

HOMEMADE MIXES

For Convenience

Prepared by Extension nutrition specialists, Oregon State University, Corvallis

Convenience in meal preparation is one of the chief advantages of homemade ready-mixes. Usually there is a saving of total time and labor in measuring and mixing. Some types of mixes save more time than others.

You can make the mixes when you have the time.

You can select a homemade mix that contains the proportion of ingredients that suits your situation. Thus your biscuits or pastry will have the proportion of fat to flour which you prefer.

With imagination, variations can be made in the same manner as regular recipes which gives still wider variety in the use of mixes.

Whether or not there is a significant saving of money in making a mix at home, as compared to commercial mixes, depends on the relative richness of the mixes, the quality of ingredients used, whether home-produced fat is used, and whether there was a saving by buying ingredients on sale or in large quantities. How to compare cost is shown on page 3.

What Mixes Would You Like?

Some homemakers like to have several mixes on hand, such as:

1. Mix for biscuits which can also be used as a basis for muffins, waffles, or shortcake.
2. Mix for pie crust.
3. Mix for cake which can also be used for cookies.
4. Mix for pudding.

The advantages of having several mixes on hand are:

1. The mix is so nearly ready that only liquid or a few other ingredients have to be added when it is used.
2. A mix that is developed for a specific type of recipe, such as pie crust, can have exactly the proportion of ingredients the home-maker prefers.

On the other hand, instead of several separate mixes, some homemakers like a "master mix" that can be used as a basis for many quick breads.

The advantages of a master mix are:

1. The one mix can be used for many purposes.
2. Less storage space is needed.
3. There is less danger of spoilage since the master mix is used for many recipes.

The disadvantages of a master mix (as compared to several specific mixes) are:

1. More ingredients must be added to the mix when it is used in recipes.
2. A master mix may not contain the proportions of ingredients that are preferred for some products.

Mix Recipes Given in This Circular

This circular includes seven mix recipes:

1. Biscuit mix, with directions for using it in biscuits and muffins. This mix is less rich than the master mix.
2. Master mix, with directions for using it in biscuits, muffins, griddle cakes, waffles, corn bread, cookies, and cake.
3. Cake mix for one-egg cake. This mix is less rich than the two-egg cake mix.
4. Cake mix for two-egg cake.
5. Gingerbread and cooky mix.
6. Pastry mix.
7. Chocolate pudding and pie mix.

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Suggestions for Success

Use high quality ingredients.

Use an accurate set of measuring spoons and measuring cups.

Sift flour before measuring. It is not necessary to sift it before weighing.

Is it likely that you will be interrupted and lose count when measuring? Then don't toss each tablespoon of baking powder into the flour as you measure it. As you measure each ingredient, such as baking powder or sugar, put it in a separate bowl or on a separate piece of paper. If you are not certain that you have the correct measure, you can remeasure it.

Mix ingredients thoroughly.

When you add a dry ingredient to flour, scatter it over instead of putting all of it in one place. This is a good start in mixing.

Stir all the flour and other dry ingredients

well with a spoon before you begin to sift, so that there is a mixture of all the ingredients in the sifter.

Handle the mix lightly.

If you use your hands to mix the fat into the flour, use only fingertips. Palms of hands heat the fat; the mix will look greasy and products will be heavy.

Pan size influences quality of product. For high quality, a cake pan should be just full when the cake is baked.

Do not grease sides of baking pan. Line bottom of cake pan with waxed or plain paper.

Be sure your oven is ready. Have the oven at the desired temperature before you add the liquid to the dry ingredients.

Baking time in recipes is approximate. Time depends on size and shape of product.

How to Save Time

Use large bowls or pieces of paper so you can mix or sift quickly without spilling.

Weighing ingredients is quicker and more accurate than measuring. (See weight given in some mix recipes and the table of equivalents.)

Use a scoop to dip flour and sugar.

Use a large, efficient sifter.

Use a pastry blender to cut in fat.

To fill storage jars, use a scoop and wide funnel (such as is used to fill jars with canned food).

Fill jars or plastic bags according to the amount commonly used in recipes in your household. Several plastic bags may be stored in the same container.

Ingredients for Mixes

Flour

For mixes, you will probably like the type of flour you ordinarily use in baking.

For biscuit mix, use either all-purpose or pastry flour.

The recipes for master mix and cake mix show the amount of each type of flour to use.

Use all-purpose flour in the pastry mix.

Fat

For biscuit mix, use the kind of fat you usually use in biscuits, except bacon fat or chicken fat. These fats do not have good keeping quality in a mix.

Use hydrogenated fat for cake mixes and in the master mix, if it is to be used for cake.

If lard is used in a master mix, less is needed and a different method of mixing cakes is re-

quired. Use $2\frac{1}{2}$ tablespoons less per cup of fat when lard is used. For changes in method of mixing cake when lard is used in the master mix, see footnote on page 5.

Milk

If you wish to use powdered milk in making the mix, add one cup of powdered milk to the mix recipes and sift with the other dry ingredients. Use water or liquid milk in recipes when mix is made with powdered milk.

Baking powder

Use a double-acting baking powder.

Cream of tartar

Cream of tartar may be used in the master mix. The cream of tartar makes the products slightly more tender.

How to Store Mix

How long a mix will keep in good condition depends on the ingredients in the mix and the way it is stored.

Mixes which are made with fat that does not require refrigeration have longer keeping quality than mixes with other fat. Cake mixes stored in

the dark keep good flavor longer than those stored in the light. In a cool, dark place, mixes can be kept a few months, but at room temperature 6 weeks is about the limit. Store mix in jars, cans, or plastic bags. Close tightly.

How to Compare Cost with Commercial Mixes

An easy way to compare the cost of home-made and commercial mixes is to calculate the cost per pound of each. For the commercial mix, divide the price of the package by the net weight as given on the label. For homemade mixes, it will be necessary to calculate the cost of the ingredients in the mix. The table of equivalents can be used in the calculations. Divide the cost of the mix by the weight of the mix, as given below. In comparing cost of cake mixes, notice whether or not powdered eggs and milk are included in the mix.

Approximate Weights of Homemade Mixes

Biscuit mix	2 lbs. 12 oz.
Pastry mix	2 lbs. 13 oz.
Master mix	3 lbs. 6 oz.
Two-egg cake mix	7 lbs.
Gingerbread mix	4 lbs.
Chocolate pudding mix..	4 lbs.

- 1 cup equals 16 tablespoons
- 1 tablespoon equals 3 teaspoons
- 1 box cake flour equals 2 $\frac{3}{4}$ lbs. or about 12 $\frac{3}{4}$ cups

Table of Equivalents for Comparing Cost With Commercial Mix

<i>Food material</i>	<i>Volume measure of 1 pound</i>
Flour	
All-purpose	4 cups
Cake	4 $\frac{3}{4}$ cups
Pastry	4 $\frac{1}{2}$ cups
Cornstarch	3 $\frac{1}{2}$ cups
Baking powder (double-acting)	2 $\frac{1}{2}$ cups
Cream of tartar	3 cups (1 oz. equals 8 teaspoons)
Salt	1 $\frac{1}{2}$ cups (1 oz. equals 1 $\frac{1}{2}$ tablespoons)
Fats	
Lard	2 cups
Hydrogenated shortening	2 $\frac{1}{2}$ cups
Sugar	2 $\frac{1}{4}$ cups
Cocoa	4 cups
Milk	
Dry whole milk	4 $\frac{1}{4}$ cups
Nonfat dry milk	4 cups
Nonfat dry milk crystals (instant)	5 $\frac{3}{8}$ cups

Biscuit Mix

To Make Biscuit Mix (Makes 8 cups mix)

- 8 cups sifted flour, all-
purpose or pastry flour
- 4 teaspoons salt
- 1 to 1 $\frac{1}{2}$ cups fat
- $\frac{1}{4}$ cup double-acting baking powder.
(For sour milk or buttermilk biscuits use 1 teaspoon soda and 3 tablespoons baking powder.)

1. Sift dry ingredients three times.
2. Cut or rub in fat until well blended.
3. Lift mix lightly into glass jars, tin cans, or plastic bags without packing. Close tightly.

Biscuits From Biscuit Mix (One cup makes 6 medium biscuits)

1. Put required amount of mix in a mixing bowl.
2. Add enough milk to make a soft dough (about $\frac{1}{4}$ cup milk per cup of mix) and stir just enough to blend.
3. Turn onto a lightly floured board.
4. Knead a few times.
5. Pat or roll to about $\frac{3}{8}$ inch thickness.
6. Cut with a floured cutter or cut into squares with a knife.
7. Bake in a hot oven (400° F. to 450° F.) until lightly browned on top and bottom—about 12 to 15 minutes.

Muffins From Biscuit Mix

2 cups biscuit mix $\frac{3}{4}$ cup milk
2 tablespoons sugar 1 egg

1. Add sugar to mix.

2. Combine milk and beaten egg. Add to mix, stirring until flour is just moistened (mixture should be lumpy, not smooth).
3. Bake in greased muffin pans in hot oven (450° F.) about 20 minutes.

Master Mix

To Make Master Mix (Makes 13 cups mix)

Ingredients:

9 cups sifted all-purpose flour *or* 2 teaspoons cream of tartar (may omit)
10 cups sifted soft wheat or cake flour $\frac{1}{4}$ cup sugar
 $\frac{1}{3}$ cup double-acting baking powder 2 cups shortening which does not require refrigeration
1 tablespoon salt

1. Stir baking powder, salt, cream of tartar, and sugar into flour.
2. Sift together three times into a large mixing bowl or onto a large square of plain paper.
3. Cut in shortening until mix is consistency of corn meal.
4. Store in covered containers at room temperature. To measure the master mix, pile it lightly into cup and level off with spatula.

Biscuits From Master Mix

3 cups mix $\frac{2}{3}$ cup milk (approximate)

1. Put mix in mixing bowl.
2. Add milk. Stir just enough to blend.
3. Turn onto a lightly floured board.
4. Knead a few times.
5. Pat or roll to about $\frac{3}{4}$ inch thickness.
6. Cut with a floured cutter or cut into squares with a knife.
7. Bake in a hot oven (400° F. to 450° F.) until lightly browned on top and bottom—about 12 to 15 minutes.

This dough is rich enough for shortcake, meat pie top, or fruit cobbler topping.

Muffins From Master Mix (12 medium)

3 cups mix 1 cup milk
2 tablespoons sugar 1 egg

1. Add sugar to mix.
2. Combine milk and beaten egg. Add to mix, stirring until flour is moistened (mixture should be lumpy, not smooth).
3. Bake in greased muffin pans in hot oven (425° F.) about 20 minutes.

Griddle Cakes or Waffles From Master Mix (18 griddle cakes or 6 waffles)

3 cups master mix $1\frac{1}{2}$ cups milk
1 egg

1. Stir the combined milk and beaten egg into the mix until blended.
2. Bake on hot griddle or in waffle iron.
The milk can be increased if a thinner griddle cake is desired.

Corn Bread From Master Mix (8 x 10 pan)

$1\frac{1}{2}$ cups master mix 2 tablespoons sugar
 $\frac{3}{4}$ cup corn meal 1 cup milk
 $\frac{1}{2}$ teaspoon salt 1 egg

1. Stir corn meal, salt, and sugar into the mix.
2. Combine milk and beaten egg.
3. Add to the mix, stirring until blended.
4. Bake in greased pan in a hot oven (400° F.) about 20 minutes.

Oatmeal Cookies From Master Mix

$2\frac{1}{4}$ cups master mix $\frac{1}{2}$ cup shortening, melted
 $1\frac{3}{4}$ cups brown sugar
1 teaspoon cinnamon $\frac{1}{2}$ cup nuts, chopped
 $\frac{1}{3}$ cup milk 3 cups quick rolled oats
2 eggs

1. Stir sugar and cinnamon into the mix.
2. Combine milk, beaten egg, and shortening. Stir into the mix until well blended.
3. Stir in the rolled oats and nuts.
4. Drop by teaspoon on greased baking sheet.
5. Bake in a moderate oven (375° F.) about 12 minutes.

Peanut Butter Cookies From Master Mix (Makes 6 dozen)

$3\frac{1}{2}$ cups master mix 2 eggs
 $1\frac{1}{3}$ cups sugar 1 cup peanut butter

1. Stir sugar, beaten eggs, and peanut butter in the mix until well blended.
2. Roll dough into small balls, place on baking sheet, and flatten with a fork, making a criss-cross.
3. Bake in a moderate oven (375° F.) until lightly browned.

Plain Cake From Master Mix (Two 8-inch round layers)

3 cups mix 1 cup milk
1 $\frac{1}{4}$ cups sugar 2 eggs, beaten
 1 teaspoon vanilla

1. Stir sugar into the mix.*
2. Combine milk, eggs, and vanilla.
3. Stir half of the liquid into the mix and beat two minutes by hand or by electric mixer at low speed. Scrape bowl occasionally.
4. Add remaining liquid and beat two minutes.
5. Bake in pans lined with waxed paper in a moderate oven (375° F.) about 25 minutes.

This cake can be used for "upside-down" cake, using sweetened pineapple, peaches, cherries, apricots, or other fruit or berries.

Coffee Cake From Master Mix

3 cups mix $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cup sugar 1 egg, beaten

1. Stir sugar into mix.

2. Combine milk and beaten egg. Add to mix, stirring until flour is just moistened.
3. Bake in greased 9-inch pan.
4. Sprinkle with topping, made by combining $\frac{1}{2}$ cup brown sugar, 1 tablespoon flour, $\frac{1}{2}$ teaspoon cinnamon, and 1 tablespoon butter.
5. Bake in hot oven (400° F.) about 25 minutes.

Chocolate Cake From Master Mix (Two 8-inch round layers)

3 cups mix 1 $\frac{1}{4}$ cups milk
 $\frac{1}{2}$ cup cocoa 2 eggs, beaten
1 $\frac{1}{2}$ cups sugar 1 teaspoon vanilla

1. Stir sugar and cocoa into the mix.*
2. Combine milk, eggs, and vanilla.
3. Stir half of the liquid into the mix and beat two minutes by hand or by electric mixer at low speed. Scrape bowl occasionally.
4. Add remaining liquid and beat two minutes.
5. Bake in pans lined with waxed paper in a moderate oven (375° F.) about 30 minutes.

Two-Egg Cake Mix

To Make Cake Mix (Makes 20 cups mix)

1 box cake flour 5 teaspoons salt
(2 $\frac{3}{4}$ lb.) or 7 cups sugar
10 cups sifted all-purpose flour (2 $\frac{1}{2}$ lbs.) 2 $\frac{1}{2}$ cups shortening that does not require refrigeration
5 tablespoons double-acting baking powder

1. Stir baking powder, salt, and sugar into flour.
2. Sift dry ingredients together three times into a large mixing bowl or onto a large square of plain paper.
3. Cut in fat with pastry blender until mixture is consistency of corn meal.
4. Lift lightly into glass jars or tin cans. Cover tightly, and store at room temperature.

Plain Cake From Two-Egg Cake Mix (Two 9-inch round layers)

4 $\frac{1}{2}$ cups mix 2 eggs
1 cup milk 2 teaspoons vanilla

1. Stir half the liquid into mix and beat for 2 minutes by hand or by electric mixer at low speed.

2. Add remaining liquid, eggs, and flavoring. Beat two minutes, or use electric mixer at low speed for the same length of time.
3. Bake in two 9-inch round baking pans at 375° F. for 25-30 minutes. For cupcakes, 15-25 minutes.

Spice Cake From Two-Egg Cake Mix (Two 9-inch round layers)

4 $\frac{1}{2}$ cups mix $\frac{1}{2}$ teaspoon allspice
1 cup milk 2 tablespoons
2 teaspoons cinnamon molasses
 $\frac{1}{2}$ teaspoon cloves 2 eggs

1. Add spices to mix.
2. Add molasses to milk.
3. Add half the liquid and beat for two minutes by hand or by electric mixer at low speed.
4. Add egg and remaining liquid, and beat for two minutes.
5. Bake in two 9-inch round pans at 375° F. 25-30 minutes.

*If lard was used in making the master mix, separate the yolks and whites of eggs. Take out about one-fourth of the sugar and beat it into the egg whites to form a very stiff meringue. Stir in the meringue until well blended after the cake is mixed.

Orange Cake From Two-Egg Cake Mix (Two 9-inch round layers)

4½ cups mix	¾ cup water
1 tablespoon grated orange rind	1 teaspoon orange or lemon flavoring
¼ cup orange juice	2 eggs

1. Stir orange rind into mix.
2. Add half of the liquid and beat for two minutes by hand or by electric mixer at low speed.
3. Add remaining liquid, egg, and flavoring.
4. Beat two minutes.
5. Bake in two 9-inch round pans at 375° F. 25-30 minutes.

Chocolate Cake From Two-Egg Cake Mix (Two 9-inch round layers)

4 cups mix	3 squares (3 oz.) chocolate, melted
1 cup milk	Dash of cloves and cinnamon
2 eggs	
1 teaspoon vanilla	

1. Add ½ cup milk to mix and beat for two minutes by hand or electric mixer at low speed.

2. Add melted chocolate, and stir until blended.
3. Add remaining milk, eggs, and flavoring. Beat two minutes, or use electric mixer at low speed for the same length of time.
4. Bake in two 9-inch round pans at 375° F. about 25-30 minutes.

Chocolate Oatmeal Cookies From Two-Egg Cake Mix

2 cups mix	½ cup cocoa
1 cup quick rolled oats	½ cup milk
½ teaspoon cinnamon	1 teaspoon vanilla
½ cup nuts, chopped	1 egg, beaten

1. Stir other dry ingredients into the mix.
2. Combine beaten egg and vanilla. Stir into the mix and blend well.
3. Let stand about 15 minutes.
4. Drop by teaspoon on greased baking sheet.
5. Bake in a moderately hot oven (375° F.) about 10-12 minutes.

These cookies are best when fresh.

One-Egg Cake Mix

To Make One-Egg Cake Mix

1 box cake flour (2¾ lbs.) or	2½ tablespoons salt
10 cups sifted all-purpose flour (2½ lbs.)	6½ cups sugar (2¾ lbs.)
5 tablespoons double-acting baking powder	1½ cups shortening that does not require refrigeration (¾ lb.)

1. Stir baking powder, salt, and sugar into flour.
2. Sift dry ingredients together three times into a large mixing bowl or onto a large square of plain paper.
3. Cut in fat with pastry blender until mixture is consistency of corn meal.
4. Lift lightly into glass jars, tin cans, or plastic bags. Cover tightly and store at room temperature.

Plain Cake From One-Egg Cake Mix (Two 8-inch round layers)

3½ cups one-egg cake mix*	1 teaspoon vanilla
1 egg	¾ cup milk*

1. Combine milk, egg, and vanilla.
2. Stir half the liquid into mix and beat one minute by hand or use electric mixer at low speed for the same length of time.
3. Add remaining liquid and beat two minutes.
4. Bake in two 8-inch round baking pans at 375° F. for 25-30 minutes. For cupcakes, 15-25 minutes.

Spice Cake From One-Egg Cake Mix (Two 8-inch round layers)

To mix for one cake, add:

½ teaspoon cloves	½ teaspoon cinnamon
½ teaspoon allspice	

Follow instructions for plain cake.

Orange Cake From One-Egg Cake Mix (Two 8-inch round layers)

To mix for one cake, add:

1 teaspoon grated orange rind
Use ½ teaspoon lemon extract in place of vanilla

Follow instructions for plain cake.

* If all-purpose flour was used in mix, use 3½ cups mix and ¾ cup milk.

Chocolate Cake From One-Egg Cake Mix (Two 8-inch round layers)

3½ cups mix*	1 cup milk*
1 egg	2 squares melted chocolate
1 teaspoon vanilla	

1. Combine milk, egg, and vanilla.
2. Stir half the liquid into mix and beat one

minute or use electric mixer at low speed for same length of time.

3. Add melted chocolate and stir into mixture with a few strokes.
4. Add remaining liquid and beat two minutes.
5. Bake in two 8-inch round baking pans at 350° F. for about 30 minutes. For cupcakes, bake about 20 to 25 minutes, according to size.

Gingerbread and Cooky Mix

To Make Gingerbread and Cooky Mix (Makes 14 cups mix)

12 cups sifted all- purpose flour	2 teaspoons salt
2 cups sugar	3 tablespoons ginger
2 teaspoons soda	3 tablespoons cinna- mon
3 tablespoons double- acting baking powder	1½ teaspoons cloves

1. Stir other ingredients into flour.
2. Sift all ingredients together three times into a large bowl or onto a large square of plain paper.
3. Lift lightly into containers. Cover tightly.

Gingerbread From Gingerbread Mix (One 8- inch square pan)

1¾ cups mix	½ cup milk
1 egg, beaten	¼ cup melted fat or oil
	½ cup molasses

1. Combine beaten egg, milk, fat, and molasses. Beat about 1 minute.

2. Bake in 8-inch square pan (greased on bottom only) in a moderate oven (350° F.) for about 30 to 40 minutes.

Cookies From Gingerbread and Cooky Mix

1¾ cups mix	½ cup molasses
1 egg, beaten	¼ cup nuts (may omit)
2 tablespoons milk	½ cup raisins (may omit)
¼ cup melted fat or oil	

1. Put mix into bowl. If nuts and raisins are used, stir them into mix.
2. Combine beaten egg, milk, melted fat, and molasses.
3. Stir the combined liquid ingredients into the mix. Beat about 1 minute.
4. Mixture will make thicker cookies if chilled for 15 minutes or more.
5. Drop from teaspoon onto lightly greased baking sheet.
6. Bake in moderately hot oven (375° F.) for about 10 minutes.

Chocolate Pudding and Pie Mix

To Make Chocolate Pudding and Pie Mix (Makes 12 cups mix)

3 cups sifted all- purpose flour <i>or</i>	1 teaspoon salt
1½ cups cornstarch	4 cups sugar
1 pound dry milk (4 cups)	3½ cups cocoa
	½ teaspoon cinnamon

1. Mix ingredients together; then sift three times.
2. Lift mix lightly into containers. Close tightly.

* If all-purpose flour was used in mix, use 3½ cups mix and 1½ cups milk.

Chocolate Pudding (Makes 3 servings)

1 cup mix	1 tablespoon butter
1½ cups water or fluid milk	½ teaspoon vanilla

1. Put required amount of mix in top of double boiler.
2. Stir the liquid into the mix until well blended and cook over boiling water until thickened, then stir occasionally. Cook about 15 minutes.
3. Remove from heat and add butter and vanilla. For a fluffier pudding, the mix may be beaten with a rotary beater before cooling.
4. Keep covered while cooking.

Chocolate Meringue Pudding

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|-------------------------------|--|
| 1½ cups mix | 2 eggs, separated |
| 2 cups water or
fluid milk | 2 tablespoons butter
½ teaspoon vanilla |

1. Put mix in top of double boiler.
2. Stir the liquid into the mix until well blended and cook over boiling water until thickened, then stir occasionally. Cook about 15 minutes.
3. Slowly add small amount of hot mixture to beaten egg yolks. Stir into remaining mixture. Cook with constant stirring, about 3 minutes.
4. Add butter and vanilla.
5. Pour into shallow baking dish.
6. Make meringue of egg whites, ¼ cup sugar, and ½ teaspoon vanilla. Pile lightly on pudding and bake in moderate oven (350° F.) until lightly browned.

Fluffy Chocolate Pudding

1. Prepare as chocolate meringue pudding through step 4.
2. Cool mixture slightly.
3. Beat egg whites. Beat the cooled pudding.
4. Fold egg whites into pudding.
5. Chill and serve plain or with cream.

Chocolate Pie

1. Prepare filling as for chocolate meringue pudding or fluffy chocolate pudding.
2. Pour into baked pie shell.
3. If fluffy chocolate pudding method is used, top pie with whipped cream.

Pastry Mix for Pie Mix

To Make Pastry Mix (Makes 8½ cups mix)

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|--|--------------------------------------|
| 1 pound lard (about
2 cups) or | 7 cups sifted all-pur-
pose flour |
| 1 pound other short-
ening (about 2½
cups) | 4 teaspoons salt |

1. Mix flour and salt thoroughly; cut in cold fat, using pastry blender, two knives, or tips of fingers, until fat particles are not larger than small peas.
2. Store in a refrigerator or cool place.

One 9-Inch Crust

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|-------------|----------------------------------|
| 1½ cups mix | 2 to 3 tablespoons
cold water |
|-------------|----------------------------------|

1. Sprinkle cold water over mix, blending lightly with fork. Add water sparingly (dough clings together, but is not wet).
2. Let stand 5 minutes before rolling.
3. Bake 10 to 12 minutes in hot oven (425° F.)

Double Crust for 9-Inch Pie

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|-------------|----------------------------------|
| 2½ cups mix | 4 to 6 tablespoons
cold water |
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Combine and bake according to directions above for one crust.

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