

Homemade Mixes



They Save You Time
— and Money

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The Cover: Mixing the Master Mix

HOMEMADE MIXES

Mixes have become so popular in the past few years that good recipes have been worked out for almost every baked product. A "mix" has everything but the liquid ingredients.

If you make a bread, such as biscuits, several times a week, you will save time in measuring and sifting by making a mix. If you have found the purchased mixes save time, you can make your own and also save money.

BISCUIT MIX, if you use buttermilk

8 cups flour	2 teaspoons soda
2 teaspoons salt	$\frac{3}{4}$ cup shortening
3 tablespoons baking powder	

Sift flour, salt, baking powder, and soda. Cut in shortening. Store until ready to use, by adding buttermilk.

BISCUIT MIX, if you use sweetmilk

8 cups flour	$\frac{1}{3}$ cup baking powder
2 teaspoons salt	$\frac{3}{4}$ cup shortening

Sift dry ingredients. Cut in shortening. Store until ready to use by adding sweetmilk.

CORNBREAD

8 cups cornmeal	2 teaspoons salt	2 teaspoons soda
3 tablespoons baking powder	4 teaspoons sugar	$\frac{1}{4}$ cup melted shortening

Sift meal with dry ingredients. Add fat, and mix well. Store. To use, add 1 egg and $\frac{1}{2}$ cup of buttermilk to each cup of mix.

This mix may be used for corn waffles, batter cakes, muffins or other varieties of corn breads. For waffles, add one additional tablespoon shortening to each cup of mix used.

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THE MASTER MIX

One mix for everything! It seems like a fairy story, but it really works. The drop biscuits, cakes, muffins and cookies are all equally good — and it's always ready, and on hand for emergencies.

For 13 cups

- 9 cups sifted all-purpose flour or
- 10 cups sifted soft wheat or cake flour
- $\frac{1}{3}$ cup double-acting baking powder
- 1 tablespoon salt
- 2 teaspoons cream of tartar
- $\frac{1}{4}$ cup sugar
- 2 cups shortening which does not require refrigeration
- 1 cup dry milk may be added and water used as the liquid

For 29 cups

- 5 pounds flour
- $\frac{3}{4}$ cup double-acting baking powder
- 3 tablespoons salt
- 2 tablespoons cream of tartar
- $\frac{1}{2}$ cup sugar
- 2 lbs. shortening which does not require refrigeration
- $2\frac{1}{4}$ cups dry milk as above



Some of the products which come from the Master Mix

(Recipes and photos of the Master Mix used through the courtesy of Perdue University)

Stir baking powder, 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 the shortening until Mix is the consistency of cornmeal. Store in covered containers at room temperature. To measure the Master Mix, pile it lightly into cup and level off with a spatula.

Cost of the Mix

Current price checks in Virginia show that homemade mixes cost slightly less than half as much as packaged mixes. This, however, does not include labor costs.

According to a 1948 survey made in Lafayette, Indiana, the Master Mix cost 13 cents a pound when made from all-purpose flour, and 14 cents a pound when made from cake flour. This figure, too, does not include labor costs for the Master Mix.

Other Ingredients for Master Mix

If the Master Mix is to be used mainly for cakes and cookies, better quality will be obtained if cake flour is used.

If the Master Mix is to be used for cakes, a shortening containing an emulsifier should be used. It is unnecessary to use shortening with an emulsifier unless the Mix is intended for cakes.

There are two reasons for using cream of tartar in the Master Mix. One is concerned with nutritive value and the other with quality. Several studies have shown that there is less destruction of thiamine during baking if the reaction is slightly acid. Since cream of tartar is acid, its use in the mix should reduce the destruction of thiamine during baking. It has also been found that slightly better quality results when small amounts of cream of tartar are used in biscuits, muffins, and cakes. The main difference is in the tenderness.

It is possible to use nonfat dry milk solids with the mix instead of milk in the recipes. One and a half ounces of the dry milk powder added to the dry ingredients in the Mix for each pound of flour would give about the same proportion as the milk solids of milk in most of the recipes.

Using Lard in the Master Mix

If lard is used as the shortening in the Master Mix recipe, a smaller amount of shortening should be used. This may be $1\frac{2}{3}$ cups of

lard instead of 2 cups of other shortening; ($\frac{1}{6}$ pound lard equals $\frac{1}{3}$ cup).

If lard which requires refrigeration is used in the Master Mix recipe, the Mix should be refrigerated.

A change in the method of mixing cakes is suggested if lard is used in the Master Mix recipe. Separate the yolks and whites of the eggs. Reserve about one-fourth of the sugar and beat it into the beaten egg whites to form a stiff meringue. Follow the other directions for cake making. Stir in the meringue until well blended as the last step in the mixing process.

Using the Mix

Stir other dry ingredients into the measured Master Mix. Combine the liquid ingredients with the egg. Stir the liquid into the dry ingredients. The amount of mixing for each product is shown in the chart.

Product and Baking	Mix	Sugar	Milk or Water	Eggs	Other Ingredients	Amount of mixing
Biscuits (15-20) 450°-10 min.	3 c.		$\frac{2}{3}$ to 1 cup			Until blended Knead 15 strokes
(Hot griddle or iron) Griddle cakes (18) or waffles (6)	3 c.		$1\frac{1}{2}$ c.	1		Until blended
Muffins (12) 425°-20 min.	3 c.	2 T.	1 c.	1		Dry ingredients just moistened
Gingerbread 350° for 40 min.	2 c.	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	1	$\frac{1}{2}$ cup molasses $\frac{1}{2}$ tsp. cinnamon $\frac{1}{2}$ tsp. ginger $\frac{1}{2}$ tsp. cloves	Add $\frac{1}{2}$ liquid and beat 2 min. Other liquid, beat 1 min.
Oatmeal cookies 4 dozen 375° 10-12 min.	3 c.	1 c.	$\frac{1}{3}$ cup	1	1 tsp. cinnamon 1 cup quick rolled oats	Until blended
Drop cookies 4 dozen 375° 10-12 min.	3 c.	1 c.	$\frac{1}{3}$ cup	1	1 tsp. vanilla $\frac{1}{2}$ cup nuts or choc- olate bits	Until blended
Coffee Cake 400°-25 min.	3 c.	$\frac{1}{2}$ c.	$\frac{2}{3}$ cup	1	Topping: $\frac{1}{2}$ cup brown sugar, 3 T. butter, $\frac{1}{2}$ tsp. cinnamon	Until blended
Yellow cake 375°-25 min.	3 c.	$1\frac{1}{4}$ c.	1 cup	2	1 teaspoon vanilla	2 min. after $\frac{2}{3}$ liquid; 2 min. after $\frac{1}{3}$ liquid
Chocolate Cake 375°-25 min.	3 c.	$1\frac{1}{2}$ c.	1 cup	2	1 tsp. vanilla $\frac{1}{2}$ cup cocoa	2 min. after $\frac{2}{3}$ liquid; 2 min. after $\frac{1}{3}$ liquid

Hot Roll Mix

The hot roll mix is really only flour, sugar, salt and fat, with dry yeast in a separate package. A standard recipe:

12 cups flour
¼ cup sugar
2 teaspoons salt
¼ cup fat

Sift dry ingredients and add fat. Mix well and use with 2 yeast cakes (dry or fresh).

Brown 'n Serve Rolls

A newer time saving trick for rolls is the "Brown 'n Serve" rolls. It is a popular and very successful way to get fresh rolls that are good for a few weeks.

Dissolve—2 pkg. dry or fresh yeast in
1 cup water; add
1 tablespoon sugar to
2 cups scalded milk: add
¼ cup sugar,
1½ tablespoon salt
then cool to lukewarm; Mix in
6 cups flour, add
½ cup melted (cooled) shortening
4 more cups flour (as needed)

Mix, knead, and let rise just as for any rolls — the difference is in the baking.

Bake slowly (275°) 20 to 40 minutes, depending on size of roll. Take from pans — let cool, then wrap in plastic bags and seal. They stay at room temperature several days or in the refrigerator for 2 weeks.

To use, brush with fat, bake at 400 to 425° for 7-12 minutes or until brown. To freeze Brown 'n Serve rolls, wrap in moisture, vapor-proof paper as soon as cool, and freeze at once. They are excellent and will keep two months. Thaw and bake as directed.

Pastry Mix

This is the simplest of the mixes, and one of the most popular ones.

8 cups flour
2 teaspoons salt
2½ cups fat

Sift flour and salt; blend in fat, store in covered container in a cool place. Use one cup of mix for each crust. (2 cups for a top and bottom crust pie). Add just enough water to hold dough together, about 2 tablespoons to each cup of mix. If lard is used, reduce fat to two cups.