one is not overcharged for fuel.
