

1934

## EC929 Recipes for Using Whole Grain Cereals

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Nebraska  
COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. H. Brokaw, Director, Lincoln

Extension  
Circular  
929

RECIPES FOR USING WHOLE GRAIN CEREALS

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NOTE: A person who has a digestive difficulty such as ulcers, colitis, hyper-acidity, etc., should not use whole grain cereals without the advice of a physician.

(1) WHOLE WHEAT BREAD  
(two loaves)

- |                              |                       |                     |
|------------------------------|-----------------------|---------------------|
| 2 c. lukewarm liquid         |                       | 2 t. salt           |
| $\frac{1}{2}$ cake dry yeast | 3 to 4 c. white flour | 2 c. whole wheat or |
| 1 to 2 T. sugar              | 1 to 2 T. fat         | graham flour        |

Sponge - Soak the yeast in  $\frac{1}{2}$  c. of lukewarm liquid about one hour. Stir the sugar and the soaked yeast into the rest of the lukewarm water ( $1\frac{1}{2}$  c.). Add 3 cups of the white flour and beat well. A sponge should be about the consistency of a medium batter. Cover and set to rise in a moderately warm place until light and full of bubbles. It should be kept out of a draft.

When dry yeast is used the sponge is usually mixed after supper and allowed to rise overnight. The next morning, place 2 cups of whole wheat flour in the mixing bowl. Make a hole or "well" in the center. Add the sponge, salt, and melted fat. Stir until the ingredients are well mixed. The amount of flour required for bread can not be given exactly because it varies. Some flours absorb more moisture than others. Since the proportion for a soft dough is approximately one part liquid to three parts of flour, the above recipe calls for 6 cups of flour for the two cups of liquid. When the dough is difficult to stir the last flour may be kneaded into it. Add just enough so that it will knead easily. It may be less or it may be more than the remaining cup. Bake at 350° to 400° F. In twenty minutes, lower the temperature.



(2) WHOLE WHEAT RAISIN BREAD

To the whole wheat bread above add 2 c. of seeded raisins and 2 T. of melted shortening. Add before all flour is added and mixture is still a batter.

(3) BROWN BREAD

1 c. whole wheat flour		3/4 t. soda
1 c. corn meal	1 c. raisins cut in pieces	1 t. salt
1 c. white flour	1 3/4 c. milk or water	3/4 c. molasses

Combine as for muffins. Place in oiled tin and cover closely. Fill not more than three-fourths full and steam one to three hours.

(4) OATMEAL BREAD

1 c. rolled oats (uncooked)		About 2 c. whole
1 c. milk or water	1 T. molasses	wheat flour
1 T. fat	1/2 yeast cake	1 t. salt

Scald the milk (or heat the water) and pour over the oats. Add salt, fat, and molasses. Cool to lukewarm, then add yeast which has been softened in 1/4 c. tepid water; beat well, add a portion of flour, set aside in a warm place to rise and when double its bulk beat again, adding more flour as necessary. Place in greased bread pan and let rise once more. When light, bake in a moderate oven one hour. The dough must be very stiff, otherwise the loaf will be moist when cut. If possible, make bread the day before needed.

(5) WHEAT MUFFINS

1 c. white flour		1 egg (beaten)
3/4 c. cracked wheat	1 T. molasses	1 c. milk
2 t. baking powder	1/2 t. salt	4 T. melted fat

Mix the dry ingredients thoroughly. Mix the egg, milk, molasses and fat. Combine with dry ingredients, stirring as little as possible. Bake in muffin tins or in cake pans and cut in squares. Bake twenty minutes in a moderate oven. Makes 12 muffins.

(6) HOME PREPARED PANCAKE FLOUR

2 c. bread flour	1/2 c. oatmeal	4 t. baking powder
1 c. whole wheat flour	1 t. soda	Salt to taste

To make pancakes from this flour, measure out desired amount of pancake flour, then add enough sour milk to make a thin batter. Fry on a lightly greased griddle.

(7) MUFFINS

2 c. pancake flour		
2 t. sugar	1 egg	2 T. fat
2 T. raisins	1 c. sour or sweet milk	(bacon fat if available)

Mix all the dry ingredients thoroughly; add the raisins. Beat the egg slightly, add the milk, and stir with the fat into the dry ingredients. Do not stir the muffin batter any more than necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven (400° to 425° F.). Makes 12 muffins.



(8) CARROT PUDDING

$1\frac{1}{2}$ c. flour	2 T. raisins	1 T. sorghum or molasses
$\frac{1}{2}$ c. sugar	2 T. sour milk	$\frac{1}{2}$ egg
$\frac{1}{8}$ t. nutmeg	$\frac{1}{2}$ c. grated carrots	$\frac{1}{2}$ c. melted fat
$\frac{1}{2}$ t. cinnamon		

Combine dry ingredients and add the raisins and carrots, then add the liquid ingredients. Bake until well done. Makes 6 large servings.

(9) OATMEAL MUFFINS

2 c. flour	1 t. salt	1 c. milk
2 T. sugar	1 egg, beaten	1 c. cooked oatmeal
5 t. baking powder		3 T. melted fat

Sift dry ingredients. Mix  $\frac{1}{2}$  c. of milk with cereal. Mix other  $\frac{1}{2}$  c. of milk with beaten egg and add to dry ingredients. Add cereal mixture. Mix well and add melted fat. Bake in moderately hot oven. Makes 14 muffins.

(10) WHOLE WHEAT BISCUITS

1 c. graham flour	$\frac{1}{2}$ t. salt	$1\frac{1}{2}$ t. molasses
1 c. flour (sifted before measuring)	$\frac{1}{3}$ c. fat	$2\frac{1}{2}$ t. baking powder
		$\frac{3}{4}$ c. milk (scant)

Combine the sifted dry ingredients and the fat by rubbing them together between the fingers and thumbs or blending with a fork. Turn the milk and molasses all at once into the flour-fat mixture and stir vigorously until it thickens (about twenty seconds). Turn the dough onto the lightly flour board and without delay knead it vigorously for twenty seconds. Roll, cut, and bake in a hot oven (425° F.) from 12 to 15 minutes. (Makes 20 biscuits two inches in diameter.)

(11) OATMEAL BISCUITS

$1\frac{1}{2}$ c. white flour	$\frac{1}{2}$ t. salt	$2\frac{1}{2}$ t. baking powder
$\frac{3}{4}$ c. oatmeal	$\frac{1}{3}$ c. fat	$\frac{3}{4}$ c. milk (scant)

Combine in same method as given for whole wheat biscuits above.

(12) WHOLE WHEAT FRUIT SCONES

To whole wheat biscuits add  $1\frac{1}{2}$  T. molasses and  $\frac{1}{2}$  c. chopped raisins or dates or  $\frac{1}{2}$  c. of both. Roll and cut into  $2\frac{1}{2}$  inch triangles. Bake 15 minutes. Remove and brush with egg or milk and sprinkle with sugar. Continue baking until done.

(13) PUDDING DELIGHT

$\frac{3}{4}$ c. milk	$\frac{1}{2}$ c. raisins	$\frac{1}{8}$ t. salt
1 egg	2 c. cooked cracked wheat	$\frac{1}{2}$ t. cinnamon
5 T. molasses or sorghum	3 T. sugar	$\frac{1}{2}$ t. nutmeg

Mix all ingredients together. Bake in a moderate oven until pudding is set. Serve with whipped cream or a lemon sauce. If molasses is very dark, less molasses and more sugar may be used. Brown sugar or honey may be used.

(14) DATE OR RAISIN WHEAT PUDDING

1 c. cracked wheat	$1\frac{1}{2}$ c. boiling water	2 T. molasses
1 c. cold water	$\frac{1}{3}$ c. sugar	$\frac{1}{2}$ c. chopped dates or raisins

Stir the wheat into the cold water. Add this to the boiling water. Cook in a double boiler 30 to 40 minutes. Add the sugar, molasses, and fruit. Flavor. Cool and serve with top milk.



(15) FIG PUDDING

2 c. dried figs	$\frac{1}{2}$ c. sugar	2 T. flour
2 T. butter	$\frac{1}{2}$ c. graham flour	Vanilla

Cook figs in 3 cups of water for 25 minutes. Add sugar and butter, then sift in flour and stir so as to prevent lumps. Cook 10 minutes more. Serve cold.

(16) CHOCOLATE WHEAT COOKIES

4 T. shortening	$1\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. cocoa
1 c. sugar	$\frac{1}{2}$ c. cracked wheat	$\frac{1}{4}$ t. salt
1 egg	2 t. baking powder	1 t. vanilla
$\frac{1}{2}$ c. milk		

Cream the shortening with the sugar. Add well-beaten egg. Sift dry ingredients and add alternately with milk to which has been added the vanilla. Roll on slightly floured board, cut with cookie cutter or lid of a baking powder can and bake in a moderate oven 10 minutes.

(17) RAISIN AND WHEAT COOKIES

6 T. shortening	$1\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. oatmeal
1 c. sugar	$\frac{1}{2}$ c. cracked wheat	1 c. raisins
1 egg	2 t. baking powder	$\frac{1}{4}$ t. salt
$\frac{3}{4}$ c. milk		

Cream shortening, add sugar, and cream together. Add well-beaten egg, raisins and rolled oats. Combine and sift dry ingredients together. Add alternately with milk. Roll out, and bake in a moderate oven for 12 minutes.

(18) WHEAT DROP COOKIES

$\frac{2}{3}$ c. lard	1 c. cracked wheat	1 c. raisins cooked in
2 eggs	2 t. cinnamon	1 c. water
2 c. flour	$\frac{1}{2}$ c. oatmeal	2 T. molasses
1 t. soda	1 c. sugar	$\frac{1}{4}$ c. water

Mix the lard and sugar. Add eggs, molasses, raisins and water. Mix well and add the flour sifted and mixed with cinnamon, soda, wheat, and oatmeal. Be sure to add enough flour to make mixture quite stiff. Let stand 15 to 20 minutes. Bake in a hot oven. Makes 50 drop cookies.

(19) ROLLED WHEAT COOKIES

$\frac{3}{4}$ c. fat	2 t. baking powder	1 c. cracked wheat
$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ t. salt	1 t. vanilla
1 egg	$\frac{1}{2}$ c. milk or water	$1\frac{1}{2}$ c. flour

Cream the fat and sugar. Add beaten egg and stir well. Sift dry ingredients and add alternately with milk or water to above mixture. Add flavoring. Roll on slightly floured board, cut and bake in a moderate oven. These cookies may be sprinkled with salt just before placing in the oven. Molasses may be substituted for part of the sugar.

(20) SOFT MOLASSES COOKIES

$\frac{1}{2}$ c. shortening	1 c. cracked wheat	1 t. cinnamon
$\frac{1}{2}$ c. sugar	1 egg	$\frac{1}{4}$ t. cloves
$\frac{1}{4}$ c. molasses	$1\frac{1}{4}$ c. flour	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. sour milk	1 t. ginger	$\frac{1}{2}$ c. chopped raisin
1 t. soda		



Cream shortening and sugar. Add molasses and sour milk to which the soda has been added. Sift the flour and spices and add the wheat. Add this to the first mixture. Mix thoroughly. Add the well-beaten egg and raisins and mix. Drop from a teaspoon to a greased pan. Bake in moderate oven 10 minutes.

(21) DROP OATMEAL COOKIES

2 c. oatmeal		
1 c. sugar	Salt and vanilla to taste	2 eggs
1 c. shortening	1 t. cinnamon	1 scant t. soda in 4 t.
1 c. raisins	2 c. flour	sweet milk

Cream the shortening and sugar, and add the beaten eggs. Sift together the dry ingredients, except the oatmeal, and add to the first mixture. Add the soda and milk, and then the oatmeal, raisins and vanilla. Mix well. Drop on well-greased pan. Bake to a golden brown in a moderately hot oven (375° to 400° F.). Remove from the pan while hot.

(22) NEBRASKA'S HOME PREPARED BREAKFAST CEREAL

1½ c. graham flour		1 t. salt
1½ c. home ground wheat	1½ c. fresh buttermilk	1/3 c. molasses
1 t. soda	or sour milk	¼ c. sugar

Mix dry ingredients, then add molasses and buttermilk. Spread the batter on flat pans and bake very slowly. When thoroughly baked, cool, grind and dry in oven. Serve with cream. (This makes a sweet product. If a less sweet product is desired, add less sugar and molasses.)

(23) BAKED CHEESE PUDDING

2 c. cooked cracked wheat		2 eggs, beaten
2 c. water	½ t. salt	¼ lb. cheese

Mix the beaten eggs, water, and salt with the wheat. Slice cheese thin and add to the mixture. Turn into a buttered baking dish and bake 30 minutes in a moderate oven.

(24) SCRAPPLE

1 c. water	1 c. cornmeal	1 lb. liver
1 c. cracked wheat	1 t. salt	½ lb. salt pork

Add the cereal to boiling salted water and cook for at least 30 minutes. Add the cooked liver and salt pork which has been chopped fine or ground. Pour the hot scrapple into bread pans which have been rinsed in cold water. Let stand until cold and firm. Slice and brown slowly in a hot skillet.

(25) SAVORY SPANISH WHEAT

2 c. cooked cracked wheat		1½ c. tomatoes
3 strips bacon	3½ T. chopped onion	½ t. salt

Cut bacon into small pieces and fry until crisp. Remove bacon; slice onion into pan, and brown slightly. Mix the bacon fat, onion, pieces of bacon, and tomatoes with the cooked wheat. Bake the mixture in a moderate oven 20 to 30 minutes.



(26) WHEAT CHILI

4 T. fat		1 $\frac{1}{2}$ c. water
3 c. tomatoes	1 lb. ground beef	Salt, pepper, and chili
2/3 c. uncooked cracked wheat	1 large onion, chopped	powder to season

Brown the meat and onion in the fat. Add the other ingredients and simmer the mixture for 45 minutes, stirring frequently. This may be served with kidney or other beans.

(27) MEAT LOAF

1 c. cooked cracked wheat	1 t. onion juice	Salt
2 lb. ground meat	2 eggs, beaten	Pepper

Mix wheat, ground meat, onion juice, and beaten eggs. Season with salt and pepper. Bake in a greased bread tin and serve with tomato sauce.

(28) CEREAL SOUFFLE

1 c. milk	1 c. leftover cereal	1/2 c. seasoning, as diced ham,
2 T. butter	2 eggs (separate)	cheese, sweet pepper
3 T. flour	1/2 t. salt	

Prepare a white sauce using the butter, flour and milk. To the white sauce add the cereal. Beat well, add the beaten yolks of eggs, salt and seasoning. Let cool, add stiffly beaten whites of eggs, folding them in lightly. Bake about 20 minutes in moderate oven.

(Prepared by Florence J. Atwood, State Extension Agent, Foods and Nutrition.)

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