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BOYS' AND GIRLS' INDUSTRIAL CLUBS

Oregon Agricultural College, United States Department of Agriculture, and
State Department of Education, cooperating

Extension Bulletin 151 Corvallis, Oregon November, 1916

BAKING CLUB LESSON NO. 4

Circular No. 6

POPOVERS AND MUFFINS

You have had considerable practice by this time in making light bread, so probably you are eager to learn how to make some quick breads. These three recipes are excellent and may be varied by using different kinds of flour. For example, you may substitute either graham or whole wheat flour for $\frac{1}{2}$ the amount of flour called for in either the popovers or breakfast muffins.

Popovers.

1 c milk	2 eggs
1 c flour	Break eggs in bowl.
1 t salt	Add milk, flour and salt.

Beat with a Dover egg beater until well mixed and full of air bubbles.

Pour at once into hot, greased, muffin or gem pans and bake in a moderate oven for 30 to 40 minutes. Serve immediately.

Breakfast Muffins.

1 c milk	2 c flour
1 egg	3 t baking powder
2 T butter	$\frac{1}{4}$ t salt

Mix and sift dry ingredients.

Add gradually milk and well-beaten egg.

Add melted butter.

Bake in buttered gem pans about 25 minutes.

Twin Mountain Muffins.

Use the recipe for breakfast muffins, adding 2 T of butter and $\frac{1}{4}$ c sugar and leaving out $\frac{1}{4}$ c of milk.

When sugar and more shortening is added, less liquid is required, as you will observe.

Cream butter, add sugar and egg.

Sift dry ingredients together and add alternately with milk to the first mixture.

Bake same as Breakfast Muffins.

When you have tried any one of the above recipes once, and baked bread once, fill in the report card and mail it to the State Club Leader. Then begin working on Lesson No. 5 while the instructions for Lesson No. 6 are being sent to you.

HELEN COWGILL,
Asst. State Club Leader.