



### **GRAHAM BREAD or BROWN BREAD**

Featured on January 14, 2017 for “Healthy Eating in 19<sup>th</sup> Century America” demo

*Have you resolved to eat healthier this year? You’re not alone, but how do you define “healthy” when it comes to food? On January 14, as part of our demonstration, **Healthy Eating in 19<sup>th</sup> Century America**, we looked to recipes from the 19<sup>th</sup> century to better understand early concepts of dietary reform, including the promotion of whole wheat by Sylvester Graham and the emergence of the American vegetarian movement as promoted by William and Bronson Alcott, Ellen White, and John Harvey Kellogg.*

*Graham believed that the key to reversing ill health was to abandon commercially-made bread, which in the 1820s was sold in commercial bakeries competing for profits. Graham claimed that these bakeries used bolted flour (flour that was milled then sifted to remove the bran) that often included powdered chalk or plaster to make the product whiter and denser. He advocated the use of bread made with unbolted flour, ground and baked at home, that retained all of the wheat’s coarse bran in its final mixture. Below is a version of Graham Bread for you to make at home, followed by the original recipe from 1839 by Sarah Josepha Hale.*

#### **GRAHAM BREAD (2017)**

Courtesy of Chef Brian Patterson, L’Academie de Cuisine

Makes 2 loaves

#### **Ingredients**

*Note: All ingredients except the molasses and baking soda should be weighed as measurement*

0.12 ounces fresh cake yeast

8-10 ounces “milk warm” water (about 80°F)

1.5 fluid ounces molasses

¼ teaspoon baking soda

2 pounds Hodson Mills Graham Flour (as substitute, use combo of 83% all-purpose flour, 14.5% wheat bran, and 2.5% wheat germ)

¾ to 1 ounce salt

#### **Directions**

1. Whisk together the yeast, molasses, water, and baking soda in a medium bowl. Let stand for 1 minute.
2. Pour 1 pound of the flour onto a clean dry surface. Sprinkle the salt over the flour. Make a large well in the center of the flour.
3. Pour the wet mixture into the center of the well. Using a large fork or wooden spoon, gradually incorporate the flour into the wet ingredients, starting with the flour around the inner walls of the well closest to the wet ingredients. Incorporate all the first pound of flour into the wet mixture. This will form a sticky mass, so continue gradually adding the rest of the flour to form a dough that is neither sticky nor crumbly. Let the dough rest for 20 minutes to thoroughly hydrate.

4. Divide the dough into 2 loaves, and roll each loaf into a rectangular shape, about 12 inches by 3 inches. Let the loaves rise again for 30 minutes.
5. Preheat the oven to 400°F. Set a bread or pizza stone in the oven to preheat, or line a baking sheet with parchment paper. Transfer the loaves to the stone or baking sheet and bake for about 30 minutes. Let cool before slicing.

### **BROWN/DYSPEPSIA BREAD (1839)**

By Sarah Josepha Hale

Originally printed in: *The Good Housekeeper, or, The Way to Live Well and to Be Well While We Live, Obtaining Directions for Choosing and Preparing Food in Regard to Health, Economy, and Taste.*  
Boston: Weeks, Jordan and Company, 1839.

This bread is now best known as “Graham bread”—not that Doctor Graham invented or discovered the manner of its preparation, but that he has been unwearied and successful in recommending it to the public. It is an excellent article of diet for the dyspeptic and the costive; and for most persons of sedentary habits, would be beneficial. It agrees well with children; and, in short, I think it should be used in every family, though not to the exclusion of fine bread. The most difficult point in manufacturing this bread, is to obtain good pure meal. It is said that much of the bread commonly sold as *dyspepsia*, is made of the *bran* or *middlings*, from which the fine flour has been separated; and that saw-dust is sometimes mixed with the meal. To be certain that it is good, send good, clean wheat to the mill, have it ground rather coarsely, and keep the meal in a dry, cool place. Before using it, sift it through a common hair sieve; this will separate the very coarse and harsh particles.

Take six quarts of this wheat meal, one tea-cup of good yeast, and half a tea-cup of molasses, mix these with a pint of milk-warm water and a tea-spoonful of pearlash or saleratus. Make a hole in the flour, and stir this mixture in the middle of the meal till it is like batter. Then proceed as with fine flour bread. Make the dough when sufficiently light into four loaves, which will weigh two pounds per loaf when baked. It requires a hotter oven than fine flour bread, and must bake about an hour and a half.



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