

Republika ng Pilipinas
(Republic of the Philippines)
MINISTRI NG EDUKASYON AT KULTURA
(MINISTRY OF EDUCATION AND CULTURE)
Manila

June 13, 1979

MEC MEMORANDUM
No. 146, s. 1979

REDUCING THE COST OF BAKING NUTRIBUNS
THROUGH YEAST CULTURE

To: ~~Bureau Directors~~
Regional Directors
Presidents, State Colleges and Universities
Schools Superintendents

1. In view of the rising cost of commercial dry yeast, the cost of baking nutribuns has increased tremendously. However, this baking cost can be reduced by minimizing the cost and amount of yeast consumption through culturing as shown in the ~~inclosed Yeast Formula and Preparation for Bread Leavening~~, prepared by MEC Davao regional office.
2. It is suggested therefore that the formula be tried in the schools and in commercial bakeries servicing other schools in the area.
3. A report of the findings as well as the acceptability of the baked product using the yeast formula should be included in quarterly progress reports of the supplementary feeding program.
4. Immediate dissemination of the contents of this Memorandum to all concerned is requested.

(SGD.) JUAN L. MANUEL
Minister of Education and Culture

Incl.:
As stated

Reference:
None

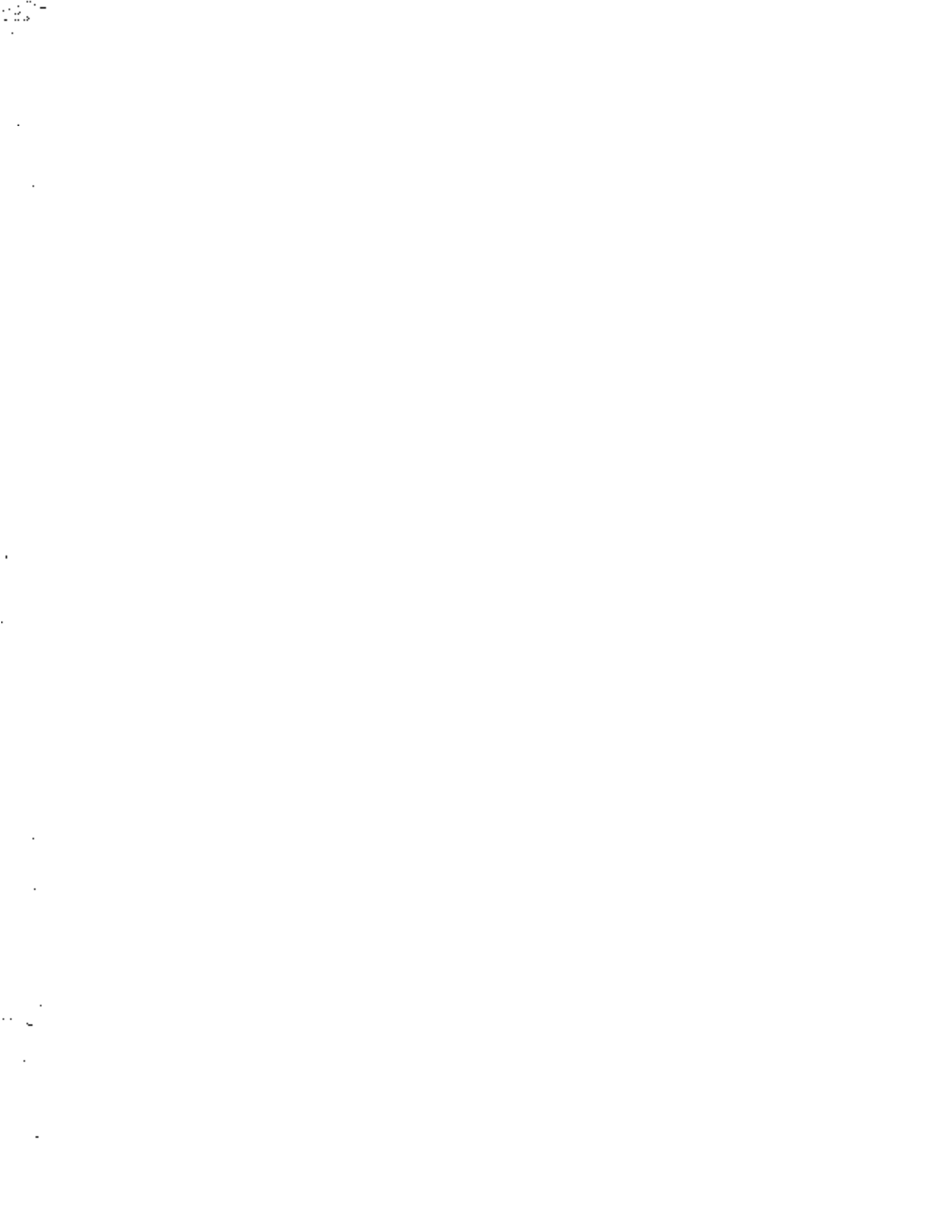
Allotment: 1-2-3--(D.O. 1-76)

To be indicated in the Perpetual Index
~~under the following subjects:~~

PROGRAM, SCHOOL

REPORT

SCHOOLS



(Inclosure to MEC Memorandum No. 146, s. 1979)

YEAST FORMULA AND PREPARATION FOR BREAD LEAVENING

With the rising price of commercial dry yeast, it is necessary to minimize the cost and amount of yeast consumption in baking nutrients through culturing. In this way, a reasonable cost of baking can be maintained.

Procedure:

1. Dissolve one cup refined sugar in four liters of lukewarm water.
2. Add to the sugar solution five tablespoons of active dry yeast. Do not stir.
3. Let it stand undisturbed until granules are completely dissolved and bubbles appear on the surface.
4. Stir in five kilos of Soy Fortified Wheat Flour (SFWF).
5. Knead lightly to form a ball.
6. Place dough in a container.
7. Cover and let it stay in a warm place until double in size.
8. Knead and "rest." The dough is called "cultured yeast dough" and it contains the multiplied growth of yeast plants.
9. Mix the "cultured yeast dough" with 4 to 5 bags of flour weighing 50 lbs. or 22.68 kilos per bag.
10. Allow the dough to rise for 40 to 60 minutes. (This mixture is now the leavened dough).

A portion of the leavened dough can be set aside as starter for the next set of four to five bags of flour for the next day.

Keep a fresh culture daily for the subsequent mixtures, adding new sugar-yeast solution when growth weakens as shown in the slow rising process of the dough. Cultured yeast remains potent within 24 hours although it is slightly sour in taste. Yeast plants die after 24 hours when not renewed.

