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Ethel Diedrichsen

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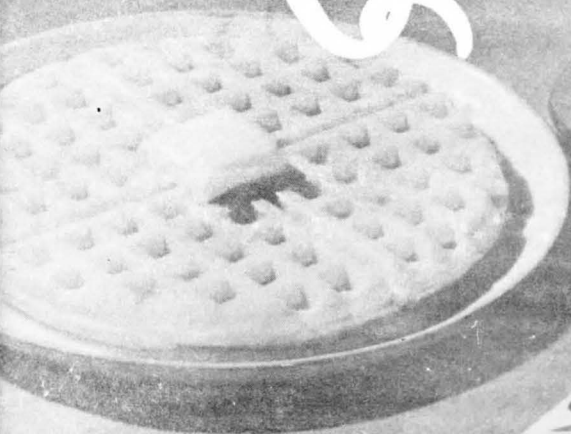
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Quick Breads



UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
AND U. S. DEPARTMENT OF AGRICULTURE
COOPERATING
- W. V. LAMBERT, DIRECTOR

Quick Breads

Ethel Diedrichsen, Extension Nutritionist

Flaky biscuits, tender muffins, waffles, and quick loaf breads add interest and give variety to our daily meals. These breads are easily made and are called quick breads to distinguish them from yeast breads which require more time to prepare and bake. In place of yeast, the leavening agent in quick breads is baking powder or soda, and sometimes air or steam.

Quick breads fall into several classes. The thin or medium mixture is called a batter and is used for popovers, cream puffs, and griddle cakes. The muffin mixture is a thick batter and the biscuit and doughnut mixtures are soft doughs. The principal ingredients used in quick breads are flour, shortening, and liquid. Salt and sugar are added for seasoning, eggs give richness, and nuts, fruit, cheese and ham or bacon provide a variety of flavors and textures.

Success in making quick breads depends on several things. To obtain best results, use tested recipes, accurate measurements, and follow correct methods for mixing and baking. Quick breads are mixed only enough to moisten the dry ingredients. It is not always necessary to stir until every lump disappears. Too much beating develops the gluten and produces a tough, more compact product.

Most hot breads should be served immediately after baking. You can keep them hot in the bread basket or tray by folding them in a napkin. Usually butter, jam, jelly, honey or preserves are served with hot breads.

Before starting to bake you will want to read the recipe and method carefully, and assemble all utensils and ingredients. You will also want to use standard measuring cups and spoons, and follow the directions carefully. Be sure to bake at the given temperature and for the time specified.

There are many quick bread recipes. A few of the standard recipes with variations and a description of the standard product follow.

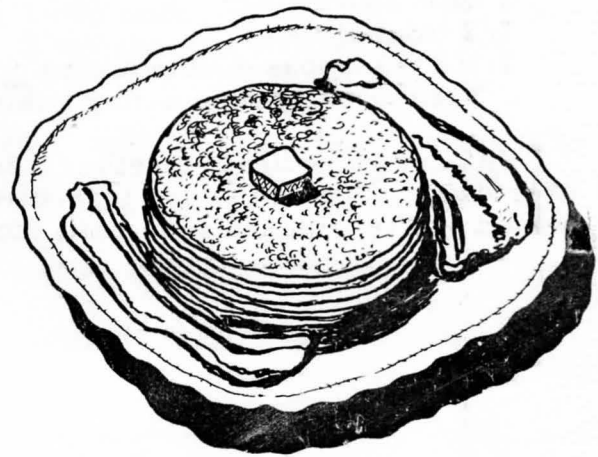
Griddle Cakes

A standard product is light, tender, slightly moist, golden brown in color and has a pleasing flavor. The amount of liquid used will depend upon whether a thin or thick cake is desired. The batter may be poured from a pitcher or dropped from the tip of a spoon. Griddle cakes may be baked on a cast iron, aluminum, soapstone, or magnesium griddle. Greasing will depend on the character of the pan and the treatment it has had. The cakes should be turned only once during baking.

Griddle Cakes

- 2 cups sifted flour
- 3 teaspoons double acting or
- 4 teaspoons single acting baking powder
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 or 2 eggs, beaten
- 1 1/4 to 1 1/2 cups milk
- 2 tablespoons shortening, melted.

Mix and sift dry ingredients. Combine egg and milk; add flour mixture and stir until smooth. Add shortening and bake. Approximate yield: 2 dozen small cakes.



Variations:

Apple Pancakes - Add 1 cup finely chopped apples to the batter.

Blueberry Pancakes - Fold in carefully just before baking, 1/2 cup drained, fresh or frozen blueberries.

Sour Milk Pancakes - Substitute 1 teaspoon soda for the baking powder and 1 1/2 cups sour milk or buttermilk for the sweet milk.

Buckwheat Cakes - Substitute 1 cup buckwheat flour for 1 cup of the flour, increase sugar and shortening to 3 tablespoons each and increase milk if necessary.

Waffles

A standard product is light, tender, even-grained, crisp, golden brown in color and pleasing in flavor. The waffle batter should partly fill each compartment of the waffle iron to yield a waffle of uniform thickness. Keep the cover closed and bake the waffle until it stops steaming. The batter may stick if the iron is too hot or not hot enough. Lift the waffle off carefully with a fork. Serve hot with butter and sirup or jam.

Waffles

2 cups sifted flour	3 eggs, separated
1/2 teaspoon salt	1 1/4 cup milk
2 1/2 teaspoons double acting <u>or</u>	4 tablespoons shortening,
3 teaspoons single acting baking powder	melted

Sift dry ingredients together. Beat egg yolks until light. Add milk and melted shortening. Stir in the dry ingredients. Fold in the beaten egg whites. Pour onto heated waffle iron and bake until steaming stops.

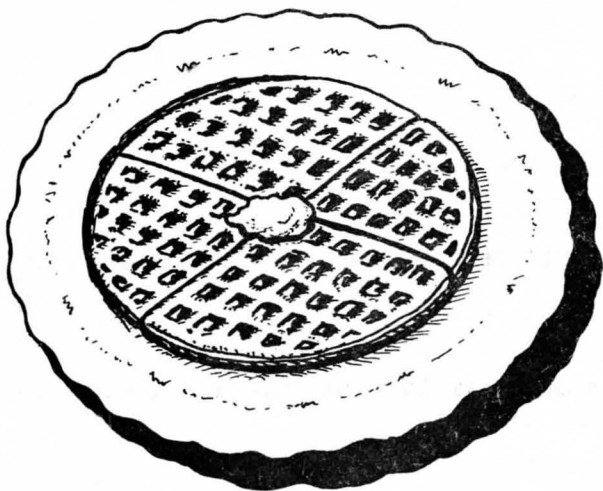
Variations:

Nut Waffles - Add 1/2 cup chopped nuts to the batter, or sprinkle nuts over each waffle before closing the iron.

Cheese Waffles - Add 1/2 cup grated American cheese to the batter before folding in the egg whites.

Bacon Waffles - Sprinkle chopped bacon over each waffle before closing the iron.

Coconut Waffles - Add 1 cup coconut to the batter, or sprinkle coconut over each waffle before closing the iron.



Muffins

A standard product is light for its size, golden brown in color, and symmetrical in shape, with a slightly rounded, pebbled top. It should have an even texture with a pleasing flavor and aroma. To prevent the formation of tunnels stir the muffins only enough to hold the ingredients together. The batter will appear very lumpy. Remove from the pans immediately after baking and serve at once.

Muffins

2 cups sifted flour	1 egg, well beaten
3 teaspoons double acting or	1 cup milk
4 teaspoons single acting baking powder	3 tablespoons shortening,
1/4 cup sugar	melted
1/2 teaspoon salt	

Mix and sift dry ingredients. Combine egg, milk and shortening and add to flour mixture, stirring until the flour is just dampened. Fill greased muffin cups 2/3 full. Bake in hot oven (425° F.) for 20-30 minutes according to the size of the muffin. Approximate yield: 1 dozen muffins.

Variations:

Blueberry Muffins - Add 1 cup fresh or drained canned blueberries to the sifted dry ingredients.

Cranberry Muffins - Add 3/4 cup chopped cranberries mixed with 3 table-
spoons sugar to the sifted dry ingredients.

Date Nut Muffins - Add 1/2 cup chopped nuts and dates to the sifted dry in-
gredients.

Spicy Apple Muffins - Substitute 3/4 cup bran cereal for 1 cup of the flour, use only 1/2 cup of milk and add 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg, and 1/2 cup chopped raw apple to the dry ingredients.

Surprise Muffins - Fill the muffin cups half full of batter. Drop a teaspoonful of jelly in the center. Add more batter to fill the cup 2/3 full. During the baking the jelly sinks into the center of the muffin and gives the surprise.

Whole Wheat Muffins - Substitute 1 cup whole wheat or graham flour for 1 cup of flour and add to the sifted dry ingredients.

Biscuits

A standard biscuit is symmetrical in shape, has vertical sides, a fairly smooth top, and a tender golden brown crust.

Baking Powder Biscuits

2 cups sifted flour	1/4 cup shortening
3 teaspoons double acting <u>or</u>	3/4 cup milk (about)
4 teaspoons single acting baking powder	1 teaspoon salt

Mix and sift dry ingredients; cut in shortening until mixture resembles coarse meal. Add milk and stir until mixed. Knead lightly on floured board or pastry cloth (about 10 or 12 strokes). Roll the dough 1/4 to 1/2 inch thick and cut with a well-floured biscuit cutter. Bake in a very hot oven (450° F.) for 12 to 15 minutes. Yield: 14 biscuits.

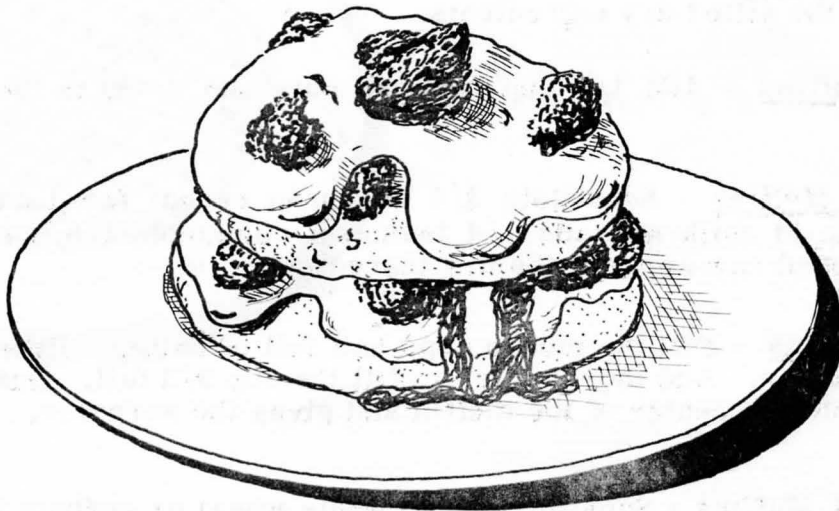
Variations:

Drop Biscuits - Add 1 cup of milk to the dry ingredients. Drop the soft dough by spoonfuls onto lightly greased baking sheet or into greased muffin pans.

Cheese Biscuits - Add 1 cup grated cheese to the dry ingredients.

Orange Biscuits - Add 2 tablespoons grated orange rind to the dry ingredients. Top the biscuit with a small loaf sugar soaked in orange juice.

Fruit Shortcake - Add 2 tablespoons sugar to sifted dry ingredients and increase the fat to 6 tablespoons. Bake and serve with crushed fresh or frozen fruit and whipped cream if desired.



Master Mix

Dry mixes for biscuits and other quick breads are time and labor savers in preparing meals. Mixes made at home using dry milk powder are especially helpful in putting more milk into family diets.

Master Mix Recipe

9 cups sifted flour	2 teaspoons cream of tartar
1/4 cup double acting baking powder	2 cups shortening which does
1 tablespoon salt	not require refrigeration <u>or</u>
1 cup dry milk powder (may be omitted)	1 2/3 cups lard

Stir baking powder, salt and cream of tartar into flour. Sift together three times. Cut in shortening with a pastry blender until mixture is the consistency of coarse cornmeal. Store in tightly covered containers at room temperature, or in the refrigerator if lard is used. Yield: 12 cups Master Mix.

Biscuits - Add 3/4 cup milk to 3 cups of Master Mix. Stir until just mixed. Knead about 12 strokes on a lightly floured board or pastry cloth. Roll 1/2 inch thick and cut into biscuits. Bake at 450° F. for 10 to 12 minutes. Yield: 24 biscuits.

Muffins - Add 3 tablespoons sugar to 3 cups of Master Mix. Combine 1 cup milk and 1 beaten egg and add to Master Mix until flour is just moistened. Bake in greased muffin cups in hot oven (425° F.) for about 20 minutes. Yield: 12 muffins.

Cornbread - Stir 3/4 cup corn meal, 1/2 teaspoon salt and 2 tablespoons sugar into 1 1/2 cups of Master Mix. Combine 3/4 cup milk and 1 beaten egg. Stir into the above mixture until blended. Bake in greased pan in a hot oven (425° F.) about 30 minutes.

Pineapple Upside Down Cake - Blend 3/4 cup sugar with 2 cups of Master Mix. Add 1/2 cup milk and 1/2 teaspoon vanilla. Beat until well mixed. Add 1 egg, well beaten.

Blend 3 tablespoons butter and 1/2 cup brown sugar and spread into baking dish. Arrange 12 half slices of pineapple over sugar mixture. Pour cake batter over the pineapple. Bake in a moderate oven (350° F.) for about 45 minutes. Invert on cake platter while still warm. Serve with whipped cream if desired.

Date Nut Bars - Blend 2 cups of Master Mix with 1 1/2 cups brown sugar, 1 cup chopped dates, and 1 cup chopped nuts. Add 2 eggs, well beaten, and 1 teaspoon of vanilla. Blend to mix thoroughly. The batter, is very stiff. Spread batter in a greased baking pan (8 x 12 inches). Bake in a moderate oven (350° F.) for 25 or 30 minutes. Cut into bars.

Quick Loaf Breads

Quick loaf breads, sometimes called baking powder breads to distinguish them from yeast breads, are easy to make and interesting to serve. They may be served either hot or cold though most fruit breads are better in flavor and easier to slice after 24 hours. The standard loaf bread has a slightly rounded top and a uniform brown color. The crumb is moist, with small even air cells throughout.

Apricot Nut Bread

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|---------------------------|-------------------------------------|
| 1 1/4 cups dried apricots | 1 cup sour milk |
| 1/2 cup water | 2 1/2 cups sifted flour |
| 2 tablespoons shortening | 4 teaspoons double acting <u>or</u> |
| 1/2 cup sugar | 5 teaspoons single acting baking |
| 1 egg, well beaten | powder |
| | 1/2 teaspoon salt |
| | 1/2 teaspoon soda |
| | 1/2 cup chopped nuts |

Wash dried apricots, chop, add water and boil five minutes. Drain. Cream shortening and sugar. Add well-beaten egg. Sift dry ingredients together and add to creamed mixture, alternately with milk, adding flour first and last. Stir only until mixed. Bake in greased 4 1/2 x 8 inch loaf pan at 350° F. for 1 hour.

Orange Bread

- | | |
|---|--------------------------|
| 1 1/2 cups sifted flour | 2 tablespoons shortening |
| 1 1/2 teaspoons double acting <u>or</u> | 1/4 cup sugar |
| 3 teaspoons single acting baking powder | 1 egg |
| 1/2 teaspoon salt | 1/2 cup milk |
| 1/2 cup minced, candied orange peel | 1/4 cup orange juice |

Mix and sift flour, baking powder and salt; stir in candied orange peel. Cream shortening; gradually add sugar, creaming until well mixed, and beat in egg. Add flour mixture alternately with milk; stir in orange juice. Bake in greased 4 x 8 inch loaf pan at 350° F. for 45 to 60 minutes.

Caraway Bread

- | | |
|-------------------------|---|
| 1/4 cup butter | 2 1/2 teaspoons double acting <u>or</u> |
| 3/4 cup sugar | 3 1/2 teaspoons single acting |
| 1 egg (beaten) | baking powder |
| 1 2/3 cups sifted flour | 3/4 cup milk |
| 1/4 teaspoon salt | 1 tablespoon caraway seed |
| | 3/4 teaspoon vanilla |

Cream butter and sugar together and add beaten egg. Sift flour, salt and baking powder together and stir in caraway seed. Add flour mixture alternately with the milk and vanilla. Bake in loaf pan at 375° F. for 35 minutes.