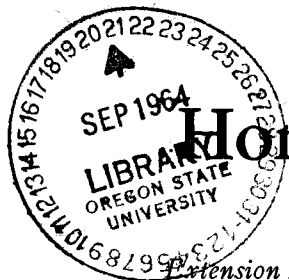


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Homemade Biscuit Mix

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This fact sheet was prepared for use in the Oregon Abundant Foods Distribution Program, but the information is basic and would be of use in any home.

The recipes use several of the abundant foods, including all-purpose flour, nonfat dry milk, lard, butter, and dried whole eggs.

Biscuit Mix

Keep this useful mix on hand for making biscuits, muffins, pancakes, and coffee cakes:

- 6 cups sifted flour
- 1 cup dry milk
- 1/4 cup double-acting baking powder
- 1/2 cup sugar
- 2 teaspoons salt
- 1 cup lard

Sift flour, measure amount needed into large pan or bowl. Add dry milk, baking powder, sugar, and salt. Sift several times or stir until well mixed.

Measure 1 cup lard.

Cut lard into flour mixture until no fat particles are left.

Store mix in tightly covered containers. Plan to use within a month. Otherwise, store in refrigerator to keep flavor fresh. Fill jars or plastic bags according to the amount commonly used in recipes in your household.

Suggestions for success

- Use an accurate set of measuring spoons and measuring cups.
- Sift flour before measuring.
- 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.

- 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.

Ways to Use Biscuit Mix

Biscuits

- 2 cups mix
- 1/2 cup water

Spoon mix lightly into cup to measure.
Add 1/2 cup water.
Make into soft dough.

Knead dough gently about 20 strokes to mix well.
Form into ball and pat or roll 1/2 to 3/4 inch thick.
Cut and bake in 425° F. oven for 10 to 12 minutes.

Note—You may need to add a little more or a little less water to make the dough the way you like it.



This is one of a series of *Fact Sheets* reporting Cooperative Extension work in agriculture and home economics, F. E. Price, director. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Oregon State University, Oregon counties, and U. S. Department of Agriculture cooperating.

Muffins

- 2 cups mix
- 2/3 cup water
- 1 beaten egg (or 2 1/2 tablespoons *sifted* dried egg dissolved in 2 1/2 tablespoons lukewarm water)

Spoon mix lightly into cup.

Measure 2/3 cup water.

Beat egg or add dry egg to 2 1/2 tablespoons water and mix well. Add to 2/3 cup water.

Add egg-water mixture to dry biscuit mix.

Stir until just moist. Do not overmix.

Fill greased muffin tins.

Bake in hot (400°-425° F.) oven about 20 minutes.

Makes 10 to 12 muffins.

Pancakes

- 1 cup mix
- 2/3 to 1 cup water or liquid milk
- 1 beaten egg (do not use dry egg)

Spoon mix lightly into cup to measure.

Beat egg and add to liquid.

Add liquid ingredients to the measured mix. Amount depends on how thick you like pancake batter.

Drop by spoonfuls on a hot greased griddle. Cook until surface is covered with bubbles; turn and brown on bottom. One cup mix makes seven medium-sized pancakes.

Quick Coffee Cake

Ingredients:

- 2 cups mix
- 1/2 cup sugar
- 3 tablespoons *sifted* dried whole eggs
- 1 cup minus 2 tablespoons water

Quick Coffee Cake (continued)

Method:

Set oven for 425° F.

Grease and flour baking pan 9 inches by 13 inches, two 8-inch cake pans or large fry pan that can be placed in oven. This cake can be "baked" on top of the stove by placing the baking pan in a larger pan of heavy metal (cast iron skillet is fine), covering with a tight lid and cooking for the time called for in the recipe. Do not open the lid during the "baking" time.

Measure mix by spooning *lightly* into cup. Do not pack.

Add sugar and dry egg. Stir well to mix.

Measure 1 cup water, take out 2 tablespoons of it.

Add water to dry ingredients.

Stir until just mixed. Over-stirring will make holes in the cake.

Pour batter into greased baking pan.

Top with brown sugar topping.

Bake at 425° F. for 15 to 20 minutes or until well done.

Note: One fresh egg may be substituted for the dried egg.

Brown Sugar Coffee Cake Topping

- 1/2 cup brown sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1/2 cup nutmeats (if available)
- 2 tablespoons melted butter

Mix brown sugar, flour and cinnamon together.

Add melted butter and mix well.

Sprinkle on top of *unbaked coffee cake batter*.

Top with nuts if desired.

Bake as directed above.