

Panificium, or
The Several maners of making Bread
in France &c: where, ~~it~~ by univ^{er}sally consent,
the best bread in the World is eaten;

By M^r Evelyn:
read Mar: 1: 67.
Ent: 2: 3: 72.

To make excellent Bread, not onely good Corne is preferable
to it; but the goodness of the Mill, water, & Oven, & making ought
to be consider'd;

For the Corne, the fullest, & weightiest is the best: The bread w^h is made
of any other grains than wheate; be it Ry, Barly, Vales, peas, Heaver, or
Vetches (w^h the poorer sort make ^{or mingle} their bread) is not to be account'd.

That wheate w^h grows in light ground, whose stalk is big & strawy,
~~beare~~ make ever the best bread.

New Corne to be prefer'd for bread, as better in colour, crimp, & pleasant
in tast; but it yields more bran than the old, which by often stirring,
weares husky & falls away to dust.

It is not important whither it be ground in a wind, or water-mill
so it be ground quick & speedily; that motion brushing the corne better
than a more languid, & ~~without~~ w^h left bran:

A Mill newly repair'd; & mov'd thro' hae pass'd some corne ~~throu~~
throu it betow, will performe better, than when the stone are
worne:

Grind as much in a well prepar'd mill at a time, as may serve y^e
family a month; because it will yield you a greater quantity
of flour than ^{when} otherwise it comes new from y^e mill; being careful
to keepe it well covered in Binns; w^h preferre it both from y^e air
& vermine. In y^e Summer reserve it when it may be kept cool,
as in some Cellar or lower roome, great heates being apt to pro-
duce the ~~vermine~~ Nightingale-maggot w^h burnd to a black wing'd
insect, ~~that~~ feeds upon, & corrupts the flour.

Water is so principal an ingredient to y^e making of Bread
that the goodness of that much improves it: This is very evident
in ~~Paris~~ ^{Paris}, where that bread w^h is made in imitation of y^e of ^{France}
though by the same bakers & w^h the same forme, never succeed, ~~as to~~
as to y^e colour or goodness, equal to that w^h is made upon the place
it self: This wholly imputed to y^e excellency of y^e water.

That water is esteem'd best, w^h is lightest; or you may make a
good experiment by ~~measuring~~ ^{measuring} trials w^h severall waters, as that of
the River, fountain, well, or Rains: The which will easily ^{discover}
you to y^e best.

Build y^e Oven w^h the thickest sort of Brick & works it well in the
oven; let the rook be low, the mouth narrow, the out side cloath
plaster'd; the bottom or hearth w^h is made of a loamy clay is much
to be prefer'd before fire-stone or brick-stone.

It ~~will~~ require a gradual heating, w^h better penetrates the sides than
a quick fire; & is better disper'd; Cleft billets is better than bawine;
because of the less quantity of ashes, w^h ought continually to be
taken away, that the embers & coales may heat the hearth well.

House-hold Bread:

House-hold Bread, the more the quantity of wheate, the better; yet it is a
good sort of Bread, for servants, w^h is made of 4 parts of Course-corn
& one of Barly, ~~is~~ is a competent proportion for one batch; ~~make~~
it through the Course Sieve.

A.P/36/19/001-005

Of this take a Bushell ~~or~~ about ten a clock at night, and
put Levin into it covering it with some of the same Meale.

To temper it in Winter, make the water as hot as you can endure it
wth your hand: In Summer, 'tis sufficient it be luke-warme; & so pro-
portionably in the Spring, & Autumn.

The next morning early, Levin the rest of y^e Meale, tempering
kneading it a very long time, till it be pretty shib, for though the
lofer, more light, & more bulky it appears; yet it will be best lasting;
the light bread goes faster away than that which is wrought close.

The past well kneaded, you shall turne it in the Trough
laying the bottom v^{er}most; then thrustly fist in the middle
of the Dow to the very bottom of the Trough in 2 or 3 places,
then cover it well with meale Sacks, ^{clean} & blankets.

Having let it stand thus a while (longer in Winter than Summer) & if
you find those holes stop'd or swel'd up; the rising is perfect:

Therefore now let somebody be heating of the Oven (for 'tis im-
possible one person should tend both) whilst you cut the Masse
in pieces; The pieces may be of 16 pound weight each, or
some what more; then mould, & forme it into Loaves, which
wrap ^{up} in a clean ^{white} cloth, so as a fold of the linnen may part
and keep them from ^{inter-}touching.

Your Oven hot (known by raking the end of a stick against
its roole or hearth, if the sparkles rise ^{plentifully}) make it very cleare,
reserving onely a few coales near the mouth; lastly, ^{wipe it} with
a Mopp wet, & wrang; then close it up a while to allow the
excessive heate & dust, which will endanger scorching; & when
the fiery colour is a little abated, set in y^e Loaves as fast
& quick as possible, ranging the biggest towards the upper
end, round about, and filling the middle space last of all.

He that heats the Oven must be careful that he burne his
wood ⁱⁿ every part alike, kindling it sometimes at one side, some-
times at the other, & continually scrapping away the Ashes with
his yron.

The Bread put in, stop the mouth well wth the plate door,
& the edges of it wth wet clothes to keepe in the heate:

Lower hours time is sufficient for large Bread; but you
may draw a Loafe to see if it be enough; when you shall
know by knocking against the bottom wth your knuckles; if it
sound & be hard; draw the rest; if not, let them stand a
while longer: experience is soon learn'd; but if you leave y^e
~~bread~~ too long; it will make it red within, & of ill relish.

If Batch drawne, place it on that side it is most baked,
that it may give & relent againe as it cooles; for instance
if the upper side bee too much (which happens when the Ashes were
not taken away so often as they should have been during the Oven
heating) then range y^e Loaves with the bottom revers'd; but if
you find them equally well baked, leave it against the wall
on that side which is most baked.

Let your Bread be sold before you lock it up; & then let
it ride - ways that the ayre may equally blow about it:
In summer time your Binns let in your Cellar, will preserve your bread
from mouldiness, better than elsewhere.

Those Loaves which are least bak'd, and worst made, should
be first eaten; for the most bak'd is best in standing.

It is a profitable Economy to have ever a batch of stale
bread, when you goe to make new.

The Sorts of French Bread.

Bain Bourgeois. Citty - bread.

Take the 5th part of your quantity you intend to make, and
put Leaven into it; making a hole in ^{the top} as you were directed.
When your masse is risen, cover it with as much more flower as it then
was at first; & leave it to rise againe. This ready, add to it
the residue of your flower, tempering it with water, & kneading
allowing it time to rise in every particular you concerning ^{the next} as
has already been described. Note

1. The best wheate flower, makes the best bread
2. The newer also the bread is, the better;
3. The whiter the flower, the less goodnesse in last.
4. The closer it is wrought; so it be not heavy, the more hearty
& nourishing.

Some make bread (as about Louen in Normandy) without at
all seifing the ~~flour~~ bran, as it comes from the Mill. This at first
eating seems to be rough & harsh; but by cosume, it is both
pleasant, & wholesome & very strengthening.

Bain de Gonneffe. The best Bread of France:

There is of ^{two} ~~this~~ both white, and brown, & of all sizes: Take six
Bushels of flower ^{of which put} ~~of which put~~ ^{or a lesser quantity, you please} flower to a first part at eight a clock
at night; then add as much more flower to it: This is call'd eight a clock
the Leaven: The next morning early, make your clow with the remainder
of the meale, but temper it moderately, or very little; then turne the
Dow, and put it in a Wooden bawle ^{with} ~~from~~ sprinkled with flower to keep
it from sticking; & when 'tis ready to set in the Oven you shall ~~put~~
turne it into another Bowle, that when 'tis set into your Oven ^{upon} with
paste the right side may stand upright.

The small light-bread is made by taking the 5th part of the meale,
and instead of the leaven, set it to rise with new - yeast; and when it
is swelled sufficiently wet it againe, or worke it with a another first part
of the meale, & so let it rise for a second time; then temper it
a very little, turne it & lay the loaves on a cloth with folds
(as has been directed) to keep them from touching; & so bake them.

Q.P/36/19/001-005

Pain a la Montron.

Take of a Bushell of the whitest Meale a ⁴ part to ^{ferment} ~~leaven~~ with
~~leaven~~ halfe a pint of new yeast (if it be stale lesse will serue)
a small handfull of Salt dissolved in warme water, & three quarts of
milk: an hower after, add the rest of the flower, wh you shall temper
but slightly; then knead the past & let it rise in small wooden ^{dishes}
then set it into the Oven; an hower is sufficient; when drawne, let
them cool & edge-ways.

Of this sort of Bread, & that of Gonesse is made Bisquit;
cutting it in halues, & taking out the crumb, & so set into ^{of} Oven;
but first it must be sprinkled wth Aqua-vite: Some add to it
fennel-seeds beaten & scattered into y^e Dow & Aquavite as you
temper it: This is an excellent Bisquit to be sopp'd in Muscat
wine, ~~Sau~~ Canary, or what wine you please.

Pain D'Esprit

This is made with the finest flower, and temper'd like the

Pain de Chapitre,

Which is made in the same manner wth the Pain Bourgeois (of
which we have already described) onely it must be very close kneaded
and wrought a good while. There are some Baker who put
this Dow vnder the kneader. Of this sort are made the
high coped Loaves ~~made~~, & some that are cut in halues, & other
forms, but it is onely for y^e very neander sort:

Pain de Gensilly

This is made like Pain a la Montron, excepting onely the
adding a little Sweet-Butter to it.

Pain de Citrouille

Parboile the pulpy-part of a pumpkin as you would do the
frie; then straine it through a course cloth from the string, then add
of the water it boyled in, as much as is requisite to temper y^e dow,
which you are to order in all other ^{respects} as in the former recipe
with two Leins: It is an excellent sort of Bread, especially for
such as require cooling, being good to loosen the Belly; It is somewhat
of a yellow colour than other Bread, & a little fatter.

Pain Benit, & Briache.

Take a Bushell of the finest wheate-flower, of which
mix a quarter with Leuen, yeast & hot-water: let this rise in
a tray or bowl, first warm'd, and well cover'd, if it be in winter:
whilst this is set to rise, take the 3 other parts of y^e flower, and
temper them wth water as hot as y^e hand can suffer, & put in a
quarter of a pint of salt, a pound of fresh Butter, & a new fresh
curd-Cheese; two howers after mix this with the leuen-dow, and
work it together; then lay it to rise againe in the Tray; knead
it againe on a Table, spreading, & working it ^{repeatedly}, then

Then make it up upon a large peck, and let it stand a while (5)
when 'tis ready to set into y^e Oven; but first ^{very} ~~put~~ it over with
an Egge: Stopp, & govern the Heate as for other Bread.

When y^e Bread is ready to draw, set it on a peck or wicker-hurdle
to keep it from breaking, because 'tis exceedingly brittle.

The Permish is made of y^e yolk of fresh-Eggs beaten without water;
Some to spare cost add honey; but that obliges you to flacken the Oven;

Pain de Couffin

This is an excellent sort: You must of a Sifted of flower take
but halfe a peck for the lewin, and the rest of y^e past temper with
3 pound of Butter, two fresh-Curd cheeses, & a dozen of ^{fresh} Eggs;
if the past be too stiff, correct it with milke; but make your
lewin at twice, and worke as before.

If you will proceede with exactness in those receipts, till you have
the address, make several trials; that is, put ~~in~~ a piece first into y^e
Oven, & if on tusing, you find anything amiss, correct it according
to direction.

1. Note

That all stale Bread set a new into y^e Oven, will much recover it;
& if it be eaten immediatly, little different from what is new made; but
if kept, & set in a third time, it will not be tollerable.

2. Note

The ferment of Cherry-Wine makes an excellent
yeast for Bread.

Some good English House-Wines may be consulted for y^e
best of English Breads, Tridquils, & Laker: and it were good
to be desired, that we had a perfect description of D^r Keplers
New-Ovens, Stationary & Portable, which both my Lord
Dreseton, & M^r Boyle have had experience of.

That we had descriptions of the best ways of Brewing
Beere & Alc.

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J. Evelyn: