

1941

## EC942 Revised 1941 Biscuit Variations

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### BISCUIT VARIATIONS

The homemaker who carefully watches food costs in her family budget will serve cereal products in some form at every meal. Cereals that have to be cooked are more economical than ready-to-serve cereals. Whole grain cereals and dark flour should make up one-half of all grain products when there is little money to spend for fruits and vegetables. White flour, grits, hominy, cornmeal and rice are good inexpensive energy foods, while the unrefined cereals provide minerals and vitamins at low cost. Interesting variety in the use of cereal products may be secured through biscuit variations. Biscuits and the variations are easy to make and are a welcome treat to members of the family.

### Standard Biscuit Recipe

- |                         |                                      |
|-------------------------|--------------------------------------|
| 2 c. flour              | Baking powder                        |
| $\frac{1}{2}$ tsp. salt | 4 tsp. tartrate or                   |
| $\frac{1}{3}$ c. fat    | 3 tsp. calcium phosphate or          |
| $\frac{3}{4}$ c. milk   | $2\frac{1}{2}$ tsp. S.A.S. phosphate |

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 all at once into the flour-fat mixture and stir about 20 seconds. Turn the dough on to a lightly floured board and knead for 20 seconds. Roll, cut, and bake in a hot oven (425° F.)

### Variations

1. Sweet Cream Biscuits. Omit shortening and substitute thin cream for the liquid and shortening.
2. Sour Milk Biscuits. Substitute sour milk or buttermilk for the liquid, decrease baking powder one-half and add one-half teaspoon soda.
3. Sour Cream Biscuits. Omit shortening and for liquid substitute  $\frac{1}{3}$  c. thick sour cream and  $\frac{2}{3}$  c. sour milk or buttermilk. Decrease baking powder one-half and add one-half tsp. soda.

### Variations Which May Be Made with Standard Recipe

1. Cheese Biscuits.  
Add  $\frac{1}{2}$  c. grated cheese just after working in the shortening and blend well. Proceed as for regular biscuits.
2. Orange Biscuits.  
Soak loaf sugar in orange juice and add some grated rind. Press in top of each biscuit just before baking. Two tablespoons of sugar may be included in the dough if desired.
3. Surprise Biscuits.  
(a) Drop 1 tsp. dough in each muffin ring. Press a date stuffed with a nut or cheese, etc. Add  $\frac{1}{4}$  to  $\frac{1}{2}$  marshmallow on top of date, then drop 1 tsp. dough on top and bake.  
(b) Jelly, rhubarb, or orange marmalade, or any desired jam or preserves may be used in the same way.

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#### 4. Pin Wheel Biscuits

Roll out dough oblong shape and about  $\frac{1}{4}$  inch in thickness, spread with any of the following, roll as for cinnamon roll, then cut in  $\frac{3}{4}$  inch slice.

- a. Spread with butter, sprinkle with brown sugar and cinnamon. Place in a buttered pan or on a mixture of creamed butter and sugar.
- b. Cream 4 Tb. butter and  $\frac{1}{4}$  c. brown sugar. Spread over dough and cover with  $\frac{1}{4}$  c. finely chopped nuts and raisins.
- c. Spread with chopped fruit or mince meat. Make a syrup of 1 c. sugar and  $\frac{3}{4}$  c. water and place rolls in syrup to bake.
- d. Spread with chopped ham, moistened with butter, horseradish or mustard.
- e. Spread with shredded salmon. Bake, serve with white sauce.

#### 5. Whole Wheat Biscuits

Substitute whole wheat flour for one-half of the white flour. Add 1 tsp. brown sugar or honey if desired.

#### 6. Oatmeal Biscuits

Substitute  $\frac{3}{4}$  c. oatmeal for  $\frac{1}{2}$  c. white flour.

#### 7. Nut Biscuits

Add 1 Tb. sugar to dry ingredients, then add  $\frac{1}{2}$  c. chopped nut meats to the fat-flour mixture. If desired use whole wheat biscuit dough.

#### 8. Fruit Biscuits

Substitute whole wheat flour for one-half of the flour; add 2 Tb. brown sugar. Add  $\frac{1}{2}$  c. chopped dates, raisins, or currants to the fat-flour mixture.

#### 9. Drop Biscuits

To the basic recipe add about 2 Tb. more liquid. Stir dough vigorously in bowl twice as long as usual, then drop by spoonfuls on a baking sheet.

#### Quick Coffee Cake

Add  $\frac{1}{3}$  c. sugar to dry ingredients of basic biscuit recipe, and 2 eggs well beaten to liquid. Turn into greased pan. Spread the top with butter, then sprinkle with a mixture of  $\frac{3}{4}$  c. cracker or bread crumbs, 2 Tb. sugar,  $\frac{3}{4}$  tsp. cinnamon and 2 Tb. melted butter. Bake in hot oven ( $400^{\circ}$ ) for 45 minutes.

#### Dutch Apple Cake

To basic recipe add  $\frac{1}{2}$  to  $\frac{3}{4}$  c. sugar and 1 egg to the liquid. Spread dough in a shallow bread pan and brush over with melted butter. Press apples into the dough points down, or place slices flat on dough. Sprinkle with cinnamon and sugar. Bake 25 to 30 minutes in hot oven. Serves six.

#### Shortcake

Use basic recipe, add small amount of sugar and increase amount of fat if desired. Roll to  $\frac{1}{4}$  inch thickness, fit into a pan or cut into circles. Butter tops of half of the shapes, place remaining shapes on top, and bake. When baked, split and put fruit between pieces and over tops.