

(Pdf free) Our Daily Bread

## Our Daily Bread

*Stella Standard*

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**Stella Standard : Our Daily Bread** before purchasing it in order to gage whether or not it would be worth my time, and all praised Our Daily Bread:

Although truly termed "The Staff of Life", bread has always been much more than a mere staple of human diet. As you will discover in this book, there are hundreds of bread recipes with endless variations on the basic recipes to be tried and savored. Divided into two sections - one using conventional enriched flours, the other devoted to whole-grain cookery - the recipes range from quick breads, coffee cakes, feast breads from foreign lands, holiday breads, yeast breads, corn breads, to biscuits, scones, fritters, and pancakes; the delectable list seems to go on forever. A quick glance through the book will assure the cook that there are recipes galore here, one for each day of the year plus one extra for Leap Year. And the embellishments and variations will turn the delicious basic recipes into sumptuous party fare. Included age general bread-making principles to guide the cook into being a celebrated baker who can offer breads of such variety that none need be repeated for well over a year. Stella Standard (1897-1986) authored 10 cookbooks. Her first book, "Whole Grain Cookery: A Gourmet Guide to Glowing Health," published in 1946, was commissioned by the writer Pearl S. Buck. Several other books are classics in their fields. OUR DAILY BREAD also deals with whole grains, something unusual at the time. Whole-grain breads attracted her interest when friends in England who were using high-extraction flour in World War II brought them to her attention. Mrs. Standard also wrote "Menus and Recipes for All Occasions," "The Art of Fruit Cookery" and "Stella Standard's Cook Book," which

included recipes of well-known French and Italian chefs she had visited in Europe. One of her last books, "The Kitchen Garden Book," published in 1956, was written with Stringfellow Barr, a philosopher and educator. It offered more than 500 ways to cook and serve vegetables as well as instruction on how to grow them.