

60 Ways to Toast Your Bread



Featured – the Westinghouse TT-3 toaster
manufactured in the late 1910's and early 1920's in
Mansfield, Ohio.

The revolutionary design toasts two slices at once. It
features a flip over design reversing the toast without
touching the bread. The result: No burned fingers.

**Author of How to Raise the Purrfect Cat and other articles
by Derald Freeman**

Copyright

Printing of first edition, June 2008 - All rights reserved
Copyright© 2008 by Grrreat Ideas, Inc. - Burleson, Texas
Printed and published in the United States of America
No part of this book may be reproduced in whole or in part by any copy
method without permission from the author. For information contact,
Derald D. Freeman
359 NE James Circle, Burleson, Texas 76028
817-426-3639 df@grrreatideas.com

About the Author

Derald Freeman had spent a considerable number of years writing and publishing over 80 articles on horticulture, his memoirs, and short story pastiches. He was educated at East Texas Baptist College, spent 25 years in business management, and owned his own computer software business for 30 years successfully marketing inventory software and peripherals nationwide.

Derald sold the business in the year 2000 and retired, but continued making full use of his computer skills working on computer software programs for other businesses, promoting web site design and writing numerous stories, monologues, publications, and working on books..

TABLE OF CONTENTS

Chapter 1 - The History of Toast

Chapter 2 – Ancient Bread Making

Chapter 3 – Toaster Concepts

Chapter 4 – Toast Stories

Chapter 5 – Toast Recipes from the USA

Chapter 6 – Toast Recipes from the BBC

Chapter 7 – The Final Word on Toast

Back in time

Walk with me back into time to about 2500 BC. See an Egyptian maiden in the home of the wealthy dignitary or Royal Palace. In Egypt women held an equal place in society with men. They held jobs and owned property. Egyptian boys and girls were normally matched and married at the age of twelve. So we are looking at a maiden with a family and fortunately promising employment. Women ground wheat into flour. Bread was also seen as a luxury item. For the peasant and common man, a mixture of flour and water was enough for the day. It was the staple of life. For the Pharaoh and the high priests, bread reflected their noble stature. By adding honey, fruit and berries, and even sesame seeds their wealth was flaunted.

Walk with me back into time to about 2500 BC. See an Egyptian maiden in the home of the wealthy dignitary or Royal Palace. In Egypt women held an equal place in society with men. They held jobs and owned property. Egyptian boys and girls were normally matched and married at the age of twelve. So we are looking at a maiden with a family and fortunately promising employment. The Egyptian girl, her name is Irias, stood rapt in thoughts, absent-mindedly smoothing a lock of the rich black hair that had fallen across her face, her eyes faraway and dreamy. The hot scorching sun tanned her skin. She had a smooth, close coiffure, a natural wave and long curl to her hair. She tied her hair in back in a kind of loop and decorated their hair with flowers and linen ribbons. A stylized lotus blossom was the adornment for the head. Some days she wore petals and berries to hold her hair at the back. Rosemary oil applied with a long comb was used to stimulate her hair and give it body.

She toyed with thoughts of family, of clothing, of her husband. She envisaged the future, when enough money would be saved that she would not have to work over the hot oven by day and again for her family at night. She stood erect, stretching tall as she looked towards the East. The sun had risen well above the horizon and beamed towards her between the tops of the tall pyramids. It was a good day, she thought. The sun is warm; the sun god Ra smiled down on her and she felt the warmth fully on her bosom. She touched her mouth, not ungenerous in its lines as she tried to bring back her thoughts to the present. Her clothes were neat with a hint of coquetry. Suddenly, as if snapped back to reality by a taut strap, her mind was back in the present. Her nostrils had sensed the smell of bread that had stayed in the oven a little too long. She rushed to retrieve the loaves in the merciless incineration chamber. So much allowed for her daydreaming. She had a job to do and little time to complete it. Her eyes shown like onyx and reflected the lashing sun as she looked up to stroke her forehead.

Since the addition of embellishments were commonplace for enhancing the flavor of the bread it is not difficult to envision the adding of leavening to the dough to sweeten the taste. Leavening was commonly used in making of beer. If it were not satisfactory to the taste she would serve it to the kitchen staff. To the surprise of the baker the dough began rising to three times it's original size from the small round loaf as she kneaded another large pile of flour and water.

"This will not do" she murmured under her breath and proceeded to mash it down to its original size and leave it near the hearth. She returned to her former task and continued to keep a watchful eye on the oven. She had to have seven more loaves ready to enter the oven when the loaves that were baking were finished. When she was ready to put the seven loaves in the oven she noticed that the one loaf had risen again. Deciding to give the loaf a try she placed it in the oven as is. The discovery of the light fluffy airy loaf was a treat for the household and the maiden was praised for the discovery.

This seemingly magical process was not fully understood until the 17th Century when the microscope revealed the yeast cells that cause leavening. Later they discovered that placing the sliced bread over an open flame or on the hot bricks in the oven would brown the bread and give it a different texture.



Yeast strengthens bread dough

It acts as a leavening, dough developer, and flavor builder. Yeast is the driving force behind fermentation, the magical process that allows a dense mass of dough to become a well-risen loaf of bread. And yet yeast is nothing more than a single-celled fungus. How does it do it? Yeast works by consuming sugar and excreting carbon dioxide and alcohol as byproducts. In bread making, yeast has three major roles. Most of us are familiar with yeast's leavening ability. But you may not be aware that fermentation helps to strengthen and develop dough and also contributes to incredible flavors in bread

When you stir together flour and water, two proteins in the flour -- gluten and gliadin -- grab water and each other to form a bubble gum-like, elastic mass of molecules that we call gluten. In bread making, we want to develop as much gluten as we can because it strengthens the dough and holds in gases that will make the bread rise.

How bread changes when toasted

When radiant heat is applied directly to a slice of bread and the temperature reaches about 310 degrees Fahrenheit, the bread changes composition. The change is known as the Maillard Reaction. The sugars and starches start to caramelize and turn brown -- and to take on intense flavors. *That's toast.* If the heat continues the fibers begin turning into carbon. Now you have burnt toast.

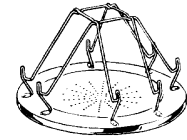
The idea of toasting

Toasting bread does more than just preserve it. The toasting process makes the bread become sweeter, crunchier and creates a surface that is less prone to spoilage. It also makes it a better subject on which to spread toppings. There were a variety of methods for making toast in pre-electric times. Ideas ranged from using the hot hearthstone, to putting bread on multi-purpose toasting forks and holding it over a fire, to using fancy, hinged bread holders that could be attached to the side of a fireplace and swung into the flame.



The Toaster

The first electric toaster is said to have appeared in 1909. It toasted one side at a time. Constant vigilance was required to avoid burning of the bread. When the toast was done, you simply pulled the plug. During a large part of the 20th century the breakfast table was not complete without the trusty toaster. The great American toast gradually grew more refined and even streamlined from decade to decade. Eventually it was welcomed not only anywhere in the kitchen but in the dining room as well.



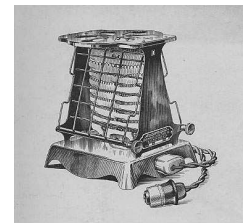
First electric toaster

It is said that the electric toaster was a British invention by Crompton and Co. in 1893. Even after electricity was introduced to homes across America, the electric toaster was still not a feasible invention. Because the surface of toast needs to be heated to temperatures above 310 degrees Fahrenheit, electric toasters must contain wires with the ability to reach very high temperatures without becoming damaged or starting a fire. Such a wire would have many uses, aside from application to an electric toaster. By March of 1905, an engineer named Albert Marsh discovered that an alloy of nickel and chromium, known as Nichrome, contained the needed properties.

The first toaster in the USA, a Westinghouse, consisted of an element called nichrome that was wound on to a vertical mica plate and protected by a wire cage that held the bread and mounted on to a cast-iron or folded steel plinth. The bread had to be turned by hand halfway through the cooking process.

The patent for the first automatic turnover toaster.

This is the first toaster that "turned the toast". Note that the patent is in Lloyd's wife's name, not Lloyds. Family oral history is that she and Lloyd were window-shopping and they saw a toaster in the window. She mentioned to Lloyd that he should be able to invent a toaster that would turn the toast. Hazel is said to have made the first model out of hairpins. The patent was then assigned to Lloyd's wife.



Why toast falls upside down

In those early morning moments as you negotiate your coffee cup, when your toast starts to slide off a tilted plate, you *know* what's going to happen. You're right! Butter-side down again. Sometimes it seems as if the whole universe is destined. Well, actually, that's right. The whole universe *is* against you -- at least as far as tumbling toast is concerned. The "toast falling off the breakfast table lands butter-side down because the universe is made that way." Murphy's Law rules?

Well, actually, "Yes". " If you knocked a paperback off the table, it lands upside down. The connection to toast becomes obvious. What happens when toast tumbles or books plummet is that gravity pulls the unsupported edge, creating a spin. Calculating the rate of spin for toast, it turns out to be slow -- too slow to get the butter-side up again before the toast hit the floor. So much for " Murphy's Law".

Toast recipes

Apple Toast Recipe

Ingredients:

4 slices bread
3 apples, peeled, cored, sliced
1/2 cup sugar
Melted butter

Butter a baking pan. Put the toasted bread in the baking pan. Mix the sugar and melted butter. Dip each slice of apple in the melted butter. Arrange slices of apple on top of slices of bread. Put baking pan in oven. **Bake** for about 10 minutes, or until apple slices are brown and tender. Serve.

Banana Toast

Ingredients:

2 ripe bananas
dash of salt
1 Tbsp sugar
1 Tbsp butter
4 slices dry toast

Mash bananas; mix them with salt, sugar, and butter. Spread the mixture on toast, and place it in a hot oven (400 deg F.) for about 5 minutes. Serve hot.

Cinnamon toast

Ingredients:

8 slice White bread
1/4 lb Butter, softened
2 tsp Cinnamon
2 tsp Sugar
1 cup Granulated brown sugar

Cut crusts from bread. Toast until golden brown, spread with butter. Mix cinnamon with granulated sugar and brown sugar. Pile on buttered toast. Toast under broiler or in toaster oven until glazed.

Creamed Eggs on Toast

Ingredients:

6 hard-boiled eggs
2 cups well-seasoned white sauce
Sauce: (for 1 cup)
2 Tbsp butter
2 Tbsp flour
1/4 tsp salt
1/4 tsp white pepper
1 cup milk

Melt butter over low heat. Blend in flour and seasonings. Cook, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Cook until thickened. Boil 1 minute.

Cut eggs in quarters. Add to white sauce. Serve over hot buttered toast. Sprinkle with paprika. Garnish with parsley sprigs and crisp bacon. Serve with banana bread!

French Toast - Blueberry Bake

Ingredients:

1/4 cup flour
3/4 cups milk
1 Tbsp. sugar
1/2 tsp. vanilla
3 eggs
5 slices French bread, cut into 1" cubes
1/2 oz. pkg. cream cheese, diced
1/2 cup fresh or frozen blueberries (if frozen, do not thaw)

French toast

Ingredients:

2 Tbsp butter
3 eggs
1/2 cup milk
1 Tbsp sugar, preferable raw or brown
1 tsp nutmeg
1/2 tsp cinnamon
1 tsp vanilla
4 slices bread or 8 slices French bread (fresh or stale)
Melt the butter in the griddle or frying pan. Whisk remaining ingredients (except the bread) until well mixed. Dip a slice of bread in the mixture and allow it to soak up some liquid (about 30 seconds). Place on the melted butter and cook on both sides until golden brown. Repeat with remaining bread. 2 servings - 10 minutes

Portuguese Fried Toast

Ingredients:

1 Tbsp Sugar
1/2 cup Warm milk
1/4 cup Rum
8 slices White bread from square loaf
2 eggs, beaten
1/2 stick butter
Confectioner's sugar
Ground cinnamon
Mix first 3 ingredients. Soak bread in this mixture. Lift each slice carefully with a wide spatula and dip in beaten egg to cover both sides. Carefully transfer each slice to a frying-pan in which plenty of butter is quietly sizzling. Fry golden-brown on both sides. Sprinkle with sugar and cinnamon.

--- by Derald Freeman