

Survival Bread recipes

From a professional baker

- * 1 1/2 tablespoons yeast
- * 1 1/2 tablespoons salt coarse salt.
- * 3 cups water
- * 6.5 cups flour (I like 1/2 and 1/2 white and cracked wheat), more for dusting dough.
- * Cornmeal

1. In a large bowl (I use a pail and a loosely applied lid), mix yeast and salt into 3 cups warm water. Add flour, and stir to combine completely. Let dough rise in a warm place for at least two hours, until it rises and collapses (up to 5 hours – or even overnight won't hurt it). The dough may be baked at this point, or refrigerated for later use.

2. Cover dough, but make sure it is not airtight – gases need to escape – and place in fridge. When you are ready to use it, throw a small fistful of flour on the surface and use a serrated knife to cut off a piece of the size you desire. (recommend a 1 pound loaf – which means cutting off grapefruit-sized piece of dough). Turning the dough in your hands, stretch the surface of the dough and tuck in under. The surface will be smooth, and the bottom will be bunched.

3. Dust a pizza peel (or any flat surface – I use a rimless cookie sheet) with cornmeal. (This prevents sticking, and adds a nice, rustic crunch. You can use flour instead, but you'll need to use a very generous dusting). Allow dough to rest in a warm place for 40 minutes – longer (up to an hour and a half) if you use some whole wheat flour in place of the white, or if you make a larger loaf.

4. Twenty minutes before baking, preheat oven to 450 degrees with baking stone (or overturned baking sheet) inside on the middle rack, plus a shallow pan on the top rack. Throw a small fistful of flour over the dough, slash it 2-4 times with a serrated knife (in a cross, a tic-tac-toe, or a fan), and slide it into the oven, onto the baking stone. Throw 1-2 cups of tap water into the shallow pan, and quickly shut the oven door to trap steam inside. Bake for 30 minutes, or until crust is well browned and bread sounds hollow when you knock on the bottom.

Here is my #1, most delicious, fantastic, mouth watering, make you wanna pee it's so good bread!

Grab a pail!

Literally, just throw in:

8 cups white flour

4 cups multigrain flour
1.5 tsp yeast
.5 tsp coarse salt (table salt will do)
.5 tsp sugar
1 tbsp each garlic powder, onion powder, basil, oregano, and rosemary.

mix all dry ingredients in the pail

add 6 cups warm water and mix until combined, no more. I use my hands.

cover with the pail lid, but NOT TIGHT or it will explode when the yeast acts up.

Leave it over night.

In the morning divide into 4 equal parts without kneading. It will be sticky and goopy. That's ok!

DON'T add more flour!

I coat 4-9 inch cake pans with flour tho you can use bread pans too.

Sprinkle corn meal on top and put in a preheated 400 degree oven. Bake 25 mins, turn the oven down to 350 and bake for an additional 25 mins. Rotate the pans at the midway mark as ovens have weak and hot spots.

My ovens are professional convection ovens so you will have to experiment on yours but trial and error will produce fantastic results!

An outdoor oven can cut the baking time in half depending on the style.

If only a good loaf of plain bread is desired, leave out the spices. Also works great for a raisin bread or anything else you want. Experiment!

Makes 4 loaves.

To prevent Too Crusty Bread

Don't bake with high heat, don't add water for steam and the best thing I have found...when you take it out of the oven, lightly brush with (I like Butter) marg or olive oil immediately. This will give you a soft, delicious crust.

ALMOST NO-KNEAD BREAD (aka Crusty Beer Bread)

The original recipe calls for mild-flavored lager and white vinegar. Any beer and any vinegar works. This is a rustic great tasting bread. Easy to make.

3 cups unbleached all-purpose flour
1/4 teaspoon instant yeast
1 1/2 teaspoons salt
scant cup water, room temperature
6 tablespoons (3 oz) beer
1 tablespoon vinegar

Stir flour, yeast and salt in a large mixing bowl. In a 2-cup measuring cup, combine the water, beer and vinegar and add to the flour mixture. Stir until mixture forms a shaggy ball and incorporates all the dry flour. Cover the bowl with plastic wrap and let sit at room temperature for 8 to 18 hours, as your schedule permits. (perhaps overnight)

Lay a sheet of parchment paper in a 10 inch skillet and spray with cooking spray. Transfer dough to a lightly floured work surface and knead 10-15 times. Shape dough into a ball by pulling edges to the middle. Transfer the dough to the parchment lined skillet and cover loosely with plastic wrap. Let rise at room temperature until dough has doubled in size and does not readily spring back when poked with finger, (about 2 hours). Just before placing in oven cut a 1/2 inch deep slice on the top down the middle of the dough.

About 30 minutes before baking, place a 6-8 quart covered Dutch oven into oven and preheat to 500 degrees. Once preheated, using the parchment paper, lift the dough and place it in the Dutch oven. Cover. Reduce the temperature to 425 degrees immediately. Bake covered for 30 minutes. Uncover the pan and continue to bake for another 15-20 minutes until bread is golden brown. Remove bread from pan and cool on a rack.

Bannock!

Recipe #1 Simple bannock

2 ½ cups of flour
2 tsp baking powder
½ tsp salt
3 tbslp lard
1 cup cold water (approx)

Let's not forget the all time easiest campfire bread....BANNOCK!

Mix the dry ingredients together in a large bowl. Add the lard and mix in thoroughly. Gradually add the water (you may not need it all) and mix until the dough is thoroughly dampened, but not sticky. Knead the dough on a floured board for 30 seconds. Flatten the dough to 1/2" thick. Cut into 8 pieces, and fry in a lightly greased frying pan, on medium heat, for 12-15 minutes each side.

Recipe #2: Bannock for six

3 cups of white flour
2 cups of whole wheat flour
½ cup of bran
½ cup of wheat germ
2 tbsp of baking powder
1 tsp of salt
2/3 cup of shortening
2/3 cup of milk powder

Tips for making Bannock

Tip #1

There are no rules. As you can see, the two recipes listed above are quite different. Bannock is usually made from whatever ingredients you have on hand. The recipe will be altered to create the type of mixture you require, for whatever method you are cooking it. Minimum ingredients would include some type of flour, and a liquid to bind the flour together. I have eaten bannock made from just flour and water, cooked on a hot rock, in an open fire, and I found it to be delicious. However, if you took the same two ingredients, and mixed in too much liquid, you will create a great glue for paper mache. In order to make great bannock, you must practice, practice, practice. Typical bannock recipes might include ingredients from the following categories:

Flour

white all purpose, whole wheat, cracked wheat, etc...

Exotic types of flour could include flour made from the roots of plants, and the inner bark of trees.

Rendered Fat

butter, margarine, cooking oil, bacon grease and lard are among the modern favorites

Baking Powder

nice if you want the bannock to be fluffy and light in texture.

Salt

a pinch will help bring out the flavors

Sugar

brown is my favorite.

Tip #2

Always thoroughly mix the dry ingredients, then add the fat and mix again until it is all absorbed. Lastly add the water, a little at a time, until you have a dough of the right consistency for your cooking method.

Tip #3

There are many things you can add to Bannock to alter its taste.

- * flavored instant oatmeal can change taste and texture
 - * milk, either powdered or dry, will cause the bannock to brown when baked
 - * adding cornmeal, or rolled oats can change the texture
 - * any sweet liquid can be a substitute for both sugar, and moisture.
- Some examples are corn syrup, maple syrup, honey, orange juice, Baileys, etc...
- * add instant coffee, or cinnamon
 - * try adding candied fruit, brown sugar, and cinnamon for a dessert style bread.

Tip #4

Cooking methods can change both taste and texture

- * Baking in an oven usually produces a light, airy type of bannock
- * If you roast it over, or in an open fire, the bannock will pick up some of the smoke flavor of the fire.
- * It will absorb the flavor of any type of fat you fry it in.
- * If thinned out, and poured into a hot, dry skillet, you will have hot cakes
- * You can steam raw dough on top of any type of stew to create dumplings.

Tip #5

Experiment with different combinations of ingredients and cooking methods in order to discover which work best for you. To help you along, try some of the recipes listed below.

Australian Damper

Mix up your favorite Bannock recipe.
Add dried fruit. Wrap and seal in foil,
Bury it at bottom of fire for about half an hour. Extract cooked fruit bread from foil.
The outside will probably be burned, and can just be committed to the flames.
The centre can be removed, smothered with butter, and enjoyed.

Bannock on a stick

When in the bush, this is probably one of the easiest ways to cook bannock, and there are no dishes to clean. You should use a green stick. The bark can be left on, or taken off, as desired, but you should try and find a stick that does not have a bitter taste to it, or the bitterness will be absorbed by the bannock. Just take a strip of bannock and wrap it around the green stick, so it looks like the stripe on a candy cane. Set up a rest so you will not have to hold the stick over the coals.

It is not very difficult to master the art of cooking this way if you remember one simple thing. The heat has to have time to penetrate inside whatever you are cooking. If you have your food too close to the fire, it will burn on the outside, and still be cold, or raw on the inside. Rule of thumb tells you to keep larger items farther away from the fire, so they will cook slower and more evenly than smaller items.

In very hard times you can substitute acorn flour for wheat or mix with whatever flour you have on hand. To make acorn flour use white oak acorns (chestnut oaks produce the best acorns) if possible as they have less tannins in them than the black or red oak varieties. Lightly roast the acorns, crush and remove hulls. Put the acorn flour in a cloth sack and soak overnight in several changes of fresh water or boil and change water until it is no longer discolored. Whenever changing water be sure to put acorns into hot water, if you put them into cold water it will "fix" the tannins inside. The tannins leave a very bitter taste and are very astringent. You can use the boil water after cooling for a wash for poison ivy. After boiling simply spread the flour on a tray and dry in a fire, oven or the sun. Sun drying can be speeded up by using an emergency space blanket to reflect extra sunlight.

You can also make flours out of various grasses and weeds - Amaranth, Lamb's Quarter's, Phragmites, Bamboo, etc. Do not use any seeds that are black or purple, There are very, very few poisonous grasses so you don't have to worry about that. Black or purple seeds can be indicative of a toxic fungus however, something you definitely don't want.

keep a yeast starter 'sponge'.

While I currently keep it in the ice box, feeding it every 4 days, one can keep it on the counter and feed it daily.

At this point it has soured slightly, making for a sour-dough starter. this added flavor makes it wonderful.

I captured the yeast years ago from grapes from our own grape vines, the sponge is 4 nearly 5 years old now.

Every feeding I add 1/4 cup flour (wheat, can be white or whole wheat) and 1/4 cup warm water. When I keep it on the counter during the winter months, every couple three days I have enough starter to make English muffins:

I use:

1 3/4 cups starter + 1/4cup flour

2 1/4 cup flour

1/4 cup cornmeal

1 tablespoon oil (or unsalted butter, depending on what I have)

1 teaspoon salt

1 teaspoon sugar

and a tad bit more oil or butter for the pan.

I proof the sponge by adding the sugar and flour about an hour before keeping the starter in a warm place in the room. In about an hour the starter is all nice and bubbly nearly doubling in size.

Then I add the starter and 2 cups of the flour, the oil and salt, mixing as I go then kneading the dough for 12 minutes Mind this is a wet dough mix and its more or less beaten with a wooden spoon more then kneaded. I add a tad of flour as needed until I get the right consistency (usually about 1/4 cup more).

When the dough can be pulled and spring back, and is slightly stringy when pulled apart, set it in a greased bowl covered with a towel and let it double in a warm place (usually about 60 minutes).

Cut the dough into even sized pieces, usually one can get a dozen small muffins, or 8 larger muffins. Let 'rest' for 30 minutes OR you can cook immediately.

Flatten and dip both sides in the corn meal, transfer to the heated skillet and cook on each side for about 5 minutes or until golden brown, flip and cook an additional 5 minutes.

For bread, you can use the same recipe, adding a bit more flour to get a more solid mass. Pop into a loaf pan after the first rise, let it double then bake at 350-375F for 35 minutes or until it has a lovely brown crust.

Recently I have started adding a egg, and 3 tablespoons sugar, increasing the flour about another 1/4 cup, after the first raise split the dough in half, roll and pull out into long 'ropes' then braiding the rope the baking on my stone. Adding a bit of steam to the environment an one gets a tougher, harder crust and a very soft crumb. The bread can sit on the counter without being put in plastic, of course if you have a bread box it can sit in there. Very tasty.

Storage of flour:

1. Put flour in strong, food grade plastic bag. I use air tight pails as the pails will be very valuable for other uses as well. If the flour bag is packaged in paper, put the whole bag inside a food grade plastic bag or pail.
2. Remove excess air from bag.
3. Freeze flour for two days, if possible, 48 hours, to kill off weevils or insect eggs in the flour.
4. Keep in cool, dark place to prevent insects from getting at the flour and to prevent sunlight from spoiling the flour.

Rice flour will develop weevils quickly if not stored properly but not to worry. Put outside if it's winter and freeze the little buggers. If times are really hard, remember these are little bits of protein. Just bake them in the bread. Seriously.

HOMEMADE BISQUICK MIX

- 6 C flour
- 3 T baking powder
- 1 T salt
- 1 C vegetable shortening (Crisco)

1. sift flour, baking powder and salt
2. cut in shortening with pastry blender or knife until mix resembles crumbs
3. store mix in a tight container in the frig - up to four months

makes 7 cups

Step 1: Capture the Yeast

This method is dependent on how much wild yeast is circulating in the air in your kitchen at any given time. Baking frequently adds yeast to the air, so trying to capture the yeast soon after baking bread will help ensure success.

1. Combine in a bowl:
 - * 2 cups of warm water
 - * 1 tablespoon of sugar
 - * 2 cups of flour
2. Cover the bowl with cheesecloth and place in a warm area in your kitchen.
3. Stir the mixture once a day.
4. It will begin to bubble when you have captured yeast.
5. Allow the mixture to continue to sit for 3-4 days after you first notice the bubbles.

Step 2: Dry the Yeast

1. Spread the liquid mixture out on plastic wrap or waxed paper to dry.
2. When it is dry, break the dried yeast into chunks.
3. Grind the chunks into small particles using a the food processor.
4. Freeze the yeast in an airtight container for long term storage.
5. Yeast will become dormant when they do not have warmth and a food source such as sugar.

Step 3: Use the Yeast

This yeast is not as concentrated as commercial yeast. Plan on substituting one cup of homemade yeast for one ounce of commercial yeast. (If possible. If not that's ok)

1. Dissolve one cup of homemade yeast in one cup of whatever liquid your recipe calls for.
2. Make the dough, decreasing the flour used by one cup.
3. Knead and allow to rise as usual; be aware that he dough may take longer to double in size than if you'd used commercial yeast.
4. The yeast is what causes the bread to rise due to the carbon dioxide it gives off inside the dough.

No yeast bread:

Ingredients

- 4 cups flour
- 1 tbsp sugar
- 1/2 tbsp baking powder
- 1/2 tbsp baking soda

1½ cups water

2 tsp vinegar (cider or white) Have tried it without and works ok too.

Combine dry ingredients and mix. Combine water and vinegar. Add wet ingredients to dry and mix. Turn dough out onto floured surface and knead for two or three minutes (no need to overdo it). Shape into a round (about 1½ to 2 inches high), then place on pan. Dip a sharp knife into flour and cut an 'X' into the top of the loaf. Bake 40 minutes.

Outback camper damper:

4 cups of flour (self raising better than plain)

butter or oil - about a table spoon

1 to 1 1/2 cups water OR a stubbie of BEER

salt if you want it

raisins/sultanas if you have them

or whatever else you can think of

mix it all together

chuck it in a camp oven in the fire embers (or in foil in the embers)

cook for about half an hour

serve with butter, jam & cream, or whatever

Kitchen Hack: One-Minute Bread (Ciabatta):

Had to be someone out there to take a simple 5 min bread recipe and bring it down to 1 min bread. So similar that I wonder what the difference is but I think he is just moving faster. lol

Anyway:

For your ciabatta you'll need:

* 4 cups of all-purpose flour (do NOT pack the flour into the measuring cup)

* 2 cups of warm water

* 1 teaspoon of salt

* 1/4 teaspoon of granulated yeast (or equivalent)

For the gorgeous readers needing metric equivalents of this recipe, Toon left a comment with the following conversion:

- * 500 grams of all-purpose flour
- * 4,7 deciliter of warm water
- * 4 grams of salt (= 1 teaspoon = 5 ml)
- * 1 gram of dry yeast (= 1/4 teaspoon = 1,25 ml)

You'll also need a medium-size mixing bowl, a 10×15 cookie sheet or baking stone, a hand towel or plastic wrap, and whatever you'd like to keep your bread from sticking (if you're using a pan, I use flour and corn meal).

Have everything handy? Good. Let's do this!

1. Mix Water & Yeast

Pour the warm water into the medium-size mixing bowl and stir in the yeast with a spoon. No need to be particular, just dump and slosh.

2. Add Flour And Salt

Add flour and salt to your bowl of yeasty water. This, after measuring out the flour, presents another prime opportunity to get flour on your person. This will be regarded by many as a sign of your culinary determination. You'll need such signs because anybody who actually watches you make the bread will think you're one of the laziest bakers in existence.

3. Stir Into A Heavy Batter

Use a spoon. You could use your hands if you wanted but you probably didn't wash your hands before starting this anyhow. Start with a quick run about around the perimeter of the bowl with your spoon. A few quick strokes through the middle and you should have a heavy batter. If it looks too thick to be pancake batter and not thick enough to be playdough, you're right on target.

4. Set It And Nearly Forget It

Cover your project with a hand towel or plastic wrap and set in a safe place for a few hours. After the dough has rested for 8 to 12 hours, it will have nearly doubled in size. (If you add a bit of sugar at the start and you're in a hurry, you can rush this process but I don't recommend it for your first try.)

5. Preheat Oven & Prepare Your Pan

There's a lot of room for variation at this stage. The goal is to place the dough onto a surface that will keep it from falling through the oven rack and not stick on. I use an old cookie sheet

sprinkled with flour and corn meal. You can use a buttered pan, pizza stone, or baking paper. It's up to you. The flour/cornmeal method takes only a few seconds.

Before you start prepping your pan/stone, set your oven to 400F. *(For those of you using wood stoves, don't stress the particulars. Pull a few cedar shingles off the back porch roof and get that fire burning hot!)*

6. Pour Out The Batter

This is the fun part! Uncover the bowl of dough and slowly pour it out onto the pan you just prepared for it. You'll want to use a spoon to guide the dough into place and get the last bits out of the bowl. The dough will be very wet and sticky. That's okay! Get the dough out onto the pan and if you're lucky, it'll look something like this:

7. Add Spices (If Needed) & Place Bread Into 400F Oven

If you're trying to stay within the one-minute prep, you probably won't have time to sprinkle some of your favorite herbs onto your ciabatta before baking. If you're not worried about time, some dried oregano, basil, and rosemary make a nice addition.

8. Remove Your Ciabatta From The Oven

Check on your ciabatta after about 25 minutes. Once it's golden brown on top and looks good to eat, **take it out of the oven and set it aside to cool for at least 10 minutes.** You can cut into it immediately but if you do it'll collapse and won't look as pretty.

Wait! You really thought I wanted you to take a hot pan out of a 400F oven without some sort of protection? Crazy! If you don't have an oven mitt handy, take off your shirt, fold it so there will be at least 6 layers of cloth protecting your hand, remove the pan from the oven and place in a safe spot to cool.

9. Slice & Enjoy

Move your ciabatta off the pan or baking stone and onto a proper cutting board for demolition and devouring. Ciabatta is famous as a sandwich bread but, like most breads, it's absolutely delicious right out of the oven

Dirt simple beer bread

3 cups all-purpose flour

1 12-ounce bottle of beer (or, if you want frou-frou, try one of those fruity malt beverages)

3 tablespoons sugar

rosemary and sage for savoryness (or none if you want straight bread)

mix together and bake at 425 til crusty. Any beer works, most malt beverages should too.

This is a CARB-INTENSE bread, especially if you use a bock, double bock, or stout. Its for when you need fuel for working hard over a long day.

Works well fresh with butter, or cold and in sandwiches.

Greek white bread

Horiatiko Psomi: Crusty Country Bread

Ingredients

1/2 cup flour (whatever you use for bread)
8 cups of bread flour (you can use any bread flour like whole wheat or corn)
2 tbs dry yeast (if you use RAPIDRISE Highly active yeast use two packs)
1/2 cup luke warm water
1 tbs salt
2 1/2 cups lukewarm water
2 tbs olive oil
2 tbs honey
2 tbs milk

Directions

In a small bowl dissolve the yeast with the 1/2 cup of water (lukewarm). Slowly add the 1/2 cup of flour and mix until smooth and no lumps of flour... let rise about 15-20 mins.

Next sift the remaining flour with the salt then put in a large mixing bowl and make a hole or well in the center.

Add honey, oil, milk and yeast mixture and 2 cups of the lukewarm water in the well. Slowly you want to pull the flour in over the well, then mix with hands til it's a nice lump of dough. If you need more water add from the remaining 1/2 cup slowly....Next turn onto a lightly floured surface and knead the dough until nice and smooth and no longer sticks to your hands. It could take 5-10mins depending on your kneading skills..It's a great arm work out lol

Now you want to place the dough in a lightly oil mixing bowl. Turn dough around in the bowl to coat it with the oil. Next cover with three towels. First layer will be dry, second layer is a warm dampened cloth an followed by another dry towel. Put in a warm place and let rise double in size, about 1hr to 1 1/2hrs.

After this you want to punch dough down about 5 times, knead another 5mins or so then you want to separate the dough into either three baguettes or three round balls. You want to then put them on an ungreased cookie sheet and repeat the three towel layering from the previous step. One dry, one wet, one dry. Then again put in a warm spot and let rise an hour...During this time is when I usually preheat the oven to 450F.

Next you will put the rolls or baguettes on the cookie sheet in the oven and bake at 450F for 30mins or until brown and you tap the bottom and it sounds hollow.

I cut or scored the tops of mine, this is if you want a thicker crust.

It's pretty yummy and it's really not that hard it's just time consuming but it is really good!

Greek recipe for cheese bread.

Ingredients:

350 grams (12.5 oz.) of feta cheese (or goat cheese as you know it, but it isn't)

450 grams (15.9 oz.) of all use flour

20 grams (0.75 oz.) of yeast

1 cup of virgin olive oil

1 cup of warm water

3 eggs

1 table spoon salt

Crumble the feta cheese with your hands into small pieces or larger ones to your desire.

(Smaller pieces will more distributed, as larger pieces will be tastier when chewed on)

Dissolve the yeast thoroughly in the cup with the warm water.

Pour the flour in a large bowl, making a crater in the middle, and pour the yeast mixture along with the salt in the middle.

Knead until all ingredients are mixed evenly together.

Cover the bowl with a clean towel and wrap it or cover it also with blankets until it has risen well.

In another bowl put in the olive oil, the eggs and the feta cheese. Mix well

When our flour has risen, mix the cheese in, and knead it all together and place it in a pan that you have oiled on the inside (olive oil), and let it rise again.

Put the pan in the oven and bake it at 200 degrees celcius (392 deg F) for an hour until it has a golden red color.

You can eat it hot or cold.
