

1950

EC9-16-2 Mix your Own Homemade Baking Mixes

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MIX YOUR OWN

HOMEMADE BAKING MIXES

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Foods which can be prepared in advance of the regular meal preparation period are good news to busy homemakers.

Time studies have indicated that baking mixes prepared in quantity at one time can save as much as three-fourths of the homemaker's time in mixing. The most time consuming part of baking is in assembling the equipment and supplies and in measuring the ingredients. In preparing baking mixes, the dry ingredients are measured and mixed and mixed with fat and then stored in tight containers in a cool place. They are then ready for the final step of blending with the other ingredients, such as milk, eggs and water to make a recipe. Recipes from baking mixes make acceptable products, yet the texture and eating qualities are not the same as those made by conventional methods.

Storage in a tight container in a cool place is essential to protect the fat and baking powder. Those which contain lard should be stored in the refrigerator. Accurate measuring and thorough sifting are essential to insure a successful product.

General Directions

Have your work table the proper height. One should be able to work without stooping or without lifting the shoulders.

Work in a comfortable position. Have good posture whether standing or sitting.

Plan the job before starting to save time and energy. Read the recipe, then follow it carefully.

Choose the best tool for the job, such as spoon, bowl, egg beater.

Use tray or pan in which to lay utensils. It protects the table and saves steps when carrying articles from one place to another.

Place all utensils and ingredients within arms reach on the work table in the order in which they will be used.

Sit down to work when possible.

Make both hands work.

Plan to have the fire or oven ready when needed.

Save dishes by measuring dry ingredients first then liquids and fats.

Measure accurately.

Work carefully so that food is not spilled on the table or floor.

Watch food so that it does not burn or boil over.

PLANNING

MEASURING

MIXING

BAKING

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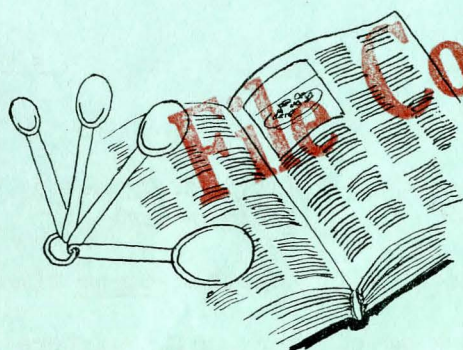
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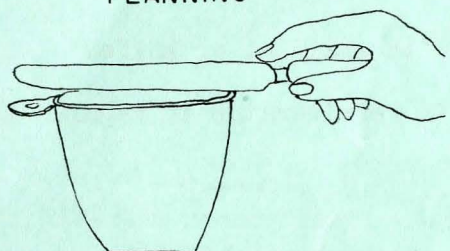
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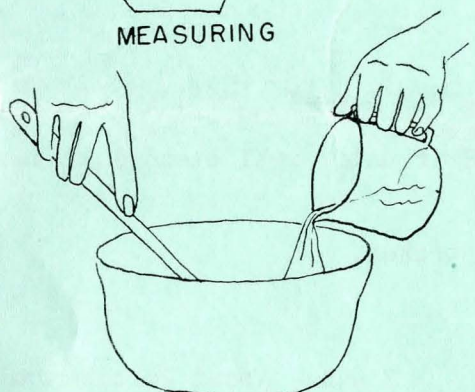
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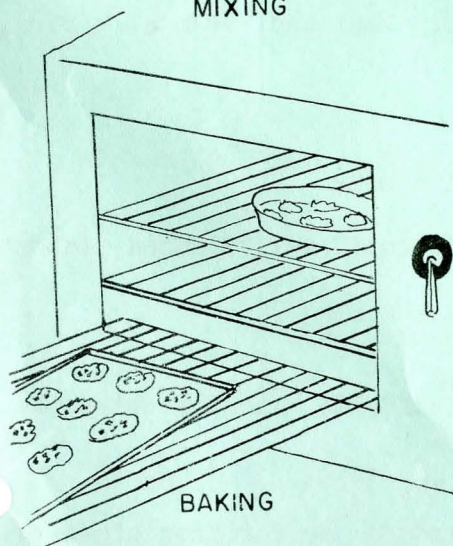
PLANNING



MEASURING



MIXING



BAKING

Measurements

Measurements are level.
Sift flour before measuring.

t = teaspoon

T = Tablespoon

c = cup

MASTER MIX

8 c flour	1 T Salt	2 c Fat, hydrogenated; or
4 T Baking Powder, double acting	2 t Cream of tartar	1 $\frac{2}{3}$ c Lard

1. Stir baking powder, salt and cream of tartar into flour. Sift together three times.
2. Mix dry ingredients and fat together using pastry fork or blender until mixture is consistency of coarse cornmeal.
3. To measure Master Mix, pile it lightly into cup, level with spatula, or knife.
4. Store in tightly covered container in cool place, or in refrigerator if regular lard is used.

Yield: 12 - 13 cups mix.

BISCUITS

3 c Master Mix

$\frac{2}{3}$ c milk

1. Measure Mix into bowl and add milk all at one time. Stir until well blended (about 25 - 30 strokes).
2. Turn on lightly floured board. Knead lightly about 12 strokes.
3. Roll to $\frac{1}{3}$ or $\frac{1}{2}$ inch thickness. Cut into biscuits.
4. Bake at 450° F. for 10 - 12 minutes.

Yield: About 24 biscuits.

Variations: The biscuit recipe may be used for dumplings, meat and vegetable pies, short cakes, waffles, and quick coffee cakes.

DROP BISCUITS

3 c Master Mix

1 c milk

1. Measure Mix into bowl and add milk all at one time. Stir until well blended (about 25 - 30 strokes).
2. Drop by teaspoon on greased baking sheet.
3. Bake at 450° F. for 10 - 12 minutes.

Yield: About 24 biscuits.

CHEESE DROP BISCUITS

Add $\frac{1}{2}$ cup grated cheese to the 3 cups Master Mix and proceed as for drop biscuits.

PLAIN CAKE

3 c Master Mix
1 3/4 c sugar

2 eggs

1 c milk
1 t vanilla

1. Measure Mix and sugar into bowl and blend together.
2. Beat eggs until light; add milk and vanilla.
3. Add one-half of liquid to mixture. Blend for one minute, then add remaining one-half of liquid in fourths. Blend well after each addition of liquid.
4. Pour batter into greased oblong pan or two layer cake pans.
5. Bake at 365° - 375° F. for 25 - 30 minutes.

Yield: Oblong pan 8"x 12" - Cut 3"x 6" - 18 servings.

VARIATIONS OF PLAIN CAKE

1. Cranberry Upside-Down Cake

1 1/2 c cranberries, coarsely chopped.
2 T coarsely chopped grated orange rind.
2 T water

1/4 c fat
3/4 c sugar--brown or white

1. Cream butter, sugar and orange rind together and spread in pan. Cover with cranberries to which 1/4 cup sugar has been added. Sprinkle water over this mixture. Pour cake batter (follow recipe directions for Plain Cake) into pan to depth of 3/4 inch. Bake as for plain cake.

2. Spice Cake

3/4 t cinnamon
1 t nutmeg

1/2 t allspice
1 T cocoa

1. Add above ingredients to sugar. Mix well. Add to Plain Cake Mix and follow directions for cake. May have to add a little more milk to batter.

3. Other Suggestions

Cupcakes: Bake as cupcakes, frost and dip in coconut or chopped nuts.

Nut Cake: Add 1/2 cup nuts, chopped.

Marble Cake: Use both plain and chocolate cake batter.

CHOCOLATE CAKE

2 c Master Mix
1 3/4 c sugar

1/3 c cocoa or 4 sq. chocolate
1 1/4 c milk

2 eggs
1 t vanilla

1. Combine cocoa and sugar and mix well. Add to Mix and stir until well blended.
2. Beat eggs until light. Add milk and vanilla.

3. Add half of liquid to dry ingredients and mix for one minute. If chocolate is used, add melted chocolate and mix thoroughly.
4. Add remaining half of liquid in fourths; blend well after each addition.
5. Pour into greased 8"x 12" oblong pan.
6. Bake at 365° - 375° F. for 30 - 35 minutes.

GINGERBREAD

2 c Master Mix	1/2 t cinnamon	1/4 t ginger	1/2 c molasses
1/4 c sugar	1/4 t cloves	1 egg	1/2 c water

1. Measure Mix into bowl.
2. Blend sugar and spices and sift into Mix. Blend well.
3. Beat egg until light and add water and molasses.
4. Add one-half of liquid to Mix. Blend well for about one minute. Add remainder of liquid in fourths. Blend well after each addition.
5. Pour into greased 8"x 12" oblong pan and bake at 350° F. for about 30-35 minutes.

Yield: About 18 servings.

COOKIES

Raisin Drop Cookies

3 c Master Mix	1/2 c raisins	1/2 c milk	1 t vanilla
1 1/4 c sugar	1/2 c chopped nuts	1 egg	

1. Blend Mix and sugar. Add raisins and nuts.
2. Beat egg, add milk and vanilla.
3. Add liquid to dry ingredients. Mix until well blended.
4. Drop by teaspoon on cookie sheet.
5. Bake at 375° F. for 10 - 12 minutes.

Yield: 3 dozen cookies.

Chocolate Drop Cookies

3 c Master Mix	1/3 c cocoa	1 egg
1 1/2 c sugar	1/2 c milk	1 t vanilla

1. Blend sugar, Mix and cocoa.
2. Beat eggs. Add milk and vanilla.
3. Add to mixture. Mix until well blended.
4. Drop by teaspoon on greased cookie sheet.
5. Bake at 375° F. for 12 - 15 minutes.

Yield: About 3 dozen cookies.