

WHEAT FLOUR INSTITUTE · CHICAGO

WHEAT FLOUR INSTITUTE is an educational organization sponsored by the flour milling industry of the United States. Its service in supplying information on flour and flour products is free to teachers and group leaders.

THIS BOOKLET presents up-to-the-minute information on a subject of current interest to every homemaker and teacher of foods and nutrition. Booklets dealing with flour production, food value, and use are available upon request.

Wheat Flour Institute 309 W. Jackson Boulevard, Chicago, Illinois



COPYRIGHT 1942 WHEAT FLOUR INSTITUTE elicious breads and coffee cakes, cookies, and cakes can continue to come from the kitchens of knowing cooks. Sugar may be short, but there is still good white flour, now better than ever with its added B-vitamins and iron.

- ★ Cooks in this country are fortunate in having an unlimited supply of the best flour in the world: enriched white flour. There is no substitute for white flour, for no other flour contains the proper ingredients in just the right proportion for making good batters and doughs.
- ★ Although in the strictest sense there is really no substitute for white granulated sugar, there are other sweeteners which give excellent results in baking.
- ★ The sweeteners most generally used are corn sirup, both light and dark, honey, molasses, sorghum, and maple sirup. Maple sugar, when available, is used like brown sugar.
- ★ Each of these sweeteners has its own characteristics. Honey is sweetest of all. Corn sirup is least sweet. Molasses, sorghum, and maple sirup give their special flavors to products containing them.
- ★ Because these sweeteners are so different, no general rule can be made for their use. Usually it is wise to follow recipes which have been carefully worked out and tested. A few guides may, however, be helpful in adjusting your own favorite recipes.

- Most baked products taste best when only part of the sugar is replaced by other sweeteners. The exceptions to this are plain muffins, plain bread, and plain rolls.
- 2. In many richer breads, one-half to three-fourths of the sugar may be replaced by corn sirup or honey without making other changes in the recipe. A little extra flour may have to be used to make yeast-leavened doughs.
- 3. For each cupful of sirup, honey, or molasses used, the amount of liquid in a recipe is reduced one-fourth cup.
- 4. When molasses, sorghum, or honey is used in considerable quantity, a small amount of soda is needed to neutralize the mild acid they contain. One-half teaspoonful of soda for each cupful of honey, molasses, or sorghum is the standard proportion.
- 5. When sweetened condensed milk is used in a recipe, the sugar may be omitted. Diluting condensed milk with an equal amount of bottled milk increases the food value of the finished products.
- 6. Sirups from canned fruits may be used as the liquid or part of the liquid in making muffins, waffles, cookies, coffee cakes, and some breads. When this is done, all or part of the sugar in the recipe may be omitted.

The following tested recipes scored high in taste tests. They show that a tight lid on the sugar jar need not mean a padlock on the oven door.

These recipes (except the yeast-leavened breads) may also be made with enriched self-rising flour. When self-rising flour is used, omit the leavening and salt.

### **Enriched Bread**

2 cups milk

1/4 cup light corn sirup or honey

4 teaspoons salt

2 tablespoons shortening

2 cups water

1 cake yeast, compressed or dry granular

1/4 cup lukewarm water

12 cups sifted enriched flour (about)

Scald milk. Add sirup or honey, salt, shortening, and water. Cool to lukewarm. Add yeast which has been softened in 1/4 cup lukewarm water. Add flour gradually, mixing it in thoroughly. When dough is stiff, turn out on lightly floured board and knead until smooth and satiny. Shape into smooth ball. Place in greased bowl. Cover and let rise in warm place (80° to 85° F.) until doubled in bulk. (If soft wheat flour is used, do not let dough quite double in bulk.) Punch down. (If soft wheat flour is used, mold at once.) Let rise again. When light, divide into 4 equal portions. Round up each portion into a smooth ball. Cover well and let rest 10 to 15 minutes. Mold into loaves. Place in greased bread pans. Let rise until doubled in bulk. Bake in moderately hot oven (400° to 425° F.) 40 to 45 minutes. Yield: 4 1-pound loaves.

# Refrigerator Rolls-1

2 cakes yeast, compressed or dry granular

1/4 cup lukewarm water

1 cup milk

1/2 cup light corn sirup or

1/4 cup honey

1 tablespoon salt

2 eggs

1/2 cup melted shortening

6 cups sifted enriched flour (about)

Soften yeast in lukewarm water. Scald milk, add sirup and salt. Add 2 cups flour and beat well. Add yeast. Beat eggs and add. Blend well. Add shortening. Add remaining flour to make a soft dough. Knead until smooth and satiny. Place in lightly greased bowl, grease top of dough. Cover well and put into refrigerator. When wanted, remove dough from refrigerator and punch down. Mold at once in any desired shape. Or, if preferred, let dough stand in warm room for an hour before molding. Place rolls in greased pans, cover, and let rise until doubled in bulk. Bake in moderately hot oven (425° F.) 15 to 20 minutes. Yield: About 2½ dozen rolls.

## Refrigerator Rolls-II

2 cakes yeast, compressed or dry granular

1 cup lukewarm water

1 cup sweetened condensed milk

1 tablespoon salt

2 eggs

2 tablespoons melted shortening

8 cups sifted enriched flour (about)

Crumble yeast into lukewarm water. When softened, add condensed milk and salt. Add 2 cups flour and beat thoroughly. Beat eggs and add. Add shortening, mixing well. Add remaining flour to make a soft dough. Turn out on lightly floured board and knead until satiny. Put dough into bowl, grease surface lightly. Cover and put into refrigerator. When ready to use, shape into cloverleaf rolls or any desired shape. Place in greased pans or on baking sheets. Cover and let rise until doubled in bulk. Bake in moderately hot oven (425° F.) 15 to 20 minutes. Yield: About 3 dozen rolls.

## Foundation Sweet Dough

2 cakes yeast, compressed or dry granular

1/4 cup lukewarm water

1 cup milk

1/4 cup butter or margarine

1/4 cup sugar

1/4 cup light corn sirup or honey

1 teaspoon salt

2 eggs

5 cups sifted enriched flour (about)

Soften yeast in lukewarm water. Scald milk. Add butter, sugar, sirup, and salt. Cool to lukewarm. Add 2 cups flour and beat well. Add softened yeast. Beat eggs and add. Mix thoroughly. Add remaining flour to make a soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl, cover, and let rise until doubled in bulk. Punch down. Shape into tea rings, rolls, or coffee cakes. Place on greased baking sheets or in greased pans. Cover and let rise until doubled in bulk. Bake in moderate oven (375° F.) 25 to 30 minutes for coffee cakes, 15 to 20 minutes for rolls. Yield: 2 coffee cakes or 3½ dozen rolls.

## Raisin Bread

1 recipe Foundation Sweet Dough 2 cups raisins

When half the flour has been added in making Foundation Sweet Dough, add raisins. Add remaining flour to form soft dough. Knead well. Place in lightly greased bowl, grease top of dough. Cover and let rise until doubled in bulk. Punch down and divide into 2 equal portions. Shape into balls, cover, and let rest 10 minutes. Mold into loaves. Place in greased loaf pans. Brush tops with milk. Cover and let rise until doubled in bulk. Bake in moderate oven (375° F.) 35 to 45 minutes. Yield: 2 1-pound loaves.



1 recipe Foundation Sweet Dough 1/4 cup melted butter or margarine

Into each muffin cup put ½ teaspoon butter or margarine and 1 teaspoon sirup or honey.

When dough is light, punch down. Let rest 10 minutes. Roll out to rectangular sheet ¼ inch thick and about 9 inches wide. Brush lightly with melted butter. Roll jelly-roll fashion, sealing edges. Cut into 1-inch slices. Place slices cut side down into prepared muffin pans. Cover and let rise until doubled in bulk. Bake in moderate oven (375° F.) 20 to 25 minutes. Let stand 1 minute before turning out. Yield: About 3½ dozen rolls.

## Honey Orange Rolls

1 recipe Foundation Sweet Dough 2 tablespoons grated orange rind 1/4 cup honey

When dough is light, punch down. Let rest 10 minutes. Roll out to rectangular sheet ¼ inch thick and about 9 inches wide. Spread with honey. Sprinkle grated orange rind evenly over honey. Roll up jelly-roll fashion, sealing edges. Cut into 1-inch slices. Place slices cut side down into well-greased muffin pans. Cover and let rise until doubled in bulk. Bake in moderate oven (375° F.) 20 to 25 minutes. Yield: About 3½ dozen rolls.

## Honey Currant Cake

1 cake yeast, compressed or dry granular

1/4 cup lukewarm water

½ cup milk ½ cup honey 1 teaspoon salt

1/4 cup melted shortening

1 egg

2 cups sifted enriched flour (about)

1/2 cup currants

Soften yeast in lukewarm water. Scald milk and cool to lukewarm. Add heney, salt, shortening. Beat egg and add. Blend thoroughly. Add 1 cup flour and beat well. Add softened yeast. Add currants and remaining flour to make a moderately stiff drop batter. Beat until smooth. Cover and let rise until bubbly (about 1 hour). Stir down, pour into greased pan 8 x 8 x 2 inches, filling pan about half full. Sprinkle Sugar-Cinnamon Topping over batter. Let rise until doubled in bulk. Bake in moderate oven (375° F.) 35 to 40 minutes. May also be baked as muffins, 20 to 25 minutes. Yield: 1 coffee cake, 8 x 8 inches, or 1½ dozen 2-inch muffins.

Cinnamon-Sugar Topping: Mix together 2 tablespoons sugar, 1/4 teaspoon cinnamon, 1/4 cup chopped nuts.

## Foundation Dough for Quick Sweet Rolls

2 cups sifted enriched flour

2 teaspoons baking powder

1 teaspoon salt

2 to 4 tablespoons shortening

1 egg

2 tablespoons light corn sirup or

honey

2/3 to 3/4 cup milk

Sift together flour, baking powder, and salt. Cut or rub in shortening. Beat egg, add sirup and milk, mixing thoroughly. Add to flour mixture, stirring only until flour is moistened. Turn out on lightly floured board and knead gently ½ minute. Roll out ¼ to ½ inch thick. Cut with floured cutter and bake on ungreased baking sheet in moderately hot oven (425° F.) 12 to 15 minutes. Excellent for shortcake base. Yield: About 1½ dozen 2-inch biscuits or rolls.

## Quick Butterscotch Rolls

1 recipe Quick Foundation Dough 6 tablespoons dark corn sirup or honey 4 tablespoons melted butter or margarine

Prepare muffin pans as follows: Into each muffin cup put ½ teaspoon butter or margarine and 1 teaspoon sirup. Roll dough out to rectangular sheet ¼ inch thick. Brush with butter or margarine. Roll up jelly-roll fashion. Cut into 1-inch slices. Put slices cut side down into prepared muffin pans and bake in moderately hot oven (425° F.) 15 to 20 minutes. Yield: About 1½ dozen rolls.

## Molasses Muffins

2 cups sifted enriched flour

2 teaspoons baking powder

½ teaspoon soda

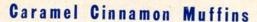
½ teaspoon ginger 1 teaspoon salt 2 tablespoons sugar

1 egg

½ cup molasses

1/2 cup sour milk or buttermilk 2 tablespoons melted shortening

Sift together flour, baking powder, soda, ginger, salt, and sugar. Beat egg. Add molasses, sour milk, and shortening. Blend thoroughly and add to flour mixture. Stir only until flour is moistened. Fill greased muffin pans 2/3 full. Bake in moderately hot oven (400° F.) 20 to 25 minutes. Yield: About 1½ dozen 2-inch muffins.



Prepare muffin pans as follows: Into each muffin cup put ½ teaspoon butter or margarine and 1 teaspoon dark corn sirup. Fill each cup ¾ full of the following batter:

2 cups sifted enriched flour

1 egg

2 teaspoons baking powder

2 tablespoons light corn sirup or honey

1 teaspoon cinnamon

1 cup milk

1 teaspoon salt

2 tablespoons melted shortening

Sift together flour, baking powder, einnamon, and salt. Beat egg, add sirup, milk, and shortening. Blend thoroughly. Add to flour mixture. Stir only until flour is moistened. Bake in moderately hot oven (425° F.) 20 minutes. Yield: About 1½ dozen 2-inch muffins.

# Honey Raisin Muffins

2 cups sifted enriched flour

1 egg

2 teaspoons baking powder

1 cup milk

1 teaspoon salt

1/4 cup honey

1 tablespoon sugar

3 tablespoons melted shortening

1/2 cup raisins

Sift together flour, baking powder, salt, and sugar. Add raisins. Beat egg, add milk, honey, and shortening, and blend thoroughly. Add to flour mixture, stirring only until flour is moistened. Fill greased muffin pans ½ full. Bake in moderately hot oven (425° F.) 20 minutes. Yield: About 1½ dozen 2-inch muffiins.

# Applesauce Muffins

1/2 cup shortening

2 cups sifted enriched flour

1/4 cup sugar

3 teaspoons baking powder 1 teaspoon salt

34 cup light corn sirup 2 eggs

1 cup chopped nuts

3/4 cup sweetened applesauce

Cream together shortening and sugar. Add sirup and beat well. Beat eggs and add. Add applesauce. Sift together flour, baking powder, and salt, and add to creamed mixture. Stir only until flour is moistened. Add nuts. Fill greased muffin pans  $\frac{2}{3}$  full and bake in moderate oven  $(375^{\circ} \text{ F.})$  20 to 25 minutes. Yield:  $\frac{21}{2}$  dozen 2-inch muffins.

## Quick Coffee Cake

#### Batter

1½ cups sifted enriched flour

2 teaspoons baking powder ½ teaspoon salt

1 egg

1/2 cup light corn sirup or honey

1/2 cup milk

3 tablespoons melted shortening

Sift together flour, baking powder, and salt. Beat egg, add sirup, milk, and shortening. Blend thoroughly. Add to flour mixture, stirring only enough to moisten flour. Pour over Apricot or Prune Layer in greased 8x8x2-inch pan, or top with Cinnamon Crumble Topping. Bake in a moderately hot oven (400° F.) 25 minutes. Yield: 1 8x8-inch coffee cake.

#### Apricot or Prune Layer for Coffee Cake

1/2 cup chopped cooked apricots or prunes

1 tablespoon melted butter or margarine

2 tablespoons honey or light corn sirup

Blend thoroughly and spread over bottom of 8x8x2-inch pan. Cover with Quick Coffee Cake batter and bake.

#### Cinnamon Crumble Topping

2 tablespoons butter or margarine

2 tablespoons sugar 1/4 cup enriched flour 1/4 cup dry bread crumbs 1/2 teaspoon cinnamon

Mix all together with fork until mixture is consistency of coarse crumbs. Sprinkle over batter before baking.

## Gingerbread

2 cups sifted enriched flour

2 teaspoons baking powder

½ teaspoon salt ¼ teaspoon soda

1/2 cup sugar

1/2 teaspoon ginger

1/4 teaspoon cinnamon

1/4 teaspoon cloves

2 eggs

3/4 cup molasses 1/2 cup sour milk

1/2 cup melted shortening

Sift together flour, baking powder, salt, soda, sugar, ginger, cinnamon, and cloves. Beat eggs. Add molasses, sour milk, and shortening. Add to flour mixture all at once, mixing thoroughly to a smooth batter. Bake in greased cake pans or in muffin pans in moderate oven (375° F.). Bake muffins 20 to 25 minutes; 8-inch layers, 30 to 35 minutes. If baked in 1 pan 8x8x2-inches, bake 40 to 45 minutes. Yield: 2½ dozen 2-inch cup cakes, or 2 8-inch layers, or 1 8x8-inch loaf.

## Date Peanut Butter Drops

½ cup shortening ¾ cup peanut butter

½ cup sugar

1/2 cup corn sirup or honey 1 teaspoon vanilla extract

2 eggs

1 cup chopped dates

2 cups sifted enriched flour 2½ teaspoons baking powder

½ teaspoon salt

Cream together shortening, peanut butter, and sugar. Add sirup and beat. Blend in vanilla extract. Beat eggs and add. Add dates. Sift together flour, baking powder, and salt, and add to creamed mixture alternately with milk. Blend well. Drop by teaspoonfuls on greased baking sheet and bake in moderate oven (350° F.) 15 minutes. Yield: 4 dozen 2-inch cookies.

# Applesauce Cookies

½ cup shortening ¼ cup sugar

34 cup corn sirup

1 egg

2 cups sifted enriched flour ½ teaspoon cinnamon

1/4 teaspoon cloves

1 teaspoon salt ½ teaspoon soda

1 teaspoon baking powder 1 cup sweetened applesauce

1/2 cup raisins

1/2 cup chopped nuts

Cream together shortening and sugar. Add sirup gradually, beating well. Beat egg and add. Sift together flour, cinnamon, cloves, salt, soda, and baking powder. Add alternately with applesauce to creamed mixture. Add raisins and nuts. Drop by teaspoonfuls on greased baking sheets. Bake in moderately hot oven (400° F.) 15 minutes. Yield: 6½ dozen 2-inch cookies.

## Molasses Ginger Hermits

½ cup shortening ½ cup sugar

1 egg

1 cup molasses

3 cups sifted enriched flour

1/2 teaspoon soda

3 teaspoons baking powder

1 teaspoon ginger 1 teaspoon salt

1/4 cup sour milk 1 cup raisins

Cream together shortening and sugar. Beat egg and add. Add molasses and mix thoroughly. Sift together flour, soda, baking powder, ginger, and salt. Add to creamed mixture alternately with sour milk. Add raisins. Drop by teaspoonfuls on greased baking sheet. Bake in moderately hot oven (400° F.) about 10 minutes. Yield: 7½ dozen 2-inch cookies.

## Fudgies

1/4 cup shortening 1/2 cup sugar

1/2 cup dark corn sirup

1 teaspoon vanilla extract

1 egg 2 squares chocolate 2 cups sifted enriched flour

1/2 teaspoon soda 1 teaspoon salt

½ cup buttermilk or sour milk

3/4 cup chopped nuts

Cream together shortening and sugar. Add sirup gradually, beating after each addition. Blend in vanilla extract. Add egg and beat until light. Add melted chocolate. Sift together flour, soda, and salt. Add to creamed mixture alternately with buttermilk, beating smooth after each addition. Add nuts. Drop by teaspoonfuls on greased baking sheets. Bake in moderate oven (350° F.) 10 to 15 minutes. Yield: 4 dozen 2-inch cookies. (1/2 cup cocoa may be used instead of chocolate. Sift cocoa with flour, soda, and salt.)

## Almond Jam Bars

1/2 cup shortening 1/2 teaspoon almond extract

1/2 teaspoon vanilla extract 1/2 cup corn sirup or honey

11/2 cups sifted enriched flour 1.teaspoon baking powder

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/4 teaspoon cloves

1 egg 3/4 cup jam

Mix together shortening and extracts. Add sirup, mixing well. Sift together flour, baking powder, salt, cinnamon, and cloves. Add to shortening, and mix until crumbly. Beat egg and add, blending well. Spread half the batter in bottom of greased 7x12-inch pan. Spread jam over batter. Cover jam with remaining batter. Bake in moderately hot oven (400° F.) 25 to 30 minutes. Cut in bars. Yield: 21/2 dozen bars 1x21/2-inches.

## Nut Bread

1/2 cup shortening 1/2 cup sugar

1/2 cup corn sirup or honey

3 cups sifted enriched flour

3 teaspoons baking powder

1 teaspoon salt

3/4 cup milk

1 cup chopped nuts

Cream together shortening and sugar. Add sirup and mix thoroughly. Add egg, beating well. Sift together flour, baking powder, and salt. Add to creamed mixture alternately with milk. Add nuts. Bake in greased loaf pan in moderate oven (350° F.) 11/4 hours. Yield: 1 loaf.



½ cup shortening ½ cup sugar

½ cup light corn sirup

1 teaspoon vanilla extract

2 eggs

2 cups sifted enriched flour 3 teaspoons baking powder

1 teaspoon salt ½ cup milk

Cream together shortening and sugar. Add sirup gradually, beating thoroughly after each addition. Blend in vanilla extract. Beat eggs and add, and beat until light and fluffy. Sift together flour, baking powder, and salt. Add to creamed mixture alternately with the milk, beating smooth after each addition. Bake in 2 greased 8-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Yield: 2 8-inch layers.

# Spice Cake

½ cup shortening½ teaspoon soda½ cup sugar½ teaspoon salt½ cup molasses1 teaspoon cinnamon1 teaspoon vanilla extract¼ teaspoon cloves2 eggs, separated¼ teaspoon nutmeg2 cups sifted enriched flour¼ teaspoon allspice3 teaspoons baking powder¾ cup sour milk

Cream together shortening and sugar. Add molasses gradually, beating well. Add vanilla extract. Beat egg yolks and add, beating until light. Sift together flour, baking powder, soda, salt, and spices. Add alternately with milk to creamed mixture, beating smooth after each addition. Fold in stiffly beaten egg whites. Bake in 2 greased 8-inch layer pans in moderate oven (375° F.) 35 minutes, or in 1 8x8x2-inch pan for 50 minutes. Yield: 2 8-inch layers or 1 8x8-inch loaf cake.

## Fluffy Fudge Cake

3/4 cup shortening

1/2 cup sugar

11/2 cups corn sirup

2 teaspoons vanilla extract

3 eggs

3 squares chocolate

3 cups sifted enriched flour

½ teaspoon soda

3 teaspoons baking powder

1/2 teaspoon salt

11/4 cups sour milk or buttermilk

Cream together shortening and sugar. Add sirup gradually, beating well after each addition. Add vanilla extract. Add unbeaten eggs, one at a time, beating until light. Add melted chocolate and mix thoroughly. Sift together flour, soda, baking powder, and salt. Add alternately with sour milk to creamed mixture, beating smooth after each addition. Bake in 3 greased 8-inch or 2 9-inch layer pans in moderate oven (350° F.) 35 to 40 minutes. Yield: 3 8-inch layers or 2 9-inch layers.

# Fluffy Frosting

1/2 cup corn sirup or honey

1/2 cup sugar

2 egg whites

1/4 teaspoon salt

1/2 teaspoon vanilla extract

1/2 teaspoon lemon extract

Cook sirup and sugar together until the mixture spins a thread. Stir constantly. Beat egg whites until frothy, add salt, and beat until stiff. Pour sirup slowly over stiffly beaten whites. Beat until frosting stands in peaks. Add vanilla and lemon extracts. Beat until cool and stiff enough to spread. Yield: Enough frosting for 2 9-inch layers or 3 8-inch layers.

# Chocolate Frosting

1/2 cup corn sirup or honey

1/2 cup sugar

2 egg whites

1/4 teaspoon salt

3 squares chocolate

1 teaspoon vanilla extract

Cook sirup and sugar together until the mixture spins a thread. Stir constantly. Beat egg whites until frothy, add salt, and beat until stiff. Pour sirup slowly over stiffly beaten whites. Beat until cool and stiff enough to spread. Fold in melted chocolate and vanilla extract. Yield: Enough frosting for 2 9-inch layers or 3 8-inch layers.



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