



ENRICHED ALL-PURPOSE FLOUR

a good choice for the thrifty family



LOTS OF FOOD VALUE
FOR A FEW PENNIES

Good for many uses!

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Use all-purpose flour

UNIVERSITY OF NORTH CAROLINA
AT GREENSBORO

- In pancakes



- In breads



Cornbread



Bread



Muffins

- In cakes



and pie crusts



- To thicken
sauces
and
gravies



- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

PANCAKES

- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 egg
- 1 ½ cups fluid milk
- ⅓ cup melted fat or oil

Mix flour, baking powder, salt, and sugar in a large bowl. Set aside.

Beat egg and add milk. Add fat or oil. Add to flour mixture and stir just until mixed, leaving batter lumpy.

Cook pancakes on heated, greased fry pan until covered with bubbles. Turn pancakes and brown the other side.

Makes 12 medium-size pancakes.

MUFFINS

- 2 cups flour
- 1 tablespoon baking powder
- ¼ cup sugar
- ½ teaspoon salt
- 1 egg
- 1 cup fluid milk
- ¼ cup melted fat or oil
- ½ cup raisins, if you like

Mix flour, baking powder, sugar, and salt. Set aside.

Beat egg and add milk. Add fat or oil.

Add milk mixture and raisins (if used) to flour mixture.

Stir just until mixed, leaving batter lumpy.

Fill greased muffin tins half full.

Bake at 400° F (hot oven) 20 to 25 minutes until browned.

Makes 12 muffins.

DROP BISCUITS

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ⅓ cup fat (shortening)
- ¾ cup fluid milk

Mix flour, baking powder, and salt.

Mix in fat with a fork or two knives until crumbly.

Add milk. Mix enough to wet dry ingredients.

Drop dough from a tablespoon on greased baking pan.

Bake at 450° F (very hot oven) 10 to 12 minutes until lightly browned.

Makes 12 biscuits.

ROLLED BISCUITS

Use recipe for Drop Biscuits. After making the dough, knead it gently on a lightly floured surface 15 to 18 times (see TO KNEAD). Pat or roll dough ½-inch thick. Cut with a floured cutter. Bake on ungreased baking pan.

QUICK COFFEE CAKE

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ½ cup white sugar
- ½ cup fat (margarine or butter)
- 1 egg
- ¾ cup fluid milk
- ¼ cup white or brown sugar, packed
- ½ teaspoon cinnamon

Mix flour, baking powder, salt, and ½ cup sugar. Mix in fat with a fork or two knives until crumbly.

Beat egg and add milk. Stir into flour mixture.

Fill a greased baking pan half full.

Mix ¼ cup white or brown sugar with cinnamon. Sprinkle over batter in pan.

Bake at 400° F (hot oven) 25 to 30 minutes until cake springs back when lightly touched near center.

NUT BREAD

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 cup chopped nuts
⅓ cup softened fat (margarine, butter, or shortening)
½ cup sugar
2 eggs
¾ cup fluid milk

Mix flour, baking powder, and salt. Add nuts. Set aside.

Mix fat and sugar until smooth. Add eggs and beat well.

Stir half the flour mixture and half the milk into egg mixture. Stir in rest of flour mixture and milk.

Pour in greased loaf pan.

Bake at 350° F (moderate oven) about 40 minutes until browned. Cool bread in pan for 10 minutes.

RAISIN BREAD

Use Nut Bread recipe. Add 1 cup of raisins in place of nuts.

BATTER BREAD

2½ cups flour
2 tablespoons sugar
1 teaspoon salt
1 package active dry yeast
1 cup fluid milk
2 tablespoons fat
1 egg

Mix flour, sugar, salt, and yeast in a large bowl. Set aside.

Heat milk and fat in a pan until just warm. Stir into flour mixture.

Add egg. Beat about 300 times until dough leaves sides of bowl.

Cover and let rise in warm place ½ to 1 hour until dough doubles in size.

Stir dough down. Put in a greased loaf pan. Cover loosely with greased wax paper. Let rise ½ to 1 hour until doubled in size.

Bake at 350° F (moderate oven) about 40 minutes until lightly browned. Remove from pan.

YEAST ROLLS

4 cups flour
¼ cup sugar
1½ teaspoons salt
1 package active dry yeast
1 cup fluid milk
¼ cup fat
1 egg

Mix half the flour with the sugar, salt, and yeast in a large bowl. Set aside.

Heat milk and ¼ cup fat in a pan until just warm.

Add milk mixture to flour-yeast mixture. Beat until smooth.

Add egg. Beat well.

Mix in rest of flour.

Knead dough about 300 times or about 10 minutes (see TO KNEAD).

Put dough in a greased bowl. Turn dough so top will be greased. Cover.

Let rise in warm place 1 to 1½ hours until doubled in size.

Punch down in bowl to remove air bubbles.

Divide dough in 24 pieces and roll into balls. Put 1 inch apart in a greased baking pan. Cover loosely with greased wax paper.

Let rise in a warm place about 1 hour until doubled in size.

Bake at 400° F (moderate oven) about 15 minutes until lightly browned.

Makes 24 rolls.

TO KNEAD: Put a little flour on a smooth surface and on hands. Put dough on surface. Fold far side of dough toward you. Then with heels of hands push down into dough and away from you with a rolling motion. Fold over and push down 2 or 3 times. Turn dough around slightly. Continue kneading. Add a little flour when needed to keep dough from sticking.

YELLOW CAKE

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
 $\frac{1}{2}$ cup margarine, softened
 $1\frac{1}{4}$ cups sugar
2 eggs
 $\frac{3}{4}$ cup fluid milk
1 teaspoon vanilla

Mix the flour, baking powder, and salt. Set aside.

Add sugar slowly to fat in a large bowl, beating well (300 times).

Beat in one egg until smooth. Add other egg and beat well (300 times).

Add half the flour mixture, half the milk, and the vanilla. Mix (50 times).

Add rest of flour mixture and milk. Mix until smooth (200 times).

Fill a greased, floured baking pan or 2 layer pans no more than half full.

Bake at 375° F (moderate oven) 25 to 35 minutes until cake springs back when lightly touched near center.

CHOCOLATE CAKE

$1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup cocoa
2 teaspoons baking powder
 $\frac{1}{4}$ teaspoon baking soda
1 teaspoon salt
 $\frac{1}{2}$ cup softened fat
 $1\frac{1}{4}$ cups sugar
2 eggs
1 teaspoon vanilla
 $\frac{3}{4}$ cup fluid milk

Mix flour, cocoa, baking powder, baking soda, and salt. Set aside.

Beat fat and sugar in a large bowl until smooth. Add eggs and vanilla. Beat well.

Add half the flour mixture and half the milk. Mix well.

Mix in rest of flour mixture and milk until smooth.

Fill a greased floured baking pan or 2 layer pans no more than half full.

Bake at 375° F (moderate oven) 25 to 35 minutes until cake springs back when lightly touched near center.

CONFECTIONERS SUGAR ICING

$\frac{1}{3}$ cup margarine or butter
 $\frac{1}{4}$ cup fluid milk
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla
About $2\frac{1}{2}$ cups confectioners sugar

Mix all ingredients except sugar.

Mix in 1 cup of the sugar. Beat well.

Mix in rest of sugar, as needed, to make icing that will spread well and stay on cake.

Put on cooled cake.

Makes about $1\frac{1}{2}$ cups icing.

CHOCOLATE ICING

Use recipe for Confectioners Sugar Icing. Mix in $\frac{1}{4}$ cup cocoa before adding the sugar. Only about 2 cups sugar is needed.

SINGLE PIE CRUST

1 cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup fat
About 2 tablespoons cold water

Mix flour and salt well. Mix in fat with a fork or two knives until crumbly.

Sprinkle 2 tablespoons water over mixture. Mix lightly with fork. Add a little more water, if needed, to make dough into a ball.

Roll out dough on lightly floured surface. Put in 8- or 9-inch pie pan.

For pie crust to be baked with filling, fill and bake as directed for filling used.

For pie crust baked before filling, stick dough all over with fork. Bake at 425° F (hot oven) 10 to 12 minutes until browned.

DOUBLE PIE CRUST

Use recipe for Single Pie Crust and double the amount of ingredients. Make ball of dough for bottom crust a little larger than for top crust.