



## One Dough, Past and Present

### **THEN:**

#### Bread, 19th Century Style

Mary Randolph, *The Virginia House-Wife* (1824)

When you find the barrel of flour a good one, empty it into a chest or box made for the purpose, with a lid that will shut close; it keeps much better in this manner than when packed in a barrel, and even improves by lying lightly; sift the quantity you intend to make up, put into a bowl three quarters of a pint of cold water to each quart of flour, with a large spoonful of yeast, and a little salt, to every quart; stir into it just as much of the flour as will make a thin batter, put half the remaining flour in the bottom of a tin kettle, pour the batter on it, and cover it with the other half; stop it close, and set it where it can have a moderate degree of warmth. When it has risen well, turn it into a bowl, work in the dry flour and knead it some minutes, return it into the kettle, stop it, and give it moderate heat. In the morning, work it a little, make it into rolls, and bake it. In the winter, make the bread up at three o'clock, and it will be ready to work before bed time. In summer, make it up at five o'clock. A quart of flour should weigh just one pound and a quarter.

### **NOW:**

#### Bread, 21st Century Style

**Follow the link for a modern adaptation!**

<https://www.kingarthurflour.com/recipes/no-knead-crusty-white-bread-recipe>



Baked in a Dutch oven in a modern oven. Delicious!