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HEG75-12 Nebraska Master Mix

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HEG 75-12

Nebraska Master Mix

Harriet Kohn, Extension Specialist (Food and Nutrition)

Nebraska Master Mix

- | | |
|--|---|
| 8 cups unsifted flour (spoon lightly into cup and level off) | 1 tablespoon iodized salt |
| 1/3 cup double-acting baking powder | 1 1/3 cups nonfat dry milk powder |
| 3 tablespoons sugar | 1 1/3 cups solid white vegetable shortening |

1. Into a large bowl, sift together 4 cups of flour, the baking powder, sugar and salt. This removes lumps and helps mix ingredients.

2. Stir in the dry milk.

3. Cut in shortening with 2 knives, pastry blender, or fingers until it looks like coarse cornmeal.

4. Sift in remaining 4 cups of flour; stir well.

5. Store in covered container at room temperature.

Yield: 11 cups. Keeps about 2 months. For

longer storage refrigerate or freeze.

Note: To measure MIX: stir lightly and pile into cup (do not shake) and level off.

Variations

Whole Wheat Master Mix. Use 4 cups of white flour in first part of recipe. For the remaining flour use 4 cups of unsifted whole wheat flour; add, without sifting it, to rest of ingredients. Keep refrigerated. Whole wheat contains needed bulk (fiber) which is beneficial to health.

Margarine or Butter Master Mix. Reduce salt to 2 teaspoons. Use 1 1/3 cups margarine or butter in place of shortening. Choose a margarine which lists a liquid vegetable oil as first ingredient for more polyunsaturates. Keep refrigerated.

Lard Master Mix. Use 1 1/4 cups of lard in place of shortening. Keep refrigerated.

The Nebraska Master Mix can be used to make many dishes easily. The homemade mix offers the advantage, over bought mixes, of choosing your own combination of ingredients. For example you may want to try the whole wheat version with margarine for a deliciously different mix.

Simple meals and leftovers can be sparked up by adding a homemade hotbread or other food made from the Nebraska Master Mix.

The Nebraska Master Mix is lower in fat than some but gives very good results. Sugar has been reduced in some of the recipes, but other ingredients have been used to enhance flavor. Thus in banana bread only 1/4 cup of sugar is used but

more banana is called for than in traditional recipes.

Families of one or two may prefer to halve the MIX and very large families double it.

How to Make a 4-cup Measuring Container

Wash a one quart cardboard milk container. Open top and fill with 4 (8 oz.) measuring cups of water. Cut down at each corner to water level. Pour water out. Fold sides out and down to water level and cut off. Nice for measuring flour in Master Mix.

Biscuits

2 cups MIX 1/3 to 1/2 cup water

Measure MIX into bowl; add 1/3 cup water and stir. Add a little more water if needed to form a soft dough. Knead gently about 12 times in a bowl or on a surface sprinkled with MIX. Roll or pat to 1/2 inch thickness. Cut into circles using a floured biscuit cutter or glass, or cut into squares or triangles with a knife. Bake at 425°F for 10 to 15 minutes. Makes 8 to 12 biscuits.

Muffins

3 cups MIX 1 egg, beaten
3 tablespoons sugar 1 cup water

Combine MIX and sugar. Blend egg and water; add to MIX. Stir gently just until dry ingredients are moistened. Mixture should be lumpy. Bake in well greased 2 1/2" muffin pans in hot oven (425°F) for about 20 minutes. Makes 1 dozen large muffins. To make 6 muffins, halve all ingredients but use one whole egg.

Pancakes

2 cups MIX 1 egg, beaten
1 1/4 cups water
or milk

Combine all ingredients; stirring just enough to moisten dry ingredients. Drop by spoonfuls onto a hot non-stick or greased griddle or fry pan. Turn when bubbles appear on the surface of the cakes. Cook until well browned. Makes about 12 to 16 pancakes. For waffles add 1 tablespoon melted fat or oil to pancake mixture. Makes 4 small waffles.

Cornbread

1 cup MIX 1 egg beaten
1 cup cornmeal 1 cup buttermilk or
2 tablespoons sugar sour milk
1/2 teaspoon baking
soda

Blend dry ingredients thoroughly. Combine beaten egg and buttermilk; stir into dry ingredients. Pour into greased 8-inch square pan. Bake at 425° for 25 to 30 minutes. Makes 9 pieces.

Tortillas

1 cup MIX 1/2 cup warm
1 cup flour water (about)

Combine MIX and flour. Add enough warm water to make a soft dough. Knead in the bowl or on a floured surface for 2 or 3 minutes or until smooth and elastic. Form into 1" balls. Cover balls and let rest for 10 minutes. Roll each ball out between plastic wrap or on a floured surface to form 5" circle.

Bake on a moderately hot non-stick or lightly greased griddle or frypan. Cook each tortilla on one side for 15 seconds; turn and bake on second side until lightly browned. Turn again to brown first side. Makes 8 tortillas.

Breadsticks

1 cup MIX 1/4 cup water
1/4 cup cornmeal or (about)
flour sesame or caraway
1/4 teaspoon salt seeds (optional)

Mix dry ingredients. Add water to form dough. Knead 12 times. Shape into pencil-like strands 1/2 inch thick. Cut into 3-inch lengths. Roll in sesame or caraway seeds if desired. Bake at 400°F for about 20 minutes or until brown and crisp.

For extra crispness, when sticks are brown, turn off oven and leave sticks in oven for 10 minutes or so.

Indian Fry Bread

1 cup MIX 1/3 cup water
1/2 cup flour (about)
1/4 teaspoon salt oil or shortening for
frying

Combine MIX, flour and salt. Stir in enough water to make soft dough. Knead 12 times in bowl or on floured surface. Form into two balls. Pat or roll each ball out to 1/4 inch thickness; cut into 6 wedges. Fry in hot fat (375°F) until brown on one side. Turn to brown second side. Drain on absorbent paper. Makes 1 dozen.

Turnovers

1 recipe Nebraska MIX Biscuit dough (tasty made with vegetable cooking liquid instead of water for meat fillings)
Choice of filling

Cut dough into 6 equal parts. Form each part into a ball. Roll or pat out into a circle 5" or 6" in diameter. Put on ungreased cookie sheet. Place two to three tablespoons filling on one side of

circle. Fold dough over filling. Press edges of dough together firmly. Prick top with fork. Bake at 400°F for 18 to 20 minutes or until brown. Makes 6.

Fillings

Runza - Brown one small minced onion in 1 tablespoon oil. Add 1/2 pound ground beef and brown. Mix in 2 cups shredded cabbage, 3/4 teaspoon salt and 1/8 teaspoon pepper; cover and cook for about 5 minutes. Drain off liquid. This makes enough for 12 runza-filled turnovers.

Hash - Mince equal parts cooked meat or poultry with cooked vegetables. Small amount of gravy may be used to moisten mixture.

Chili - Use drained canned or homemade chili.

Fruit - Use sweetened thick applesauce; any canned fruit pie filling; or fresh cut-up and sweetened fruit; or canned mincemeat. Try fruit juice instead of water in Nebraska MIX biscuit dough with fruit fillings.

Self-Crust Quiche Lorraine (Cheese Tart)

Paprika	3 eggs
1/4 pound (1 cup) natural Swiss cheese, or process cheese food, shredded	1/4 teaspoon salt
2 tablespoons imitation bacon chips or crumbled crisp bacon (optional)	1/4 teaspoon nutmeg (optional)
	1 1/2 cups milk
	1 slice onion or 1 teaspoon instant minced onion
	1/3 cup MIX

Grease well a 9" pie plate. Sprinkle bottom and sides of greased pie plate lightly with paprika. The paprika helps the soft self "crust" to brown.

Mix the shredded cheese and bacon together and spread on bottom of pie plate.

Into a blender container put the eggs, salt, nutmeg, milk, onion and MIX. Blend at medium speed until thoroughly mixed. Pour over cheese mixture. Bake in a 325°F oven for 25 to 35 minutes or until a knife inserted in center comes out clean. Makes 6 servings. Serve hot. If you don't have a blender beat the ingredients together with a rotary beater; use instant or grated onion.

Pizza

Crust

- 1 1/3 cups MIX
- 1/4 to 1/3 cup water (about)

Combine MIX with enough water to make soft dough. Knead in bowl 12 times. Roll or pat out thin on a greased cookie sheet into an 11- or 12-inch circle or into a rectangle. (A small glass makes a good rolling pin.) Turn up edges of dough. Bake in a 425°F oven for 8 to 10 minutes or until partially baked and starting to brown.

Filling

- 1 can (8 ounces) tomato sauce
- 1 tablespoon instant minced onion
- 1/4 teaspoon garlic salt (optional)
- 1/4 teaspoon each oregano and basil
- 4 ounces cubed or shredded mozzarella cheese or process cheese food
- Grated parmesan or romano cheese (optional)

Mix tomato sauce, onion and spices. Spread over partially baked biscuit crust. Sprinkle with mozzarella and then with some parmesan. Bake in a 375°F oven for 15 to 20 minutes or until filling is hot and crust is brown. One-half pound of cooked seasoned ground beef, drained, may be added before the cheese is sprinkled on if desired.

Basic Coffee Cake

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|---------------|---------------|
| 2 cups MIX | 1 egg |
| 1/4 cup sugar | 1/2 cup water |

Combine MIX and sugar. Mix egg and water and stir into dry ingredients until just blended. Spread in 8-inch square pan and sprinkle with topping. Bake at 375°F for about 20 minutes.

Cinnamon Topping

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|--------------------------------|-----------------------------------|
| 1/3 cup brown sugar (or white) | 1 teaspoon cinnamon |
| 2 tablespoons MIX | 2 tablespoons margarine or butter |

Combine dry ingredients and cut in margarine. Spread over batter before baking.

Apple Cake: Top Basic Coffee Cake with apple slices arranged in a pretty design. Sprinkle with a

mixture of 2 tablespoons sugar and 1 teaspoon cinnamon.

Banana Bread

2 eggs	1 1/4 cups mashed
1/4 cup sugar	banana (about 3)
1/2 teaspoon baking soda	2 1/2 cups MIX

Beat eggs and sugar together in a bowl until well blended. Mix in soda and mashed banana. Stir in MIX just until all dry ingredients are coated. Pour into a greased 9x5x3-inch loaf pan. Bake in a 350°F oven for 45 to 55 minutes or until brown.

Zucchini Bread

2 eggs	1/4 cup water
2/3 cup brown sugar	2 1/2 cups MIX
1/2 teaspoon baking soda	1/4 cup chopped nuts (optional)
1 1/4 teaspoon cinnamon	1/4 cup raisins (optional)
1 teaspoon vanilla	
1 1/2 cups shredded zucchini (leave the skin on)	

Beat eggs and sugar together in a bowl until well blended. Mix in soda, cinnamon, vanilla, zucchini and water. Add MIX and stir until dry ingredients are coated. Fold in nuts and raisins. Bake in 350°F oven for 45 to 55 minutes or until brown.

Pumpkin Bread

2 eggs	1/4 teaspoon ginger
1/2 cup sugar	1/4 cup water
1/2 teaspoon baking soda	1 cup canned pumpkin or cooked
1/2 teaspoon cinnamon	mashed pumpkin or squash
1/4 teaspoon nutmeg	2 1/2 cups MIX

Beat eggs and sugar together in a bowl until well blended. Mix in soda, spices, water and pumpkin. Add MIX and stir until dry ingredients are coated. Pour into a greased 9x5x3-inch loaf

pan. Bake in 350°F oven for 45 to 55 minutes or until brown.

Brownies

2 eggs	1/3 cup cocoa
2 tablespoons water	1 1/3 cups MIX
1 teaspoon vanilla	1/2 cup chopped nuts (optional)
1 cup sugar	

Beat eggs and water together until fluffy. Stir in vanilla, sugar and cocoa. Add MIX and blend well. Fold in nuts. Spread in a greased 8x8x2 inch pan. Bake in 350°F oven for about 30 minutes. Makes 16.

Peanut Butter Refrigerator Cookies

2 cups MIX	1 egg, beaten
3/4 cup sugar	1/2 teaspoon vanilla
1 1/4 cups peanut butter	(optional)

Combine MIX and sugar. With a fork blend in rest of ingredients. Shape into rolls about 1 1/2" thick. Wrap in waxed paper and refrigerate until firm or until needed.

Slice 1/4" thick and place on ungreased cookie sheet. Bake in moderate oven (375°F) for 10 to 12 minutes. Makes 3 to 4 dozen.

Drop Vanilla Cookies

3 cups MIX	1 egg, slightly beat-
1 cup white or brown sugar	en
1/4 cup water	1 teaspoon vanilla

Blend MIX and sugar. Blend water, egg and vanilla together; combine with dry ingredients. Drop by teaspoons onto lightly greased cookie sheet. Bake at 375°F in top third of oven for 12 to 15 minutes or until light brown. Makes about 3 1/2 dozen medium-sized cookies. Chopped nuts, raisins or 1 tablespoon orange rind may be added if you like. To make rolled cookies, omit water and use 2 eggs instead of one; chill before rolling out.

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