

# Quick Breads

made  
from  
mixes



## unit I

County \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Name \_\_\_\_\_ Number of years in 4-H \_\_\_\_\_

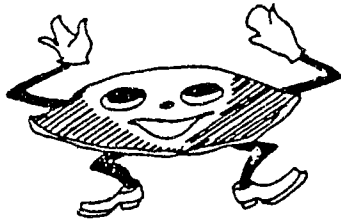
Address \_\_\_\_\_

Parent's Name \_\_\_\_\_

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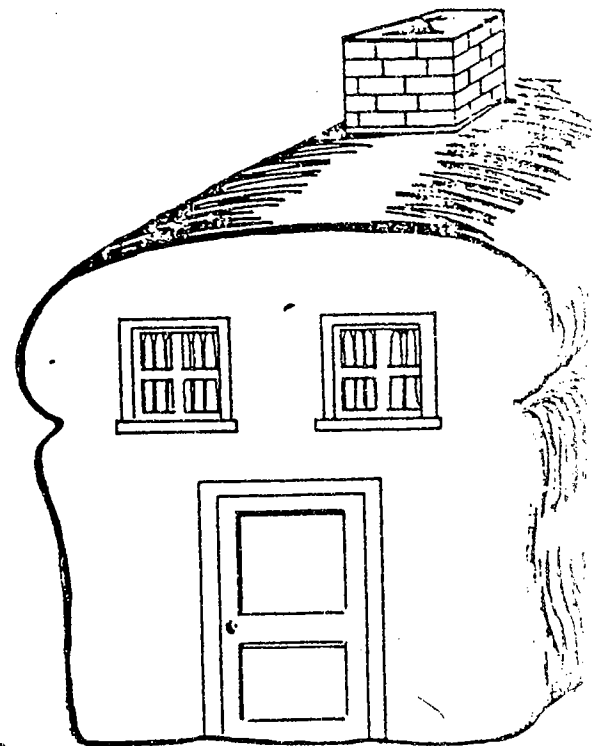
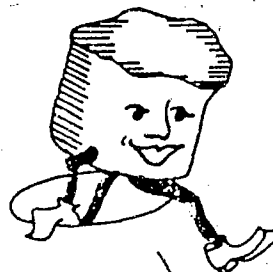
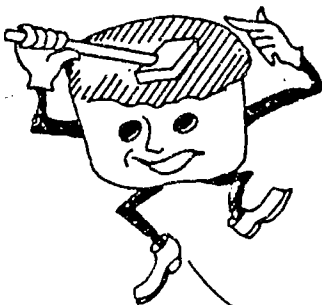


## QUICK BREAD FAMILY

Long ago bread was flat. It was baked in the hot sun on large flat stones and allowed to become quite hard. One day, a king's baker discovered that a mysterious substance had caused his bread to rise. Indeed this seemed to be magic. Later the substance was identified as yeast. Preparing light fluffy bread from yeast took a long time. Inventive man was soon to find a quicker way. He found that water vapor, carbon dioxide and air were leavening gases. New leavening agents were discovered that produced gas under certain conditions. Many combinations of ingredients were put together to give variety in the quick breads of today. The quick bread family grew large.

Quick breads Unit I will introduce you to some of the more famous family members. You will meet Mr. Pancake, Shaky Pancake, as well as Poppy Popover. Poppy is an impatient individual who almost jumps out of his baking cup when his turn comes in the hot oven. Merry Muffin has reason to be happy because she is so popular. By no means will Flaky biscuit ever be forgotten for he is the perennial golden brown tempter. Once you have made friends with these little personality quick breads you will surely say . . . . .

"Come quick to my kitchen all of you.  
Come on to my house to stay."



## THINGS TO DO TO COMPLETE QUICK BREADS UNIT 1 – FIRST YEAR

Breads are a very important part of the study of foods and nutrition. Today a great variety of breads can be successfully made with mixes. This unit will help you learn to bake products the whole family will enjoy.

### Requirements To Complete Quick Breads Unit 1 – First Year

1. Make Quick Breads a total of 9 times.  
Pancakes Twice  
Biscuits Twice  
Biscuit Variations Twice  
Canned Biscuit Variations Three Times
2. Give 1 Demonstration Experiment  
Choose one of those suggested in this booklet or plan a demonstration experiment of your own which meets the approval of your 4-H leader and Extension Home Economics Agent.
3. Study Quick Breads Unit I - First Year and answer the Quick Bread quiz.

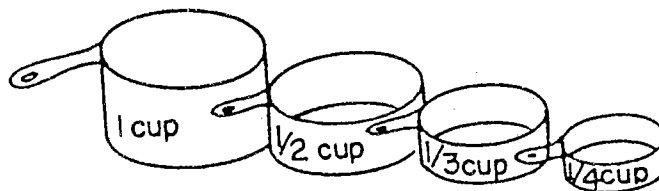
### GET READY TO BAKE!

No matter what it is that you're going to make,  
It's important to take time to get ready to bake!

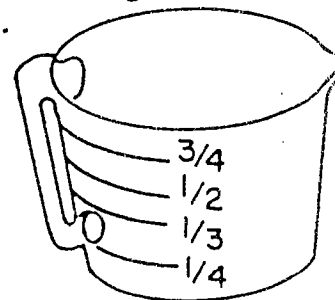
#### Remember

1. Wash your hands clean.
2. Wear an apron and a hair net.
3. Read all directions carefully.
4. Use good ingredients of high quality.
5. Learn to regulate your oven for best results.
6. Measure accurately. All measurements must be level.
7. Assemble all equipment and ingredients.

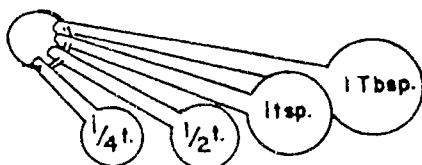
#### Standard dry measuring cups



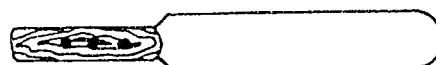
#### Standard liquid measuring cup



#### Measuring Spoons



#### Spatula (use for leveling)



## BAKING VOCABULARY

You will want to know these cooking terms when you start baking.

- BAKE - Cook in oven.
- BEAT - Combine two or more ingredients well.
- COMBINE - To unite, bringing ingredients together.
- CUT IN - Combine shortening and flour with pastry blender.
- FLOUR - Dust greased pans with flour until well coated on bottom and sides. Shake out extra flour.
- FOLD - Combine gently, bringing rubber scraper down through mixture, across bottom, up and over top until blended.
- GREASE - Spread bottom and sides of pan with shortening.
- KNEAD - Work dough with your hands in folding-back and pressing-forward motion.
- MELT - Heat until liquid.
- ROLL OUT Place on board and spread thin with a rolling pin.
- SIFT - Put through a flour sifter or fine sieve.
- SOFT SHORTENING - Butter, lard, margarine or hydrogenated shortening left at room temperature, so that it can be measured and mixed easily.
- STIR - Mix with a spoon, 'round and 'round.
- WHIP - To add air with a wire whip, beater, or electric mixer.

## LEARNING TO MAKE PANCAKES WITH A MIX

How would you like to make golden fluffy pancakes? You can cook these quickly and add your own favorite garnish. Serve delicate brown pancakes piping hot and you will have a special treat for every one.

### What is a Pancake Mix?

You may be surprised to find that a pancake mix is not just flour. Read the label on the package and you will notice that most mixes contain a blend of several types of flour. Some have milk solids and all contain a leavening agent.

It is important that the mix be kept sealed in a dry cool place. Moisture will act with the leavening agent causing the carbon dioxide gas to leak away. If this happens, your breakfast treat will be flatter than any pancake should be. You can see how necessary it is to use good fresh pancake mix of high quality.

### What Makes Top Quality Pancakes?

Perfect pancakes contain planned amounts of several ingredients. Each one is added for a special reason.

Flour gives to pancakes thickness and flavor. Flour contains some protein and a great deal of starch. It is usually enriched with certain vitamins and minerals. The blend of flours used in a pancake mix have much to do with the flavor of the pancakes.

The leavening agent in the pancake mix releases carbon dioxide when liquid is added. These little gas bubbles work their way through the batter and help make pancakes light and fluffy.

Milk is used in pancake batter because it is high in food value. It adds flavor, too.

### Tips for Top Quality Pancakes.

1. Measure all ingredients accurately. Pour mix in cup and use a flat spatula to level off. Use only exact amounts.

2. Be careful to mix the batter but do not overbeat it. Stir quickly and only long enough to thoroughly moisten all ingredients. The batter may be slightly lumpy.

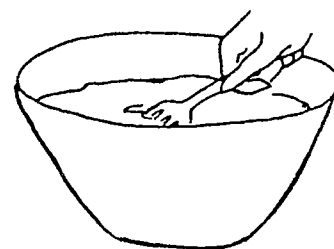
3. A hot griddle just the right temperature is necessary. For perfect heat control use an electric skillet or griddle. Set at 380°F. If you do not have an electric griddle check temperature by sprinkling a few drops of water on griddle. Water will dance on the surface when the heat is just right.

4. When the batter is mixed, look at it. Can you see bubbles pushing through the top of the batter? The carbon dioxide gas which makes your pancakes light and fluffy is slowly escaping from the mixture. Be sure to use the batter as soon as possible.

5. While the pancakes cook, bubbles pop out through the top. When the bubbles break, and the pancakes brown lightly around the edge, it is time to flip and brown the opposite side.

6. Keep pancakes warm in oven if necessary. Spread them out on a rack or separate with a paper towel.

### Pancakes (Method 1 - Stir to Make)



1 cup standard pancake mix

$\frac{2}{3}$  cup milk

1 egg

1 tablespoon melted butter or margarine

Yield: 10 (4 inch) pancakes

### Directions

1. Heat electric griddle to 380°F. and add shortening or vegetable oil as needed. If you do not have an electric griddle, test griddle to see if it is hot before cooking pancakes.
2. Measure mix carefully and pour into bowl.
3. Make a well in the middle, and add egg, milk, and melted shortening.
4. Stir quickly until all ingredients are mixed.
5. Shape pancakes uniform size with a tablespoon or a  $\frac{1}{4}$  cup measure.
6. Cook on one side, and flip once. Serve hot.

### Pancakes (Method 2 - Shake to Make)

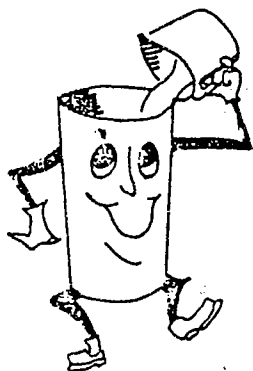
1 cup standard pancake mix

$\frac{2}{3}$  cup milk

1 egg

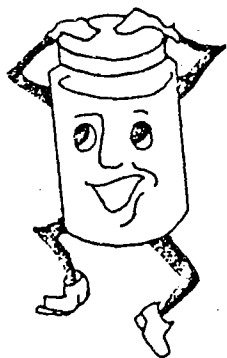
1 tablespoon melted butter or margarine

Yield: 10 (4-inch) pancakes



#### Directions

1. Heat electric griddle to 380°F. and add shortening or vegetable oil as needed. If you do not have an electric griddle, test griddle to be sure it is hot.

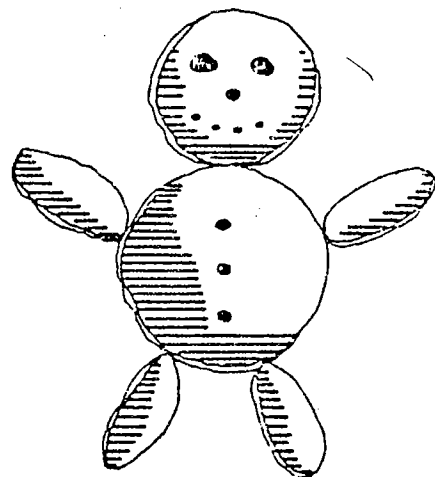


2. Put milk, melted shortening and egg in a wide mouthed jar. Cover tightly and shake until mixed.
3. Add 1 cup pancake mix (one-half at a time). Shake after each addition until flour is well moistened.
4. Pour four inch pancakes on hot griddle. Brown on one side and flip once. Brown on other side and serve while hot.



### Fun With Pancake Variations

Mr. Pancake is a pancake man. His head is about 3-inches round. His bulging eyes and nose are raisins and his smiling mouth is a piece of cherry. Mr. Pancake has a 4-inch round stomach. His arms and legs are long gangling narrow pancakes. Mr. Pancake fits nicely on a plate but looks too good to last long. Someone usually devours him in a hurry.



**Party Strawberry Pancakes.** Thaw a package of frozen strawberries. Stack pancakes three high, placing a spoonful of red berries between each layer. Top with strawberries and a pile of whipped cream. You might want to surprise your family with this some Sunday night.

**Florida Orange Pancakes.** Thin one cup of orange marmalade with  $\frac{1}{2}$  cup orange juice. Use this "orange syrup" over pancakes. It is tangy good.

#### Florida Fruit Pancakes Deluxe

3 oranges                      1 cup pineapple chunks  
 $\frac{1}{4}$  cup honey                   $\frac{1}{4}$  cup shredded coconut  
2 bananas

Section oranges\* - Add sliced bananas and pineapple. Add honey and coconut. Mix and spoon over pancakes.

\*Wash and peel fruit. Cut down along the membrane separating the sections. Gently bring the knife back out along the membrane of the other side of the section.

**Blackberry Pancakes Deluxe.** If you live in the blackberry section of Florida, by all means use fresh blackberries in season. Sweeten berries to taste and spoon over hot pancakes. Frozen blackberries are good, too!

### How to Freeze Pancakes

Have you ever had trouble coming out even when making pancakes? Appetites the same size as a bowl of pancake batter are hard to find. If extra pancake batter is a problem, cook it into pancakes about 4-5 inches in diameter. Cool quickly and package for freezing. To freeze pancakes place in rigid container and separate with freezer paper. Seal tightly, label and date. Store at 0°F. no longer than two months.

To prepare for use, place pancakes in toaster while still frozen. Set toaster at "light." Push down twice if needed. Pancakes may also be reheated in a hot 400°F. oven for 3-4 minutes.

#### Experiment: The Effect of Freezing on Pancakes Directions:

1. Prepare pancakes for freezing and store at 0°F. for several days before demonstration.
2. Prepare 1 recipe of pancake batter from the same mix showing and telling how to cook pancakes. Use the same method for mixing.
3. While you are cooking the fresh pancakes, slip frozen pancakes in the toaster set to "light." Push toaster down twice if needed for heating through.
4. Ask blindfolded judges to sample each finished product.

#### Results:

1. Which sample was preferred and why?
2. Do you recommend the use of frozen pancakes? In what way could they be used to good advantage?

### LEARNING TO BAKE WITH A BISCUIT MIX

#### What is a Biscuit Mix?

A biscuit mix is a blend of the same basic ingredients called for in recipes made from scratch. Flour, leavening, shortening, sometimes sugar, salt and dry milk are in a biscuit mix. The proper amounts of these ingredients have been measured and packaged in airtight containers for your convenience.

Biscuit mix does not need to be sifted, but it does need to be measured very carefully. To measure, spoon or pour mix into a dry measuring cup and level it with a knife or spatula.

### Top Quality Biscuits

Good biscuits have straight and even sides and level tops. They are uniform in size, and generally about twice the size of an unbaked biscuit. The tops and bottoms are uniformly golden brown. The crust is tender and moderately smooth and free of excess flour. The texture is fine and even, tender and light. The flavor is pleasing.

### Kneading Biscuits

Just the right amount of kneading makes light and flaky biscuits that are well shaped. Not enough kneading leaves biscuits small and compact. Too much kneading will give a poorly-shaped tough biscuit.



### Biscuits from a Mix

2 cups biscuit mix       $\frac{2}{3}$  cup milk  
Yield: 12 2-inch biscuits

#### Directions:

1. Heat oven to 450°F.
2. Add milk to biscuit mix and stir until soft dough is formed.
3. Beat vigorously about 20 strokes until stiff.
4. Roll dough on floured board or lightly-floured pastry cloth. Flour not blended in may leave streaks.
5. Knead about 10 times.
6. Cut with floured 2-inch cutter.
7. Bake immediately on ungreased sheet 10-12 minutes.

Note: Softer wheats are used in a commercial biscuit mix and the shortening has a fine even distribution, therefore, biscuits made from a commercial mix may be beaten more vigorously than when made from basic ingredients.





**Experiment: The Effect of Kneading on Biscuits**  
**Directions:**

1. Prepare 1 recipe of biscuits from mix and divide into 3 parts.
2. Part 1 - Mix quickly and handle just enough to shape into biscuits.
3. Part 2 - Mix and knead about 10 times according to directions.
4. Part 3 - Continue kneading vigorously for several minutes and shape into biscuits.
5. Bake all biscuits and observe results.

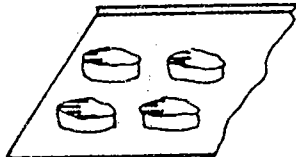
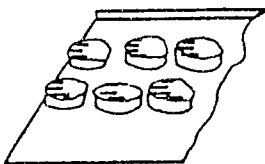
**Results:**

1. Which biscuits had the largest volume?
2. Which biscuits were most tender?
3. Which biscuits did you prefer? Why?

**Experiment - Placement of Biscuits on Pan**  
**The Effect of Liquid on Biscuits**

**Directions:**

1. Prepare 1 recipe of biscuits and divide into 3 parts.
2. Part 1 - Knead and roll out according to directions. Place close together with sides touching in even rows on a pan.
3. Part 2 - Knead and roll out according to directions. Place  $\frac{1}{2}$  to  $\frac{3}{4}$  inches apart on shallow pan or cookie sheet. Bake as directed.
4. Part 3 - Add just enough more milk to biscuit dough to make a soft batter. Drop by spoonfuls onto ungreased baking sheet.



**Results:**

1. Which biscuits had soft white sides?
2. Which biscuits had crisp sides?
3. Which biscuits were crustier?
4. Which did you like the best? Why?

**Fancy Ways With A Biscuit Mix**

There are many biscuit variations. A biscuit mix may be used for turnovers or pizza, short-cakes or casserole toppings. Wonderful hot muffins and popular coffee cakes may come from the same basic mix. Try the recipes suggested here, then look for more on your favorite box of mix.



**Spicy Coffee Cake From Biscuit Mix**

2 cups biscuit mix  
 2 tablespoons sugar  
 1 egg  
 $\frac{3}{4}$  cup milk

**Topping**  
 $\frac{1}{3}$  cup brown sugar  
 $\frac{1}{3}$  cup biscuit mix  
 $\frac{1}{4}$  cup firm butter  
 or margarine  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{3}$  cup chopped pecans

**Directions:**

1. Heat oven to 400°F.
2. Measure 2 cups of biscuit mix in bowl.
3. Add sugar, egg and milk and mix  $\frac{1}{2}$  minute.
4. Spread in greased pan (8-inch square)
5. Blend together ingredients for topping sprinkle over top of coffee cake.
6. Bake 20 minutes. Serve hot. Approximately 9 small servings.



### Muffin Surprises from Biscuit Mix

#### Muffins

2 cups biscuit mix  
2 tablespoons sugar  
1 egg  
 $\frac{3}{4}$  cup milk

#### Richer Muffins

2 cups biscuit mix  
4 tablespoons sugar  
1 egg  
 $\frac{3}{4}$  cup milk  
2 tablespoons melted shortening

#### Directions:

1. Heat oven to 400°F.
2. Measure 2 cups biscuit mix in bowl.
3. Add sugar, egg, milk (and shortening if desired)
4. Beat vigorously for  $\frac{1}{2}$  minute. Batter will look lumpy.
5. Fill greased muffin pans or paper lined muffin cups  $\frac{2}{3}$  full.
6. Bake 15 minutes in 400°F. oven.

Note: Softer wheats are used in a commercial biscuit mix and the shortening has a fine even distribution, therefore, muffins made from a commercial mix may be beaten more vigorously than when made from basic ingredients.

#### Muffin Variations:

**Surprise Muffins** - Fill muffin cups  $\frac{1}{3}$  full. Add  $\frac{1}{2}$  teaspoon jelly. Add batter to fill  $\frac{2}{3}$  cup full.

**Blueberry Muffins** - Add  $\frac{3}{4}$  cup well drained canned or frozen blueberries to muffin batter.

**Coconut Muffins** - Add 1 cup shredded coconut to muffin batter.

**Bacon Muffins** - Add  $\frac{1}{4}$  cup crisp diced cooked bacon to batter.

**Cheese Muffins** - Add  $\frac{1}{2}$  cup grated sharp cheddar cheese to batter.



### Pancakes Made from Biscuit Mix

2 cups biscuit mix

1 egg

$1\frac{2}{3}$  cup milk

#### Directions:

1. Heat greased griddle.
2. Measure mix carefully and pour into bowl.
3. Make a well. Add milk and egg.
4. Stir quickly until all ingredients are moistened.
5. To shape pancakes use a small tablespoon for small pancakes or a  $\frac{1}{4}$  cup measure for larger ones.
6. Cook pancakes on hot griddle. When pancakes brown lightly around the edges flip and brown on the opposite side.

Yield: Approximately 15.

#### Toppings for Pancakes

**Fresh berry roll-up** - Spoon fresh sugared blackberries or strawberries across the center of each pancake and roll up. Serve with whipped topping.

#### Florida Orange Sauce

$\frac{1}{2}$  cup honey  
1 teaspoon grated orange peel  
 $\frac{1}{2}$  cup water  
2 tablespoons cornstarch  
 $\frac{1}{2}$  cup orange juice  
2 tablespoons butter or margarine

#### Directions:

1. Combine honey, cornstarch and orange peel in a heavy saucepan.
2. Stir in orange juice and water. Bring to a boil for about 1 minute.
3. Add margarine or butter and cool slightly.

Yield: 2 cups

Maple syrup

Blackberry syrup

Crushed pineapple and sliced bananas

