Better Baking

Prepared by the
HOME ECONOMICS DEPARTMENT
PROCTER & GAMBLE • IVORYDALE, OHIO
Can you change a mass of dough into crisp, flaky, tender biscuits? Can you make a spicy, juicy apple pie or create a luscious chocolate cake? If you can you are an artist. Be proud of your skill in baking. The boy or girl who knows how and likes to cook is popular with the crowd. It can be just as satisfying to create a picture with foods as to paint one with water colors and a brush.

Every meal you eat has some evidence of the importance of knowing how to bake. Breads, muffins, biscuits, waffles, cookies, cakes and pies help to make a meal a complete picture.

Baking is an art as well as a science. You mix certain carefully measured ingredients, much as the scientist does. You pop them into the oven and presto—out comes a real work of art—something to talk about—a cake, a pie, some cookies that are wonderful to look at and to eat.

You can improve your ability to create food pictures in this way if you will remember these three rules. Good baking results depend on them.

1. Use high quality ingredients
2. Use the right equipment
3. Use tested methods and recipes

First, let us take a look at some of the materials that go into baking—shortening, sweetening, flour, eggs, liquid, leavening and flavoring.

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</tbody>
</table>
Shortening
Fats used for baking are called shortening. They give to baked goods a short, tender, rich quality that makes them so good to eat. There are several different types—high-grade vegetable shortenings like Crisco, other types of vegetable shortenings, butter, margarine and lard.

Your choice of shortening is important because your baking results will be no better than the shortening you use. Choose a creamy, smooth shortening that will blend easily with other ingredients. Use a shortening with no odor or flavor to mask natural flavor of food. Select a shortening that does not have to be stored in the refrigerator. It is handy and easier to use if kept on the cupboard or pantry shelf and it saves refrigerator space for more perishable foods. The ideal shortening is one of uniformly high quality that can be used for all baking—for cakes, pies and biscuits. Crisco, a hydrogenated, pure vegetable shortening, is especially designed to give you all of these features.

A special process discovered in the laboratories of Procter & Gamble and used in the manufacture of Crisco gives it added emulsifying properties and special cake baking advantages. This improvement has made possible the new “quick method” type of cake in which no creaming of sugar with shortening is necessary. These cakes are becoming increasingly popular because of the simplicity and ease with which they can be mixed, and also because of their improved eating and keeping quality. In addition, a shortening with these special properties also gives lighter, more tender cakes when conventional recipes are used.

It is important in using “quick-method” recipes that only those shortenings which are recommended for the “quick-method” by the manufacturer be used. A shortening like Crisco makes it possible for you to take advantage of the modern time saving “quick-method” and “quick-method” recipes as well as using your conventional recipes.

Flour
Wheat flour is made from either hard or soft wheat or a combination of these. All-purpose flours milled from hard winter wheat are most economical to use for pies, cookies and breads. Cake flours are milled from soft wheat and are refined to give special baking advantages for cakes. All-purpose flour should not be substituted for cake flour. Use the kind of flour recommended in the tested recipe. There are many brands of cake and all-purpose flours. Select the one that is available and economical for your use.

Sweetening
Richness of baked foods comes from the shortening and the sugar. Cane and beet sugars can now be used with equal satisfaction. A variety of sweetenings are used in recipes—granulated, powdered or confectioners, brown or white sugar, molasses, honey, syrups made from cane, corn or maple sugars. Usually brown and white sugars may be used interchangeably in a recipe. This is not true of confectioners sugar or syrups. Use these as recommended in tested recipes.

Liquid
Milk, water and fruit juices are used as baking liquids. Fresh liquid milk, evaporated or powdered milk can be used in recipes. Dilute evaporated milk with equal parts of water before
using. Reconstitute powdered milk as directed on the package before using in home style recipes. Condensed milk is sweetened and condensed and cannot be used in place of regular milk.

**Leavening**

Leavenings are used in batters and doughs to aerate them and to make them rise. Baking powder, yeast, cream of tartar or sour milk with baking soda are the commonly used leavenings.

Baking powder is a commercially prepared complete leavening. It may be of the double-acting or combination type which has two acid ingredients—one of which acts immediately when combined with liquid and another which has a delayed or second action in the oven. Single-acting baking powders have one acid ingredient, either phosphate or tartrate, which acts as soon as it is combined with liquid. The type is usually indicated on the label. Usually less of the double-acting than single-acting baking powder is required in recipes. For that reason, use baking powders as recommended by their manufacturer or as indicated in tested recipes.

Yeast is now on the market in both compressed cake form and in granulated form in small envelopes. Yeast cakes need to be refrigerated. Granular yeast does not. Use as directed by the manufacturer.

### BAKING EQUIPMENT

Our second good baking rule is good equipment. Do you know the essential and helpful pieces of baking equipment? Here are the measuring, preparation and baking utensils you should have to do a good job for all kinds of baking.

**ESSENTIAL**
- Mixing bowls
  - (small, medium and large)
- Wooden mixing spoons
- Standard measuring cups
- Standard measuring spoons
- Rubber scraper
- Spatula
- Scissors
- Cake pans
- Pie plates
- Muffin tins
- Cookie sheet
- Sifter or sieve
- Rolling board
- Rolling pin
- Egg beater
- Kitchen forks
- Kitchen knives
- Oven thermometer
  - (if oven has no regulator)
- Cake cooling racks

**HELPFUL**
- Pastry blender
- Pastry canvas
- Stockinette for rolling pin
- Pastry brush
- Unit measuring cups
- Pint measure
- Liquid measuring cup
- Cookie cutters
- Electric mixer
  - (to save your energy)

**Description of Baking Equipment**

Measuring cups of aluminum, glass or plastic, with fractions of cups clearly marked are desirable for measuring ingredients. Unit measuring cups (called Mary Ann Cups) are available in \( \frac{1}{4}, \frac{1}{2}, \frac{1}{3} \) and 1 cup units. A glass liquid measuring cup with extra rim and pouring lip is especially helpful.

Standard measuring spoons in sets of \( \frac{1}{4}, \frac{1}{2} \) and 1 teaspoon and 1 tablespoon are essential. These are made of metal or plastic material.
Flour sifters for household use are usually standard 1 cup, 2 cup or 1 quart sifters. An ordinary fine strainer or sieve can be used as a sifter.

A bread board or table top can be used for rolling doughs. A pastry canvas is very helpful for uniform distribution of flour used for rolling.

Wooden rolling pins are the universal favorite, though rolling pins of glass or of metal are available. A stockinette, a tubular piece of cotton ribbed material, used as a cover on the rolling pin keeps the flour more evenly distributed as it is rolled.

Cake pans may be heavy tin, aluminum or baking glass and come in various sizes and shapes. Most recipes are designed for 8” x 1 ¼” or 9” x 1 ½” layers or for 9” x 13” x 2” loaf pans. Check pan size called for in recipe.

Pie pans are made of tin, light or heavy weight; aluminum of medium weight; glass or other

ovenware. They are commonly available in eight, nine or ten-inch size (diameter measured across the top of the pan). They are usually 1 ¼ inches deep.

Bread pans are made of metal or glass. The most commonly available sizes are 9” x 5” x 3” and 8” x 4” x 3”.

Cookie or baking sheets are made of tin or aluminum, usually of medium weight. They should be somewhat smaller in size than the oven shelf so that the heat can circulate around them in the oven. Cookie sheets are usually 14” x 10” or 15 ½” x 12”.

Cooling racks are simple wire platforms—permit much quicker cooling of the cake. Cooling on a rack prevents moisture collecting on the bottom of a cake or pie pan.

Note: Take care of baking equipment. Don’t use cake or pie pans for broiling. Don’t run cold water into a hot baking pan. Sudden changes in temperature will cause the pans to warp. Wash and dry pans after use.

TESTED METHODS AND RECIPES

Our third rule of good baking is tested methods and recipes. As you know, there are right and wrong ways of doing any job. The right way will save you time and help you to become a baking expert.

These measuring and other helpful hints to better baking may help you to improve your baking skill.

**ABC’s of Measuring**

Use standard measuring cups and spoons.

Always use level measurements.

Sift flour before measuring.

Sift sugar only if it is lumpy. Brown sugar should be packed into the measuring cup.

Pour liquids to brimful measure in unit cup measures. In a marked measuring cup, always read the measure at eye level.

Shortening is measured most accurately in unit cup measures. If a one cup glass measure is used

the water displacement method is satisfactory for measuring amounts less than one cup.

**How to Measure Crisco in Cup Units**

(1, ¼, ½ and ¼ cup units)

Scoop creamy Crisco from can to cup with a rubber scraper or spatula. Press it into the cup and level it off.

For ¾ cup of shortening, use ½ cup and ¼ cup measures

For ½ cup of shortening, use ¼ cup measure twice

For less than ¼ cup, measure by tablespoons (4 tablespoons equal ¼ cup)

**How to Measure Crisco by Water Displacement Method**

Use fractions of a cup of water, then add Crisco until water reaches 1 cup level.

For ¾ cup of shortening, use ½ cup of water

For ½ cup of shortening, use ¼ cup of water

For ¼ cup of shortening, use ¼ cup of water

For ¼ cup of shortening, use ¼ cup of water
Other Helpful Hints to Better Baking

Read the recipe carefully.
Check all ingredients and equipment before you start.
Use ingredients at room temperature unless otherwise indicated.
Preheat oven. Turn oven on and set at baking temperature required.
Use squares of heavy waxed paper for keeping measured ingredients handy until ready to use.

Use the pan size called for in the recipe. A good general rule to follow is to measure the baking pans you plan to use. If the baking pan is too small, the cake will run over the edge of the pan as it bakes. If smaller pans are used, fill half full and bake the remaining batter in cup cakes. If the pan is too large, the cake will be small and flat. If pans are larger you need a larger recipe.

CAKES

Today you will find two accepted methods for making cakes—the conventional method and the quick method. For many years cake recipes have used the conventional way of mixing the ingredients—creaming shortening and sugar first then adding other ingredients one at a time.

About 15 years ago Crisco discovered a new process which not only gives better cakes, but also made possible a more streamlined method of making cakes. With the new quick method, all ingredients are mixed in a single bowl and you do not cream the Crisco. It saves time and motion and makes it easier to bake a better cake.

Let's compare the two methods of mixing:

**Conventional Method:**
1. Cream the Crisco, sugar and salt together until light and smooth.
2. Add eggs and blend thoroughly.
3. Sift flour and baking powder in a separate bowl.
4. Add milk and flavoring to the creamed mixture alternately with the flour. Beat until smooth.

**Quick Method:**
1. Measure Crisco, sugar, salt and flour in a single bowl. Add part of the milk and mix for two minutes.
2. Stir in the baking powder, add the eggs and remaining milk. Mix thoroughly for two minutes.

Quality of Cakes made by the Two Methods

Cakes made by the two methods differ in a number of respects. Although both are light, the grain and texture are not the same. Many people describe the grain of the quick method cake as more “feathery”. It is more uniform and fine. The Crisco quick-method cakes are higher, lighter, more moist and stay fresh longer than cakes made by the conventional method and have a richer eating quality which appeals to many people. Conventional cakes are usually best when eaten soon after baking.

The special properties of Crisco make it possible to bake excellent cakes by either method—quick or conventional. However, recipes should not be used interchangeably with the two methods. The proportions of the ingredients differ, depending on the method you use. So be sure you’re using a quick method recipe when you make a quick method cake.

The equipment you need for making a cake includes:
Measuring cups and spoons
Flour sifter
Rubber scraper and spatula
Mixing bowl
Wooden mixing spoon
Cake pans
Let’s put into practice the simple rules for good baking. Apply these rules to the kitchen tested cake recipes that follow and see how easy it is to bake a cake.

Quick Method Chocolight Cake
(Makes two deep 9 inch layers)

Measure into bowl:
- 2 cups sifted cake flour
- 1 teaspoon salt
- 2 cups sugar
- 3 squares melted chocolate
- 1/2 cup Crisco
- 3/4 cup milk
Mix thoroughly by hand or mixer (medium speed) for 2 minutes. Stir in:
- 1 1/2 teaspoons baking soda and
- 1/2 teaspoon baking powder
Add:
- 1/2 cup milk
- 3 eggs
- 1 teaspoon flavoring
Mix thoroughly by hand or mixer (medium speed) for 2 minutes. Pour into two deep 9 inch layer pans (1 1/2" deep) which have been rubbed with Crisco or the bottom lined with heavy waxed paper. Bake in moderate oven (350°F.) for about 40 minutes. Cool cake in pan on rack 15 minutes before removing. Loosen edges from pan with spatula. Place rack over cake and pan; invert together. Cool before icing.

Chocolight Cup Cakes: This same recipe will make 60 small cup cakes. Use about one tablespoon of batter for each cup cake. Bake at 375°F. for 15-20 minutes.

Cocolite Cake: A cocoa cake can be made following the recipe above. Use 1/2 cup cocoa in place of the chocolate and increase the Crisco from 3/4 cup.

Quick Method Yellow Cake

Class Project: Pan size recipes for a whole egg quick method cake.

The following chart includes recipes for an 8" one layer—one egg cake; an 8" two layer—two egg cake and a 9" two layer—three egg cake, which can also be baked in a loaf pan or in cup cakes.

<table>
<thead>
<tr>
<th>Method</th>
<th>Ingredients</th>
<th>8&quot; x 1 1/4&quot;</th>
<th>8&quot; x 1 1/4&quot;</th>
<th>9&quot; x 1 1/2&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1 layer</td>
<td>2 layers*</td>
<td>2 layers**</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(1 egg)</td>
<td>(2 eggs)</td>
<td>(3 eggs)</td>
</tr>
<tr>
<td>Measure into mixing bowl and mix</td>
<td>Sifted cake flour</td>
<td>1 cup</td>
<td>2 cups</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>thoroughly for 2 minutes</td>
<td>Sugar</td>
<td>7/8 cup</td>
<td>11/8 cups</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Stir in</td>
<td>Crisco</td>
<td>1/4 cup</td>
<td>1 1/2 cup</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td>Add and mix thoroughly for 2 minutes</td>
<td>Salt</td>
<td>1/2 teaspoon</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>1/4 cup</td>
<td>3/4 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Baking Temperature</td>
<td>Baking powder</td>
<td>1 1/2 teaspoons</td>
<td>3 teaspoons</td>
<td>3 1/2 teaspoons</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>Whole eggs</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Flavoring</td>
<td>1/2 teaspoon</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Baking Time</td>
<td></td>
<td>375°F.</td>
<td>375°F.</td>
<td>375°F.</td>
</tr>
<tr>
<td>Yield</td>
<td></td>
<td>25-30 minutes</td>
<td>30-35 minutes</td>
<td>35-40 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 layer</td>
<td>2 layers</td>
<td>2 layers</td>
</tr>
</tbody>
</table>

*This will make 26-28 cup cakes. Use 2-2 1/2 tablespoons batter in each. Bake at 400°F. 15-20 minutes.
**This will make 1 loaf cake 9" x 13" x 2". Bake for 45-50 minutes.
Class Project: To demonstrate variety in cake forms use the “Two-from-One” Cake. Bake half of the batter in a shallow square or round layer pan. Bake the other half of the batter in cup cakes. Top the layer cake with Magic Topping. Ice the cup cakes with creamy or fluffy icing.

"Two-From-One” Yellow Cake

(Quick Method)
(Makes a shallow 8" layer and 10-12 medium cup cakes)

Measure into mixing bowl: (All measurements level)

2 cups sifted cake flour
1 1/3 cups sugar
1/2 cup Crisco
1 teaspoon salt
2/3 cups milk

Blend thoroughly by hand or mixer (medium speed) for 2 minutes. Stir in:

3 teaspoons double-acting baking powder

Add:

1/2 cup milk
2 eggs
1 teaspoon vanilla

Mix thoroughly by hand or mixer (medium speed) for 2 minutes. Pour one-half of the batter into the layer pan which has been rubbed with Crisco and dusted with flour. Bake the layer in a moderate oven (375°F.) for about 30 minutes.

Place remaining batter in medium cup cake pans which have been rubbed with Crisco or lined with parchment cup liners. Spread Magic Topping (see recipe below) on top of the hot cake and brown in a hot oven for about 10 minutes. Bake the cup cakes in a moderately hot oven (400°F.) 15-20 minutes. Ice as desired.

Magic Topping

3/4 cups coconut 1/2 cup chopped nutmeats
3/4 cup light brown sugar 1/2 cup Crisco
1/2 teaspoon salt 2 tablespoons cream

Combine all ingredients and stir while cooking over low heat until sugar melts. Spread lightly or pour over top of cake and return to oven to brown at 400°F. for 10-12 minutes.
Other Tested Quick Method Cake Recipes

Class Project: Have half of the class make a white cake and half of them the gold cake using the egg yolks from the white cake. Large and small recipes for both of these cakes are included.

Quick Method White Cake
(Makes two layers—Baking Temperature 360°F.)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Pan-Size 8&quot; x 1 1/4&quot; deep</th>
<th>Pan-Size 9&quot; x 1 1/2&quot; deep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measure into mixing bowl and mix thoroughly for two minutes</td>
<td>Sifted cake flour 1 3/4 cups</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td></td>
<td>Sugar 1 cup</td>
<td>1 3/4 cups</td>
</tr>
<tr>
<td></td>
<td>Crisco 1/3 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td></td>
<td>Salt 1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td></td>
<td>Milk 1/3 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Stir in</td>
<td>Double-acting baking powder* 3 teaspoons</td>
<td>4 1/2 teaspoons</td>
</tr>
<tr>
<td>Add and mix thoroughly for two minutes</td>
<td>Milk 1/4 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>Egg whites 3</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td></td>
<td>Flavoring 1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>Rub pans with Crisco and line bottom with heavy waxed paper or dust with flour</td>
<td>Baking Temperature 360°F.</td>
<td>360°F.</td>
</tr>
<tr>
<td></td>
<td>Baking Time 25-30 minutes</td>
<td>35-40 minutes</td>
</tr>
</tbody>
</table>

*With single-acting baking powder increase amount by one teaspoon

Quick Method Gold Cake
(Makes two layers—Baking Temperature 375°F.)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Pan-Size 8&quot; x 1 1/4&quot; deep</th>
<th>Pan-Size 9&quot; x 1 1/2&quot; deep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measure into mixing bowl and mix thoroughly for two minutes</td>
<td>Sifted cake flour 1 3/4 cups</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td></td>
<td>Sugar 1 cup</td>
<td>1 3/4 cups</td>
</tr>
<tr>
<td></td>
<td>Crisco 1/3 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td></td>
<td>Salt 1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td></td>
<td>Milk 1/3 cup</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Stir in</td>
<td>Double acting baking powder* 2 1/2 teaspoons</td>
<td>3 1/2 teaspoons</td>
</tr>
<tr>
<td>Add and mix thoroughly for two minutes</td>
<td>Milk 1/4 cup</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>Egg yolks 3</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Flavoring 1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Rub pans with Crisco and line bottom with heavy waxed paper or dust with flour</td>
<td>Baking Temperature 375°F.</td>
<td>375°F.</td>
</tr>
<tr>
<td></td>
<td>Baking Time 25-30 minutes</td>
<td>35-40 minutes</td>
</tr>
</tbody>
</table>

*With single-acting baking powder increase amount by one teaspoon
Conventional Cake Recipe

You should know how to make conventional cakes as well as quick method cakes if you hope to be a perfect cake artist. Try both the quick method and the conventional method and decide for yourself which method you prefer.

Chocolate Cake

(Creaming Method) — (Makes two 8 inch layers)

- ½ cup Crisco
- 1⅛ cups sugar
- 1 teaspoon salt
- 2 eggs
- 2 squares melted chocolate
- 1 cup buttermilk or sour milk
- 1 teaspoon soda
- 1 teaspoon vanilla

Cream Crisco, sugar and salt until light and fluffy; add eggs and blend thoroughly. Stir in melted chocolate. Combine flour and soda. Add dry ingredients alternately with milk and vanilla to Crisco-egg mixture. Beat until smooth. Place in two 8 inch layer pans (1¾" deep) which have been rubbed with Crisco and the bottom lined with heavy waxed paper. Bake in a moderate oven (350°F.) about 30 minutes.

Mixer Cake:

If cake is made with a mixer, cream Crisco, sugar and salt 3 minutes at medium speed. Add eggs and mix 3 minutes. Stir in chocolate then add flour and milk alternately, mixing for a total of 3 minutes at low speed.

How Does Your Cake Rate?

Suppose you were called on to judge a cake contest. What would you look for among all the different kinds of cakes? What is it that makes a cake a winner?

Cakes are judged on appearance and eating quality. A perfect cake would score 100% on the chart below which shows what judges look for in a prize-winning cake:

<table>
<thead>
<tr>
<th>Appearance</th>
<th>35%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volume—baked layers should be about the same height as the pan</td>
<td>15%</td>
</tr>
<tr>
<td>Crust—uniform color, level or very slightly rounded top</td>
<td>10%</td>
</tr>
<tr>
<td>Crumb—uniform fine structure, thin cell walls</td>
<td>10%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eating Quality</th>
<th>65%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tender</td>
<td>20%</td>
</tr>
<tr>
<td>Light, velvety or feathery texture</td>
<td>20%</td>
</tr>
<tr>
<td>Moist</td>
<td>5%</td>
</tr>
<tr>
<td>Flavor, good blend of ingredients</td>
<td>20%</td>
</tr>
</tbody>
</table>
## CAKE PROBLEMS

**causes and corrections**

Use the following chart to detect the cause of cake failures and how they can be corrected:

<table>
<thead>
<tr>
<th>When this happens</th>
<th>It may be caused by this</th>
<th>To correct it, try this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy streak</td>
<td>1. Incomplete mixing.</td>
<td>Beat vigorously by hand or increase speed with mixer. Overmix rather than undermix quick method cakes. Scrape mixing bowl frequently.</td>
</tr>
<tr>
<td></td>
<td>2. Hot, humid weather.</td>
<td>Reduce liquid slightly (1 to 2 tablespoons) in humid, hot weather.</td>
</tr>
<tr>
<td></td>
<td>3. Cold ingredients.</td>
<td>Use ingredients at room temperature for easier blending or increase mixing time.</td>
</tr>
<tr>
<td>Cake cracks</td>
<td>4. Improper cooling. Moisture collects and cake becomes soggy at point of contact.</td>
<td>Cool cake in pan on a cake rack so that air circulates freely around it.</td>
</tr>
<tr>
<td>Cake falls</td>
<td>1. Baked at too high temperature.</td>
<td>Check oven temperature.</td>
</tr>
<tr>
<td></td>
<td>2. Insufficient baking. If removed from oven before cake is completely baked, it may fall.</td>
<td>Use pan size recommended for recipe. If smaller pans are used, fill them half full and bake remaining batter in cup cakes.</td>
</tr>
<tr>
<td></td>
<td>3. Too much baking powder.</td>
<td>Cake is baked when it begins to pull away from sides of pan. It is baked if no imprint is left when top of cake is touched lightly.</td>
</tr>
<tr>
<td></td>
<td>1. Improper cooling. Removing cake from pan too soon after baking.</td>
<td>Use level measurements.</td>
</tr>
<tr>
<td></td>
<td>2. Improper pan treatment.</td>
<td>Allow cake to cool in the pan on a rack 10-20 minutes. Loosen cake from sides of pan with knife. Place rack over top of cake in pan and invert rack and pan together.</td>
</tr>
<tr>
<td>Cake breaks or is difficult to remove from pan</td>
<td>3. Incomplete mixing.</td>
<td>Grease pan and use paper liner on bottom of pan or dust with flour.</td>
</tr>
<tr>
<td></td>
<td>1. Improved baking powder.</td>
<td>Beat vigorously by hand or use a faster speed on the mixer.</td>
</tr>
<tr>
<td></td>
<td>2. Improper pan treatment.</td>
<td>Use size recommended. Measure size of pans used.</td>
</tr>
<tr>
<td></td>
<td>3. Incomplete mixing.</td>
<td>Test baking powder by stirring a spoonful in water. If active, it will bubble at once.</td>
</tr>
<tr>
<td>Small flat cake</td>
<td>1. Baked in pan too large for batter.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Not enough leavening.</td>
<td></td>
</tr>
</tbody>
</table>
Is a cake “frosted” or “iced” at your house? Whatever you call it (either is correct), you will want to know how to make and put this final touch to your cake picture. Creamy icings made of shortening and confectioners sugar, are popular for some cakes. You may like the fluffy icing made with egg white and sugar. Learn to make these two basic kinds of frosting and you can create variations to please your palate. See for yourself how good and how economical it is to use a shortening like Crisco in creamy icings.

**Creamy Icing**  
*(Yield: Icing for two 9" layers)*

2 tablespoons water  
4 tablespoons granulated sugar  
2 1/4 cups sifted confectioners sugar  
1 egg  
2/3 cup Crisco  
1/2 teaspoon vanilla  

Boil water and granulated sugar together for a few minutes. Mix confectioners sugar and egg. Blend with sirup. Add Crisco and vanilla. Beat until creamy.  

For **Creamy Chocolate Icing**, stir in 2 squares melted chocolate before icing the cake.

**Creamy Orange Icing**  
*(Yield: Icing for 16-18 cup cakes)*

1/4 cup Crisco  
2 cups sifted confectioners sugar  
1 teaspoon grated orange rind  
2 tablespoons orange juice  

Blend Crisco with 1 1/2 cups sugar and the orange rind until mixture is light and fluffy. Add orange juice and remaining sugar alternately. Blend until smooth and of the consistency to spread easily.

**Fluffy Icing**  
*(Yield: Icing for two 9" layers)*

1 1/2 cups sugar  
1/2 cup water  
1/2 teaspoon cream of tartar  
2 egg whites  
1 teaspoon vanilla  

Place ingredients in top of double boiler. Stir to blend ingredients then cook over hot water, beating with a rotary beater until icing will hold in peaks.

**Fluffy Boiled Icing**  
*(Yield: Icing for two 9" layers)*

1 1/2 cups sugar  
1/2 teaspoon salt  
1/2 cup water  
1 tablespoon light corn sirup  
2 egg whites  
1 teaspoon vanilla  

Cook sugar, water, salt and corn sirup in a sauce pan and over low heat stirring until sugar is dissolved; cover pan and boil for about 3 minutes. Boil without stirring until a small amount forms a firm ball in cold water (242°F.-244°F.). Uncover and beat egg whites until stiff. Remove from heat and pour slowly over beaten egg whites, beating constantly. Add flavoring. Continue beating until icing is of consistency to spread.

**How to Frost a Cake**

Icing should be just ready to “set” when applied to cake. If too soft, it will run off; if too thick, it will not spread easily and will break a tender cake. Cake should be cooled before icing.

Use a spatula to spread the icing on the cake. Spread filling or frosting between layers. Then use the spatula, held in a vertical position, to spread icing from bottom towards top before top is iced. Place a liberal portion of icing on the top and spread it with a swirling motion over the cake.

The finished cake should give a feeling of height with sides as nearly perpendicular as possible to the unevenly swirled top.
What is your all time cookie favorite? Is it a chocolate or a spice cookie—a rolled or a dropped cookie? The cookies you first tasted at Grandmother’s house still remain favorites today.

Did you know that a refrigerator cookie is just a modern version of a rolled cookie? Or that a brownie belongs to the dropped cookie family? Rolled cookie dough is usually shorter or richer than a drop cookie dough. Drop cookie dough is soft so that it can be dropped from a spoon or a cookie press.

Rolled or dropped cookies make wonderful eating so let’s try some of the recipes that follow.

They are just right for teas, for parties and for that after school snack.

**Equipment**

The equipment you will need to turn out a batch of cookies includes the following:
- Standard measuring cups and spoons
- Large mixing bowl
- Flour sifter
- Wooden spoon
- Rolling pin
- Cookie cutters
- Cookie or baking sheets
- Rubber scraper and spatula

**Cookie Recipes**

Read the recipe through. Turn on the oven, then assemble your equipment and the ingredients and you’ll be ready to bake.

**Rolled Cookies**

*(Makes 8 dozen—2” diameter)*

- ½ cup Crisco
- ¼ teaspoon salt
- 1 cup sugar
- 1 egg
- 2 cups sifted flour
- 1 teaspoon baking powder
- 3 tablespoons milk
- ½ teaspoon flavoring

Blend the Crisco, sugar, salt and egg.

Mix dry ingredients and add to the Crisco-egg mixture alternately with the milk to which flavoring has been added to the Crisco-egg mixture. Blend well. Chill dough before rolling for easy handling.

Place about one-fourth of the dough on a lightly floured board and roll to one-eighth inch thickness. Cut into plain or fancy shapes.

Place cookies on a baking sheet which has been rubbed with Crisco. Bake in a moderately hot oven (400°F.) 12 to 15 minutes.

**Refrigerator Cookies**

*(Makes about 8 dozen cookies, 2½” in diameter and about 8” long)*

- ½ cup Crisco
- ½ teaspoon salt
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- ½ cup chopped nutmeats
- 1½ cups sifted flour
- ¼ teaspoon soda

Blend Crisco, sugar, salt and egg.

Add dry ingredients and nuts to this mixture. Blend well.

Shape into a roll about 2½ inches in diameter. Roll in waxed paper and chill in refrigerator for several hours or overnight.

Cut thin slices of chilled dough with sharp knife and place on a cookie sheet which has been rubbed with Crisco.

Bake in a moderate oven (375°F.) 12 to 15 minutes.
**Oatmeal Cookies**

*(Makes 2 dozen—2½ inches in diameter)*

- 1/4 cup melted Crisco
- 1 egg
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/2 cup sour milk
- 1 cup rolled oats
- 1 cup sifted flour
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon soda
- 1 teaspoon baking powder
- 1/2 cup seedless raisins
- 1/2 cup chopped nutmeats

Beat egg with sugar and milk. Add melted Crisco, sour milk and rolled oats and blend thoroughly.

Mix flour, spices, soda and baking powder together. Add to first mixture and mix until blended.

Stir in raisins and nutmeats.

Drop by teaspoonfuls on a cookie sheet which has been rubbed with Crisco.

Bake in a moderate oven (375°F.) 12 to 15 minutes.

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**Brownies**

*(Makes 16 two-inch squares)*

- 1/2 cup Crisco
- 1 cup sugar
- 1/4 teaspoon salt
- 2 eggs
- 2 squares chocolate
- 1/2 teaspoon vanilla
- 1/4 cup sifted flour
- 1/3 cup chopped nutmeats

Blend Crisco, sugar, salt and eggs together.

Melt chocolate over hot water; add with vanilla to mixture.

Add flour and nuts and mix until smooth; spread batter one-half inch thick in a square pan (8 1/2" x 8 1/2") which has been rubbed with Crisco. Bake in a moderate oven (350°F.) 25 to 30 minutes.

Cut into squares or oblong strips when slightly cooled. Remove from pan immediately after cutting.

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**PIES**

Picture a fragrant apple pie with its spicy fruit filling bubbling out onto the golden crust. Its perfectly fluted edges are crisp and brown and the top and bottom crust are flaky and fork-tender. Doesn't it give you the urge to bake one?

It's so easy and so sure fire if you use a pastry recipe that eliminates guesswork—one that states exactly the amount of water to use and how to add it for easy mixing.

Of course, you must use standard measuring equipment (cups and spoons) and mix the ingredients according to directions. No method or recipe, however good, will overcome careless habits in measuring and mixing. But if you follow the Crisco pie crust recipe you can count on tender flaky pie crust every time.

Here's a list of equipment you'll need for making pies:

- Flour sifter
- Medium mixing bowl
- Measuring cups and spoons
- Pastry blender or fork
- Bread board or pastry canvas
- Rolling pin with stockinette
- Pie pans (glass or metal)
- Spoon, fork and spatula

**Perfect Pie Crust**

Read the recipe through, turn on the oven, assemble your equipment and ingredients and you're ready to try the new Crisco method for making pie crust.

**Double Crust For 8" Pie**

- 2/3 cup Crisco
- 2 cups sifted flour
- 1 teaspoon salt
- 1/4 cup water

Mix flour and salt in a bowl. Take out 1/3 cup of flour and set aside. Cut Crisco into remaining flour with a pastry blender, two knives or a fork.
Mixture should be in pieces about the size of small peas.

Add the \( \frac{1}{2} \) cup of flour previously taken out to \( \frac{1}{4} \) cup water in a 1 cup measure. Stir lightly to dampen flour—do not try to smooth. Add this paste to the Crisco-flour mixture and mix with a fork or fingers until dough holds together and can be shaped into a ball. Divide dough in two parts.

On a lightly floured board or pastry canvas roll one half the dough with short, light strokes. Roll from the center to outer edges keeping it round (about 10 inches in diameter) and uniformly thin (\( \frac{1}{8} \)" thick). Place in pie plate, being careful not to pull or stretch the dough. With a scissors or knife trim edge of dough even with edge of plate.

Roll the other half of the dough in the same manner. Cut or prickle small steam vents. Place the filling in the pastry lined pie plate and top with this pastry. Trim edges about \( \frac{1}{2} \) inch beyond edge of plate. Fold this under the edge of the bottom crust. Seal by fluting or crimping with fingers or fork. Bake at temperature required for the filling.

**Class Project:** Have half of the class use this method while the other half uses the traditional procedure of adding water directly to Crisco-flour mixture without making a paste. Compare ease of mixing. Most people prefer the paste method although either one can be used successfully with Crisco.

**Class Project:** Have some students make pies of different sizes. Keep a record of the amounts of filling required for the different pies.

### Suit the Recipe to the Pan

The size of the pan you use for baking a pie is important. Measure the pan across the top from the outer edges. Of course, you can always make tarts and pastry straws with extra pastry but it is better to use a recipe suited to the pan and size of finished pie you want. Use the recipes below, depending on the pan size you use.

<table>
<thead>
<tr>
<th>Crust Size</th>
<th>6&quot; (double)</th>
<th>9&quot; (single)</th>
<th>8&quot; (double)</th>
<th>9&quot; (double)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings</td>
<td>2 to 3</td>
<td>6 to 7</td>
<td>5 to 6</td>
<td>6 to 7</td>
</tr>
<tr>
<td>Ingredients</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sifted flour</td>
<td>1 cup</td>
<td>1 ( \frac{1}{2} ) cup</td>
<td>2 cups</td>
<td>2 ( \frac{3}{4} ) cups</td>
</tr>
<tr>
<td>Salt</td>
<td>( \frac{1}{2} ) teaspoon</td>
<td>( \frac{1}{2} ) teaspoon</td>
<td>( \frac{1}{2} ) teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Crisco</td>
<td>( \frac{1}{3} ) cup</td>
<td>( \frac{1}{2} ) cup</td>
<td>( \frac{3}{4} ) cup</td>
<td>( \frac{3}{4} ) cup</td>
</tr>
<tr>
<td>Water</td>
<td>2 tablespoons</td>
<td>3 tablespoons</td>
<td>4 tablespoons</td>
<td>4 tablespoons</td>
</tr>
</tbody>
</table>

Remove 3 tablespoons of the flour and combine with water to make paste.

For pastry shells, place rolled dough in pie plates. Trim edges with scissors \( \frac{1}{2} \) inch beyond the edge of the pie plate. Fold the edge under and flute with the fingers or a fork. Prick small holes generously over the bottom and sides of the pastry. Bake in a hot oven (425°F.) for 12 to 15 minutes, or until brown.
Apple Pie

(Makes one 9" double crust pie)

Crisco pastry for 9" double crust.

6 large tart cooking apples 2 tablespoons flour
⅓ cup brown sugar 1 tablespoon butter
1 teaspoon cinnamon or margarine

Roll pastry ⅛ inch thick. Line a nine inch pie pan with bottom crust. See detailed directions for double crust pastry on page 13.

Pare, core and slice apples and place in a pastry-lined plate.

Sprinkle with mixture of sugar, cinnamon and flour. Dot with butter.

Place top crust over filling. Seal the edges and flute with fork or fingers.

Bake in a hot oven (425°F.) for 10 minutes, then reduce heat to 350°F. for 25 to 30 minutes, or until apples are cooked.

Fruit Tarts

(Makes 18 to 20 tarts)

Crisco pastry for 9" double crust.

4 ounces dried apricots 2 tablespoons sugar
½ cup crushed pineapple 1 teaspoon lemon juice

Cook apricots until very tender (about 30 minutes).

Mash or puree apricots, add rest of ingredients and bring to a boil. Cool.

Roll pastry thin. Cut 20 rounds (2⅛" in diameter) with cookie cutter and 20 with doughnut cutter of same size.

Place rounded teaspoon of filling on middle of each round. Moisten edge of pastry and seal doughnut rounds in place.

Bake in hot oven (425°F.) 15 to 20 minutes.

Note: If desired, a larger amount of filling may be prepared and kept for later use. Cook 1 pound of dried apricots with 1 cup crushed pineapple and ½ cup sugar. The large recipe will fill about 80 tarts.

Custard Pie

(Makes one 9" pie)

Crisco pastry for 9" single crust.

3 eggs 2⅜ cups milk
½ cup sugar 1 teaspoon vanilla
½ teaspoon salt

Roll Crisco pastry ⅛ inch thick. Line nine inch pie pan. Fold edge under and flute the edges with the fingers.

Beat eggs lightly. Add sugar and salt and blend well. Add milk and vanilla.

Pour into unbaked pie shell.

Bake in a hot oven (425°F.) for 10 minutes, then reduce the heat to 350°F. and bake 25 to 30 minutes or until custard is done.

Lemon Meringue Pie

(Makes one 9" pie)

Crisco pastry for 9" single crust.

Filling:
1 tablespoon butter or margarine
1 cup sugar
¼ teaspoon salt
2 tablespoons flour
2 tablespoons cornstarch
1½ cups water
2 egg yolks
4 tablespoons sugar

Make pastry shell. Bake at 425°F. 10 to 12 minutes.

Blend together sugar, salt, flour and cornstarch. Stir in water. Cook over low heat, stirring constantly until mixture thickens.

Stir a little of this hot mixture into beaten egg yolks. Combine mixes and cook a minute longer stirring constantly. Add lemon juice, rind and butter.

Pour into baked pastry shell. Cool. Top with meringue made by beating egg whites, adding sugar gradually, beating to a stiff foam. Spread over filling with meringue touching pastry rim at all points.

Brown in slow oven (325°F.) for 15 to 20 minutes or until meringue is delicately browned.
Pastry Score

A perfect pie must have a perfect crust lightly browned, tender and flaky. How does yours score on the points listed below? These are the qualities good pastry should have. Appearance is important but eating quality should have the highest rating.

**Appearance**

<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uniform brown crust</td>
<td>15%</td>
</tr>
<tr>
<td>Medium thin and crisp crust</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Eating Quality**

<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tender, flaky</td>
<td>60%</td>
</tr>
<tr>
<td>Bland flavor</td>
<td>15%</td>
</tr>
</tbody>
</table>

Pastry Problems

Have you ever made a pie that didn’t turn out just right? It does happen sometimes. The chart below may help you to discover the cause and to prevent pastry failures.

<table>
<thead>
<tr>
<th>When this happens</th>
<th>It may be caused by this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry dough—hard to roll</td>
<td>1. Incomplete mixing.</td>
</tr>
<tr>
<td></td>
<td>2. Not enough water.</td>
</tr>
<tr>
<td></td>
<td>3. Paste mixed and allowed to stand before adding.</td>
</tr>
<tr>
<td>Tough pastry</td>
<td>1. Too much water.</td>
</tr>
<tr>
<td></td>
<td>2. Not enough shortening.</td>
</tr>
<tr>
<td>Shrinking or buckling of pastry shells</td>
<td>1. Pastry stretched during rolling or fitting into pie plate.</td>
</tr>
<tr>
<td></td>
<td>2. Pastry shell not adequately pricked on sides and bottom before baking.</td>
</tr>
<tr>
<td>Soggy crust</td>
<td>1. Failure to provide steam vent for two-crust pies.</td>
</tr>
<tr>
<td></td>
<td>2. Baking too slowly.</td>
</tr>
<tr>
<td></td>
<td>3. Filling too thin or added when hot.</td>
</tr>
<tr>
<td></td>
<td>4. Not enough shortening in crust.</td>
</tr>
</tbody>
</table>

To correct it, try this

- **Dry dough—hard to roll**
  - Use Crisco paste method. Final mixing or shaping of dough may be done with hands. Let dough stand for a few minutes before rolling.
  - Use Crisco recipe adding definite amount of water to make flour-water paste.
  - Make paste just before adding to Crisco-flour mixture.
  - Use Crisco recipe adding definite amount of water to make flour-water paste.
  - Use Crisco recipe.
  - Use large enough recipe to fit pie pan without stretching.

- **Tough pastry**
  - Prick pastry shell generously over bottom and sides.
  - Cut small holes or design in top crust.
  - Bake fruit and cream pies 10 to 15 minutes at 425°F., then finish baking at 350°F.
  - Cook completely before adding fruit juices. Use more flour or cornstarch to thicken juicy pies if necessary.
  - Cool filling before adding.
  - Use Crisco tested recipe. Brush pastry with extra Crisco before adding filling.
BISCUITS and Other Breads

In quick breads the leavening action takes place as soon as the liquid is added and while dough is in the oven. Tender, flaky biscuits, golden brown muffins, tender crisp waffles are quick breads—quick and easy to make and delicious to eat.

In yeast breads the leavening action from yeast takes place slowly and is retarded or aided by the ingredients, temperature, time and mixing conditions. Golden brown, nut sweet loaves of bread, crusty rolls, freshly baked, will be your reward for lessons with yeast bread.

Equipment:
Here's the equipment you'll need for making breads:
Flour sifter • Mixing bowl • Pastry blender • Pastry canvas or rolling board • Rolling pin with stockinette • Cookie or baking sheet • Biscuit cutter and loaf pans • Measuring cups and spoons

Biscuit and Muffin Recipes
(Quick Breads)

One of the most popular quick breads is the baking powder biscuit. It may be round or square, large and flaky or small and crisp but whatever its size or shape it must be tender. Making biscuits is easy and it's fun too. Read the recipe. Turn on the oven. Collect the equipment and ingredients. Then follow the simple method below.

Baking Powder Biscuits
(Makes 16-20 biscuits 1½" in diameter)

2 cups sifted flour 1 teaspoon salt
3 teaspoons baking powder ½ cup Crisco
¾ cup milk

Mix flour, baking powder and salt in a mixing bowl. Cut Crisco into flour with blender or fork until mixture looks like coarse cornmeal (finer than for pastry). Add milk and stir just enough to hold dough together.
Transfer dough to floured board or pastry canvas.

Cheese Biscuits
(Makes 16-20 medium biscuits)

2 cups sifted flour ¼ cup Crisco
3 tps. baking powder ½ cup grated sharp cheese
1 teaspoon salt ¾ cup milk

Mix flour, baking powder and salt in a bowl. Cut Crisco into flour mixture with blender or a fork until the mixture looks like coarse cornmeal; stir in the grated cheese. Add milk to Crisco-flour mixture and mix just enough to hold dough together. Transfer dough to floured cutter. Bake on ungreased cookie sheet, in hot oven (425°F) 12-15 minutes or until brown as desired.
Muffins

(Makes 12 medium muffins)

2 cups sifted flour  
3 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar

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

Combine milk with slightly beaten egg. Stir in melted Crisco. Mix liquid and dry ingredients together lightly until just moistened. Fill lightly greased muffin tins two thirds full of batter. Bake in moderately hot oven (400°F.) about 20-25 minutes.

Biscuit Score

Whether you like crisp, thin biscuits or flaky, large biscuits, here are the qualities good biscuits should have. Good appearance is important but the highest rating should go to good eating quality.

Appearance 25%

Uniform brown crust .... 15%
Uniform sides, level top .... 10%

Eating Quality 75%

Tender ............... 25%
Flaky .................. 15%
Light .................. 15%
Bland Flavor ............ 20%

Yeast Breads

The fragrance and flavor of those crusty golden brown loaves of home baked bread cannot be duplicated outside the home kitchen. So a lesson on baking bread is a real privilege for students.

If class time does not permit a lesson on yeast breads, schedule several groups of students to work on the project so that it can be carried to completion and reported in the classroom.

White Bread

1 cake compressed yeast dissolved in 1/2 cup water  
2 teaspoons salt  
1/4 cup Crisco  
2 tablespoons sugar  
4 cups sifted flour (for dough)

Heat milk. Pour over Crisco, sugar and salt in large mixing bowl. Cool slightly before adding yeast. Make a sponge by stirring in 3 cups flour, mixing thoroughly. Cover and let stand in a warm place 45 to 50 minutes. (Sponge will be bubbly and doubled in bulk.)

Stir in remaining flour with spoon until dough is too stiff to stir, then remove to board or table and mix dough with hands, kneading until all the flour is used. Grease the mixing bowl and let dough rise (covered) for 45 minutes in a warm place. Punch dough down turning and kneading in the bowl. Cover and let rise in a warm place 40 minutes. Turn onto mixing board or table. Cut dough into 3 portions (it will make 3 loaves a little over a pound each). Knead each loaf a few times, place in baking pan (8" x 4" x 3") and let rise 35 minutes. Bake in a 400°F. oven 35 minutes.

Note: Rising time required may be longer if room is cool. This is average time at 70-75°F.

The sponge method used in this recipe eliminates much of the kneading of the dough. It can be eliminated and the straight dough process used instead.

Dough Method: Mix in all of the flour at the first stage of mixing. Knead the dough for 8 to 10 minutes. Let this dough rise for about 1 hour or until doubled in bulk. Punch the dough down and let rise again for about an hour. Then make into loaves and proceed as described in the recipe above.
BAKING TIME SAVERS

Baking Mixes made at Home

Homemade baking mixes are ideal time savers for the busy cook who bakes often and who wants the full richness and good flavor of homemade cookies, biscuits and pastry.

With these easy-to-make and easy-to-store mixes on hand you can surprise the family with light, tender hotbreads, flaky pies or delicious cookies at a moment’s notice.

These mixes when made with a product like Crisco do not need to be refrigerated. Store them in the kitchen in a covered container.

**Crisco Biscuit Mix**
*(Will make about 5 dozen 1 1/2” biscuits)*

6 cups sifted flour  
3 tablespoons baking powder  
1 tablespoon salt  
1 cup Crisco

Mix dry ingredients. Cut Crisco into flour with a blender or two knives until mixture looks like coarse cornmeal.

To use biscuit mix: 1 cup of mix will make six to eight 1 1/2” biscuits. For each cup of biscuit mix, use 1/4 cup milk. Add milk, blend well. Knead dough lightly on floured board. Roll dough about 1/2” thick. Cut with a floured cutter. Bake in a hot oven (425°F.) 10-15 minutes or until brown as desired.

**Cinnamon Pinwheels:** Roll dough thin. Spread with cinnamon, sugar and butter. Roll lengthwise; cut 1/4” slices. Bake in muffin tins.

**Butterscotch Pecan Biscuits:** Bake biscuits in muffin tins in which one teaspoon each of sugar, butter and chopped pecans has been placed.

**Orange Tea Biscuits:** Before baking, top biscuits with orange sugar (orange juice, sugar and grated orange rind).

**Crisco Pastry and Cookie Mix**
*(Will make 5 single crusts or 3 double crusts or 20 medium tart shells or cookies as indicated)*

5 cups sifted flour  
1 pound (2 1/3 cups) Crisco  
1 tablespoon salt

Sift dry ingredients into a large bowl. Cut Crisco into flour with a blender or two knives until pieces are size of small peas.

**Pastry:** For a two-crust 9” pie, place out 2 cups of the mixture into a mixing bowl. Make a paste by blending 3 tablespoons water with 1/3 cup flour. Stir this into the dry mixture in the mixing bowl. Shape dough into a ball and proceed in the same manner as with freshly made pastry.

**Class Project:** Plan menus showing the variety of uses of pastry for main dishes, for appetizers, for desserts.

**For meat pie topping,** use 1 1/2 cups mix. Make a paste of 2 tablespoons water and 1/4 cup flour. Stir into dry mix. Shape dough into ball. Roll on lightly floured board with short, light strokes, from center to edge, keeping it circular in shape and about 1/8” thick. Cut small holes for steam vents. Place over filled casserole. Turn edge under and flute with fingers. Bake at temperature required for filling.

**For latticed fruit pie,** use 2 cups of mix and add paste made of 3 tablespoons water and 1/3 cup flour. Divide dough and roll bottom crust. Line pie plate. Add fruit filling. Weave pastry strips 1/4” to 1/2” wide across filling. Fold edge of bottom crust over strips and flute with fingers or fork. Bake at temperature required for filling.

**For 6 medium tart shells,** use 2 cups mix and add paste made of 3 tablespoons water and 1/3 cup flour. Divide dough in half. Roll and cut 3 circles 6” in diameter from each half. Line tart pans. Fold edge under and flute with fingers. Prick with fork over sides and bottoms. Bake at 425°F.
Cookies: One batch of mix will make 1½ dozen Date-Nut Bars, 4 dozen Fudge Drops, 4 dozen Molasses Crisps and 4 dozen Spicy Fruit Dreams.

**Easy Date-Nut Bars**

(1½ dozen)

Stir together:
- ½ cup Crisco Mix
- ½ cup light brown sugar
- ¼ teaspoon baking powder

Add:
- 1 egg

Stir vigorously. Add:
- 1 cup chopped dates
- 1 cup chopped nuts

Blend well. Pour into 8" x 8" pan which has been rubbed with Crisco. Bake at 375°F. 20-25 minutes. Sprinkle with confectioners sugar. Cool. Cut in strips.

**Molasses Crisps**

(3 to 4 dozen 2" cookies)

Stir together:
- 2 cups Crisco Mix
- ¾ cup light brown sugar
- 1½ teaspoons soda
- 1 teaspoon cinnamon

Add:
- 1 egg
- 3 tablespoons molasses

Stir vigorously. Chill dough. Mold into 1" balls. Brush tops with water; dip in sugar. Place balls 3" apart on cookie sheet. Bake at 375°F. 8 to 10 minutes.

**Fudge Drops**

(3 to 4 dozen 2" cookies)

Stir together:
- 1½ sqs. melted chocolate
- 2 cups Crisco Mix
- ½ cup sugar
- ¼ teaspoon soda

Add:
- 1 egg

Stir vigorously. Add:
- ½ cup milk
- 1 teaspoon vanilla
- ½ cup chopped nuts

Drop from teaspoon to baking sheet. Bake at 375°F. 10 to 12 minutes. Cool. (Ice with your favorite chocolate icing).

**Spicy Fruit Dreams**

(4 dozen 2" cookies)

Stir together:
- ½ teaspoon allspice
- 2 cups Crisco Mix
- 1 cup light brown sugar
- ½ teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon cloves

Add:
- 2 eggs
- 2 tbsp. orange juice
- 1½ cups chopped nuts
- 1½ cups chopped dates

Blend well. Drop from teaspoon to cookie sheet which has been rubbed with Crisco. Bake at 375°F. 10 to 12 minutes.
Suggested Baking References for Class Assignments

Some Cooking and Baking Utensils Study
*Journal of Home Economics, Volume 40 — No. 6, June 1948*

Handbook of Food Preparation, *American Home Economics Association*

Altitude Cook Books
- Mile-High Cakes, *Colorado A & M College*
- Altitude Cooking, *University of Wyoming*

Experimental Cookery, *Belle Lowe*

How's and Why's of Cooking, *Halliday and Noble*

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**Procter & Gamble Material Available to Consumers:**

The Crisco Cook Book —*"New Recipes for Good Eating"*
(Can be obtained for 25 cents and a Crisco label sent to:)

Crisco
Department X — Box 837
Cincinnati 1, Ohio

For entertaining —*"Let's Have A Party For 5 or 50"*
Recipes for cakes, pies and fried foods —*"Favorite Recipes"*