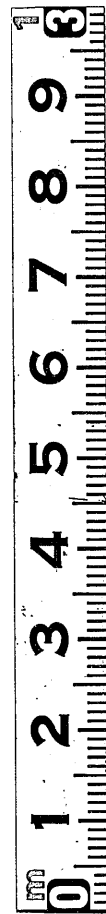


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PROCESS OF MAKING BREAD WITH ALL THE  
BRAN ADDED, SO AS GREATLY TO INCREASE  
THE WEIGHT, AND QUANTITY OF NUTRI-  
MENT.

TAKE seven pounds seven ounces of bran and pollard, and fourteen quarts of water, and boil the whole very gently over a slow fire. When the mixture begins to swell and thicken, let it be frequently stirred to prevent its boiling over, or burning either at the bottom or sides of the pot. With two hours boiling it will acquire the consistence of a very thin custard pudding. Then put it into a clean cloth, and twist it until the liquor is squeezed out; with a quart of which, mix three pints of yeast, and set the sponge for twenty-eight pounds of flour. The bran and pollard, which, when the liquor has been squeezed out, is of above four times its original weight before it was boiled, is then to be set near the fire, in order that it may be kept warm. In about two hours the sponge will have sufficiently risen; upon which the bran and pollard, then lukewarm, but *not hot*, and into which is to be sprinkled half a pound of salt, should be mixed with the flour, and *the whole kneaded up very well together*, with a quart of the bran liquor, and it should be then baked for two hours and a quarter in a common oven. The produce weighed, when cold, will be half as much again as the same quantity of flour would produce in the common way, and without the addition of the bran.

If the bran water only is used, and the bran itself (which by the boiling increases exceedingly in weight is not added to the dough, the increase of bread will still

be considerable; but not of more than a third of the increase that is obtained when all the bran is entirely used.

OBSERVATIONS.

Most of the objections to the use of the Bran in the Bread, appear to be founded on a presumption, that no mode of preparation will make any difference in the degree of nutriment to be derived from food. Tho the subject is as yet but little understood, yet we have gone far enough to ascertain the fact, that in most kinds of grain, some increase of the ordinary nutritive power may be produced by culinary process. The very making bread affords an example of this increase. In rice it is very great; and in barley meal, particularly when used in soup, its increased power of nutriment may be extended to a surprising degree. It is now well known that rice, when increased by water to a solid substance of five times its original weight, or by the addition of milk to eight times what it originally weighed, is converted from a hard indigestible grain, into wholesome and nourishing food.

It appears by chemical experiments, and particularly by those made by a very able man, the late Dr. Addington, the Speaker's father, and mentioned in the House of Commons near two months ago, that wheat contains "an essential oil of a most beneficial quality; and that almost the entire of the oil is confined to the bran." These words are copied from the account given in the public papers, with a view of suggesting to the reader's mind, whether (if we can be persuaded that the result of these chemical experiments is just, and that there really is a VERY NUTRITIOUS ESSENTIAL OIL IN THE BRAN of wheat) that circumstance alone will not

at once explain the cause of the increase, and demonstrate the value of the discovery.

The use and application of Mr. Haggitt's first process, is now considerably extended by the addition of the whole of the boiled bran to the dough. This has been adopted, for three months, in some families, in the making of their bread for common use; and the bread, so made, is perfectly good and sweet, and (as far as one may at present judge) quite as wholesome and nourishing, as any other bread. It is also baked in a public oven at Royston, for the use of the poor, who purchase it, very thankfully, at twelvence halfpenny the quarter loaf; being the average prime cost at present.

The fact seems to be, that the boiling of the bran softens it, and divests it of its dry, husky quality; thus preparing the nutritive part, THE ESSENTIAL OIL, for food. The increase in the quantity of bread, by the addition of bran to 56 lb. of flour, is from 34 lb. to 36 lb. of bread beyond what is produced in the common mode. In one instance, the 56 lbs of flour with 14 lb. 14 oz. of bran produced 106 lb. and a half of bread, weighed the next day when cold; being above half as much again as what is commonly made, and about twice the quantity that is produced from a bushel of wheat, when merely the fine white flour is used. This improvement (if adopted only in the families of gentlemen and farmers, and in public institutions) would have an instantaneous effect in reducing the price of flour, and in baffling the arts of the speculator: and if universally adopted throughout the whole kingdom, the saving from it would be equivalent to a third of our consumption; or to the annual amount of as much wheat as, with the same economy, would supply the whole kingdom for six months;—of as much wheat as one thousand ships

would import to our shores, if the rest of Europe were *glutted* with grain, and the millions which it would cost, were no object of expenditure.

There is not the most distant idea of pressing upon the *poor* any variation in their habits; particularly with respect to bread, now become their chief article of subsistence. But it is conceived that, at the present crisis, the *rich* are *inexcusable*, if they neglect to attend to every *practicable* saving, that can be made in the consumption of wheat corn. Whether the high price of bread is occasioned by actual scarcity, or by baneful monopoly, or whether (as some are of opinion) it owes its existence to both causes, it is one of our first duties to adopt every just and legal expedient, to keep down the price of corn, and to husband this essential article of life, for the benefit of our poor and necessitous brethren. Something has been already done, and with great and good effects: and it is hardly possible to conjecture what the price of bread *would have been at this day*, and how insupportable might have been the pressure upon the poor, if no measures had been taken for their relief and protection. When, therefore, we find any persons openly opposing those measures, or clandestinely endeavouring to diminish their effects, it is not very easy to divest the mind of the idea, that they have an interest in the increase of the evil, and are taking advantage of a public calamity. B. 12th April, 1800.