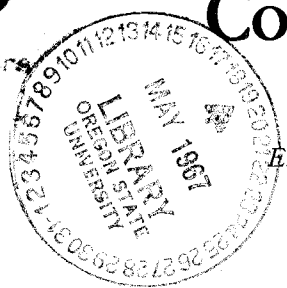


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Cooking With Ready-Made Mix



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Information in this sheet was prepared for use in the Oregon Abundant Foods Distribution program; however, the information is basic and would be of use in any Oregon home.

Basic Master Mix

- 9 cups sifted all-purpose flour
- 1/3 cup double-acting baking powder
- 1 1/2 cups nonfat dry milk powder
- 1 tablespoon salt
- 2 teaspoons cream of tartar
- 1/4 cup sugar
- 2 cups shortening that does not require refrigeration

Stir baking powder, milk, salt, cream of tartar, and sugar into flour. Sift together three times into a large mixing bowl or onto a large square of plain paper. Cut in shortening until mix is consistency of corn meal. Store in covered containers at room temperature. To measure the mix, pile it lightly into cup and level off evenly. Makes 13 cups of mix.

Suggestions for success

- ✓ When you add a dry ingredient to flour, scatter it over the flour instead of putting all of it in one place. This is a good start to mixing.
- ✓ Handle the mix lightly.
- ✓ If you use your hands to mix the fat into the flour, use only your 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.
- ✓ Baking time in recipes is approximate. Check to be sure your product is done.

Recipes Using Basic Master Mix

Biscuits

- 3 cups mix
- 1 cup water

Add water to mix all at once, stirring 20 strokes. Knead dough gently about 15 strokes on a lightly floured board or cloth. Pat or roll 1/2 to 3/4 inch thick. Cut and bake in 425° F (hot) oven for 10 to 12 minutes. Makes 12 two-inch biscuits.

Muffins

- 3 cups mix
- 2 tablespoons sugar
- 1 cup water
- 1 beaten egg

Add sugar to mix and blend. Combine water and egg. Add egg-water mixture to dry mix. Stir until just moist (about 15 strokes). Half fill greased muffin tins. Bake in 425° F (hot) oven about 20 minutes. Makes 12 muffins.

Pancakes

- 1 1/2 cups mix
- 3/4 cup water
- 1 beaten egg

Combine egg and water. Add liquid ingredients to 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. Makes 9 medium-sized griddle cakes or 3 small waffles.

Corn Bread

- 1 1/2 cups mix
- 3/4 cup corn meal
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 3/4 cup water
- 1 beaten egg

Stir corn meal, salt, and sugar into the mix. Combine water and egg. Add to mix, stirring until blended. Bake in a greased 10 by 10 inch pan in a 400° F (hot) oven about 30 minutes.

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Raisin Loaf Bread

3 cups mix
1/2 cup sugar
1/2 cup raisins or nuts

1 cup water
1 beaten egg

Stir sugar and raisins or nuts into the mix. Combine egg and water. Add to mix, stirring until well blended. If mixture seems too dry, add a little more water. Bake in a greased 5 by 8 inch loaf pan in a 350° F (moderate) oven about one hour.

Coffee Cake

3 cups mix
1/2 cup sugar

3/4 cup water
1 beaten egg

Topping:

1/2 cup brown sugar
3 tablespoons margarine or butter
1/2 teaspoon cinnamon

Stir sugar into the mix. Combine water and egg. Stir into the mix until well blended. Pour into a greased 9 by 9 inch cake pan. Combine brown sugar, margarine or butter, and cinnamon. Spread over batter and bake in a 400° F (hot) oven about 25 minutes.

Dumplings

3 cups mix
3/4 cup water

Add water to mix all at once, stirring about 30 strokes. Drop by tablespoon on top of boiling stew or stewed chicken. Cover and boil gently 12 minutes without removing cover.

Yellow Cake

3 cups mix
1 1/4 cups sugar
1 cup water

2 eggs, unbeaten
1 teaspoon vanilla

Stir sugar into the mix. Combine water, eggs, and vanilla. Stir half of the liquid into the mix, beat two minutes, or use electric mixer at low speed for the same length of time. Scrape bowl occasionally. Add remaining liquid and beat two minutes. Pour into two 8-inch cake pans with a 4-inch square of waxed paper in the bottom of each. Bake in 375° F (moderate) oven about 25 minutes.

Drop Cookies

3 cups mix
1 cup sugar
1/3 cup water

1 beaten egg
1 teaspoon vanilla
1/2 cup raisins

Stir sugar and raisins into the mix. Combine water, egg, and vanilla. Stir into the mix until well blended. Drop by teaspoon on greased baking sheet. Bake in 375° F (moderate) oven 10 to 12 minutes.

Oatmeal Cookies

3 cups mix
1 cup brown sugar
1 teaspoon cinnamon

1/2 cup water
1 beaten egg
1 cup rolled oats

Stir sugar and cinnamon into the mix. Combine milk and eggs. Stir in rolled oats. Drop by teaspoon on greased baking sheet. Bake in a 375° F (moderate) oven 10 to 12 minutes. Makes 4 dozen.

Hasty Fruit Cobbler

Fruit mixture:

2 1/2 cups fresh fruit
1 cup sugar
1 cup water
2 tablespoons margarine or butter

Batter:

1 cup mix
1/3 cup sugar
1/2 cup water
2 tablespoons margarine or butter, melted

Combine fruit, sugar, water, and margarine or butter and heat but do not boil. Stir sugar into mix, add water and melted margarine or butter, blend well. Pour batter into greased baking dish, pour in fruit mixture. Bake in 375° F (moderate) oven about 35 minutes.

Fruit Crisp

1 cup mix
1 cup sugar
1 beaten egg

2 cups fresh fruit*
1/4 cup water

Stir sugar into the mix. Add egg and stir until blended. Place fruit and water in a shallow 8-inch pan. If a sweeter crisp is preferred, lightly sweeten fruit. Spread topping over fruit. Bake in a 350° F (moderate) oven 30 minutes.

*Put rhubarb, cherries, pear and peach slices, or other fruit may be used.

Meat Pie Topping

2 cups mix
1 cup water

Add water to mix and stir well. Put stew, made with any meat, or thin creamed chicken with vegetables in a baking dish. Pour mix over meat. Bake in 450° F (hot) oven for 20 minutes or until crust is brown.

Chocolate Cake

3 cups mix
1/2 cup cocoa
1 1/2 cups sugar

1 1/4 cups water
2 eggs, unbeaten
1 teaspoon vanilla

Add cocoa to the sugar and stir into the mix. Combine milk, eggs, and vanilla. Stir half of the liquid into the mix; beat two minutes, or use electric mixer for the same length of time at low speed. Scrape bowl occasionally. Add the remaining liquid and beat two minutes. Pour into two 8-inch cake pans with a 4-inch square of waxed paper in the bottom of each. Bake in 375° F (moderate) oven about 25 minutes.

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