

# Preparedness Hints

## Bread: Lemon Juice Does The Trick



### Lemon Juice In Bread?

Did you know that you can use lemon juice when making bread? Apparently it is an old trick of strudel makers to make the strudel soft. I've tried the bread recipe at the end of this article with both lemon juice and vinegar and had fabulous results. The bread is soft and tender and stays that way for at least 3 days (as long as bread lasts around my house). You can't taste either the lemon juice or vinegar. The acid tenderizes the gluten and makes the bread rise higher.



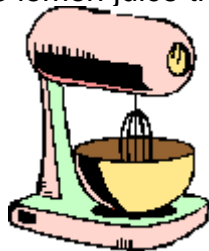
### I Don't Want to Make Bread!

I didn't make bread for years when I was working and trying to raise 2 children by myself. Making bread was in no way a priority for me. One consolation was that I used to make bread all the time in the days that I was a full-time mother with 2 small children and knew how.

What is the point of making bread anyway? It is not that expensive at the store, is it? Actually, bread making is one of the cornerstones of home-preparedness. Home-made bread uses your whole-wheat, your salt, your honey, and oil, all basics in many food-storage programs. And a loaf of home-made bread is very inexpensive and can stretch your food dollar.

Who can resist the smell of home-baked bread as it comes out of the oven? My daughters love to come home to fresh-baked bread, thinking it is a marvelous after-school snack.

I hope I have encouraged you to dust off your old bread-making skills or inspired you to try it if you never have. Be sure to try the lemon juice trick!



### A Mixer or By Hand?

By all means, use a mixer if you have one. But you don't have to have a mixer to make bread. When I was younger, I didn't understand the Bosch mixer mania that my neighbors seemed to have.

I made my bread by hand knowing that was only 10 minutes of kneading by hand and that I only did it once a week. I got my first mixer only about 2 years ago, and yes, it is nice, but I could live without it if I had to. The following recipe is from "Simply Ready" by Terri Johnson.

### Terri's Favorite Wheat Bread

3 T. yeast and 1 t. sugar dissolved in 1 C. water  
In large bowl mix...

3/4 C. honey

3/4 C. oil

2 T. salt

3 3/4 C. hot water

5 T. lemon juice or vinegar

6 C. whole-wheat flour

Add the dissolved yeast to the bread mixture and mix for 7-10 minutes to get the gluten working. Add gradually 6 C. whole-wheat flour.

Knead for 5 minutes. (if kneading by hand, mix all ingredients and knead by hand for 10 minutes until dough is smooth and elastic). If dough seems too sticky, add enough flour to get past the sticky point. (Too much flour causes bread failure.) Let stand for 10 minutes. Divide and shape into 3 loaves. Place in greased bread pans. Rise until doubled in size. Bake at 350 for 30 to 40 minutes.

### Personal and Family Preparedness

**Vision:** Each family uses principles of provident living in their daily lives.

**Mission:** "Increase awareness and practice of home production and storage."