Handbook of Baking

Containing a choice collection of prize recipes for using

King Midas Flour

Compiled by

KING MIDAS MILL COMPANY

Home Economics Department

Minneapolis, Minn.
KING MIDAS EASY METHOD
BREAD

Here we have a wonderful short and easy method of making bread.

Take 3 cakes compressed yeast, break into 1 1/2 cups luke warm (not hot) water with 3 teaspoons sugar. Cover, let stand in warm place for 15 minutes. Sift 4 quarts King Midas Flour in a warm bowl, make a hollow center. Into it place 1 1/2 tablespoons salt, 1 tablespoon sugar, 2 tablespoons melted lard, 3 cups warm milk, 1 1/2 cups warm water, (if you use less milk use more water), and a little more shortening, add the dissolved yeast to this. With a spoon stir gradually with King Midas Flour until it can be handled. Butter bowl, put dough in, butter top, place warm bread board on top of bowl and let raise 35 minutes. This is necessary as it does the work of kneading. Now take out, butter bowl again, put into bowl once more, butter top, let raise to double its size. Make into loaves, let raise again. Bake one hour in moderate oven. This makes 4 medium sized loaves, is very good, never a failure if made according to directions, and is very easily made. If you wish to make a raisin bread out of it you may add 3/4 cup seeded raisins. Bake with 350 to 400 degrees of heat.
NUT BREAD

2 eggs  2 teaspoons baking powder
2 cups sweet milk  ¾ cup granulated sugar
4 cups King Midas Flour 1 cup chopped walnut meats
Pinch of salt

Mix dry ingredients, add milk, then the beaten eggs, then the nuts. Let stand 15 minutes in tin.
Bake in slow oven with 325 degrees of heat.
Makes two loaves.

WHEAT BREAD

2 cups milk or 1 cup milk 1 tablespoon butter or lard
and 1 cup water 1 cake compressed yeast
1 tablespoon sugar 6 cups King Midas Flour
1 scant tablespoon salt

Dissolve the cake of yeast in ½ cup warm water to which a little flour and sugar have been added. Let it rise.
Warm flour slightly and sift. Heat milk and allow it to cool to luke warm.
Start batter by slowly adding the milk to some of the flour, sugar and salt mixing in a warm bowl.
Add the yeast.
Continue stirring in balance flour and milk until dough is stiff enough to turn on floured board. Knead until flour is nearly all used leaving a little for the last kneading. Return to the bowl and rub butter lightly over top of dough to prevent drying. Let rise until double its bulk, turn out of bowl and divide in two parts.
Let rise again to double its bulk after moulded into loaves. Bake 40-50 minutes.
FOUR HOUR BISCUITS

Break two cakes compressed yeast in 1/2 cup warm water with 1 teaspoon sugar.
Mix 2 cups scalded milk, 3 tablespoons melted butter, 2 tablespoons sugar, 1 teaspoon salt.
Add part of 5 cups King Midas Flour then add yeast mixture to above and gradually stir in rest of the flour.
Let rise until light, then form into shape desired and put in tins. Let rise again until light and bake 30-35 minutes in moderate oven at 350 degrees.

MUFFINS

2 tablespoons butter 2 1/2 cups King Midas Flour
1 cup sugar 4 teaspoons baking powder
2 eggs Juice of 1/2 orange
1 cup milk Pinch of salt
Cream butter and sugar. Add the eggs well beaten. Gradually add milk and mix in 2 cups flour. In balance flour add baking powder then the orange juice and mix thoroughly. Put in muffin tins. Bake 20 minutes in moderate oven 350 degrees.

KING MIDAS BISCUITS

4 cups King Midas Flour 1 1/2 cups milk
4 level teaspoons baking powder 
4 level tablespoons shortening

Sift flour, add baking powder and salt. Rub shortening in with fork. Add milk, mix lightly. Turn out on well floured board and roll out or pat one inch thick.
Cut and bake in a quick oven 450 degrees. 15-17 minutes.
SHORT CAKE

\[
\begin{align*}
\frac{1}{2} \text{ cup butter} & \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \text{ cup sugar} & \quad 2 \text{ cups King Midas Flour} \\
2 \text{ eggs} & \quad 2 \text{ teaspoons baking powder} \\
\frac{1}{2} \text{ cup sweet milk} &
\end{align*}
\]

Cream butter and sugar, add well beaten eggs, then salt, then the milk, add the baking powder to the flour, mix lightly, bake in a sheet, 20 minutes, 350-400 degrees F.

APPLE CAKE

\[
\begin{align*}
2 \text{ cups King Midas Flour} & \quad \frac{1}{2} \text{ cup sugar} \\
3 \text{ teaspoons baking powder} & \quad \frac{1}{2} \text{ teaspoon salt}
\end{align*}
\]

Work in 1 tablespoon butter, 1 of lard, beat 1 egg in a cup, fill with milk and add to above mixture.

Cover with cut apples, then cover with following: 2½ cups sugar, 3 tablespoons flour, 1 teaspoon cinnamon, rub in 3 tablespoons butter and strew over sliced apples.

Bake 20-25 minutes in moderate oven, 350 degrees.

This makes 3 cakes.

COFFEE CAKE

\[
\begin{align*}
1 \text{ pint milk} & \quad \frac{1}{2} \text{ cup butter or lard} \\
1 \text{ or 2 eggs} & \quad \frac{1}{2} \text{ cup raisins} \\
1 \text{ square yeast} & \quad 1 \text{ teaspoon lemon extract} \\
\frac{1}{2} \text{ cup sugar} & \quad 5 \text{ cups King Midas Flour}
\end{align*}
\]

Set a sponge of milk, butter, sugar and yeast with flour enough to make a thin batter. When light, beat in well the eggs, raisins and remainder of about 5 cups King Midas Flour.

Let rise again and spread with melted butter, sprinkle with sugar, cinnamon and chopped nuts. Bake 30-35 minutes in moderate oven, 350 degrees.
**LADY BALTIMORE CAKE**

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\begin{align*}
& \frac{3}{4} \text{ cups butter} & & 3\frac{1}{2} \text{ teaspoons baking powder} \\
& 2 \text{ cups sugar} & & 6 \text{ egg whites} \\
& 1 \text{ cup milk} & & 1 \text{ teaspoon lemon or rose flavor} \\
& 3\frac{1}{2} \text{ cups King Midas Flour} & & \\
\end{align*}
\]

Cream butter and beat in sugar gradually. Sift baking powder and King Midas Flour and add to butter and sugar alternately with milk and flavoring.

Add egg whites last. Bake in 3 layers or loaf cake; this cake was made, tripling the quantities. Nothing was used in the decorations of the cake that could not be eaten: sugar, eggs, water, a little baking powder and fruit coloring.

*President Wilson-Galt Wedding Cake, presented to Col. Lindbergh at reception while in Milwaukee, baked with King Midas Flour.*

On the top it had a Lindbergh plane, around lay a bunch of lilies of the valley, tied with silver ribbons; lower tier decorations consisted of rose buds in pink and bridal veiling in red, white and blue tied in a huge bow tied with natural roses.

**MOCHA CHANTILLY CAKE**

\[
\begin{align*}
& 4 \text{ eggs} & & 1 \text{ teaspoon baking powder} \\
& 1 \text{ cup sugar} & & \frac{1}{4} \text{ teaspoon salt} \\
& 3 \text{ tablespoons cold water} & & 1 \text{ teaspoon lemon extract} \\
& 1 \text{ cup King Midas Flour} & & \\
\end{align*}
\]

Beat egg yolks and water until thick and lemon colored, add sugar gradually, beating constantly and beat 2 minutes after sugar is added. Sift King Midas Flour, baking powder and salt, add to mixture and blend well, fold in stiffly beaten egg whites, add flavor. Bake in oiled layer cake pans. Put layers together with whipped cream, sweetened and flavored with strong coffee. Garnish top of cake with cream mixture forced through pastry bag with rose tube attached, and serve at once.
CHOCOLATE MARSHMALLOW ROLL

4 egg yolks
3 egg whites
1 cup sugar
1 1/2 squares chocolate
1 teaspoon vanilla

1/4 cup milk
1/8 teaspoon salt
1 teaspoon baking powder
1 cup King Midas Flour

Material for Filling

20 marshmallows
1 cup sugar
1/2 teaspoon vanilla

1 1/3 cup boiling water
1 egg white
Pinch of salt

For cake, beat eggs until light, add sugar, beat until creamy. Stir in chocolate, then milk. Mix and sift dry ingredients. Stir into first mixture. Add vanilla, pour batter into well greased shallow pan. Bake in moderate oven about 15 minutes, then turn out on slightly damp cloth, spread filling and roll up. Wrap cloth tightly around cake and let stand, until cold.

To make the filling, mix sugar and water and boil without stirring until mixture forms a ball in cold water, or at 240 degrees. Melt marshmallows in double boiler, pour syrup slowly on egg white, beating constantly. Add marshmallows and vanilla, beat stiff until nearly cold. Serve in slices with or without whipped cream.
A WONDERFUL CHECKER BOARD CAKE

Material for Light Part

2 cups King Midas Flour  1/2 cup butter
2 teaspoons baking powder  1/2 cup milk or water
1 1/4 cup granulated sugar  4 egg whites
1 teaspoon vanilla  Pinch of salt

Material for Dark Part

2 cups King Midas Flour  1/2 cup milk or water
2 teaspoons baking powder  4 egg yolks
1 cup brown sugar  1/2 teaspoon each cloves, cinnamon and nutmeg
1/2 cup butter  Pinch of salt
1 square chocolate

For light part, cream butter and sugar, add water or milk and dry ingredients alternately, then whites of eggs and beat hard. For dark part, sift flour once through measure; add baking powder; cream butter and sugar; add yolks and beat hard, then add King Midas Flour and milk or water alternately; add melted chocolate and stir slightly. Use 1 pan 7x14 or 2 laver pans 7x7 inches.

Make paper cornucopias or use pastry bags without tubes. Squeeze out batter in long strips, alternately in light and dark, make two pastry bags, one light, one dark. Take notice when placing your dough into your forms, to start with the opposite color of what you started with into your first tin.

NOTE—This cake took the first prize November 25, 1927, at the Merchants, Manufacturers & Brokers Association Baking Contest, Chicago, out of nine different kinds of flour. King Midas Flour carried the highest rating on points, best and finest texture and even baking, also using the least amount of gas in ranges using heat control.
QUEEN OF FRUIT CAKE

GROOM’S CAKE*

1 cup butter  
1 cup sugar  
1 cup crystallized or Maraschino cherries  
1 cup blanched almonds, ground  
1 cup hickory nuts or pecans  
3 cups King Midas Flour  
2 teaspoons baking powder

1/2 teaspoon soda  
3 cups seedless raisins  
1/2 cup grape juice  
1/2 pound citron  
1/4 pound each of lemon and orange peel  
2 teaspoons cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon mace  
5 eggs

Pour hot water over lemon and orange peeling. Remove at once from fire, squeeze out water. Run lemon and orange peel through coarse knife food chopper. Using an additional half cupful of King Midas Flour carefully, add raisins and fruit. Cream butter and sugar, add eggs well beaten without separating. Sift baking powder and soda in flour and add to mixture. Add spices, grape juice, then fruit and nuts. Then distribute these fruits over the surface, pressing them into the batter evenly with a silver knife. This recipe will make about 7 lbs. of fruit cake. Fruits may be varied as to assortment, according to choice, provided the quantity is kept the same. Place cake pans in pans of shallow water and bake in moderate oven about 1 1/2 hours.

*This cake was awarded first prize and highest point rating in a baking contest conducted by the Chicago Merchants, Manufacturers and Brokers Association, for the Queen of all Fruit Cakes.
DOUGHNUTS

1 cup mashed potatoes
1/2 cup sweet milk
Butter size of a walnut beaten to a cream
2 eggs
4 teaspoons baking powder
1 cup sugar
Nutmeg or cinnamon

Cream butter and sugar, add eggs well beaten, then the milk, add flour and baking powder. Mix lightly and cut out with doughnut cutter 1/2 inch thick. Drop in hot lard and fry golden brown.

SNOWBALLS

Bring cup water to boiling point, add 1-3 cup butter and 2 tablespoons sugar. Stir in 1 cup King Midas Flour, let cool, then beat in 3 eggs, 1 at a time. Drop in hot lard by teaspoon. Do not fry too fast.

LEMON PIE

Juice of 2 lemons, 1 1/2 cups sugar, 2 heaping tablespoons cornstarch, pinch of salt, 2 cups hot water. Stir well and boil, add 3 egg yolks, one at a time and beat, do not boil again, add piece of butter size of a walnut.

Bake crust, add filling, cover with meringue. This makes a large pie.
**MERINGUE**

3 whites of eggs  
1 tablespoon cold water  
Pinch of salt  
¼ teaspoon cream tartar  

4 tablespoons granulated sugar  
½ teaspoon vanilla  

Beat whites of eggs, 1 tablespoon cold water, pinch of salt, add cream tartar and finish beating, add 1 tablespoon of sugar and beat, add the rest of the sugar and beat after each tablespoon until all the sugar has been added then beat well until it holds its shape, then add vanilla and spread on pie.

Bake very slow with 300-325 degrees of heat, 20-22 minutes.

**CARROT PIE**

**Shell for Pie:** 1 scant cup **King Midas Flour**, 1/2 teaspoon salt, 1/4 teaspoon baking powder, 1-3 cup butter and lard. Add enough water to hold together.

**Filling:** 1 1/4 cup mashed cooked carrots, 1/2 cup milk, 1 cup sugar, pinch of salt, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 2 yolks of eggs. Save whites for meringue.

Bake shell first. Fill shell with custard, put meringue on, bake slowly with 300-325 degrees, 20-22 minutes.
SUNSHINE CAKE

7 large or 8 small eggs 1 teaspoon cream tartar
Pinch of salt 1 teaspoon vanilla
1 1/2 cups sugar 1 cup King Midas Flour

Separate the eggs, add pinch of salt to whites of eggs and beat half, then add cream of tartar and finish beating, add sugar gradually and beat until smooth, add vanilla, and fold in the flour lightly.

Bake 45-50 minutes, 325 degrees F.

DEVILS FOOD

2 squares bitter chocolate, or 3 tablespoons cocoa dissolved in a cup of boiling water. Let cool, cream 1/2 cup butter with 2 cups sugar, then add 2 eggs beaten separately, add 1/2 cup sour cream with 1 level teaspoon soda, add the chocolate or cocoa, lastly add 3 cups King Midas Flour.

Bake in layers 30-35 minutes, 350 degrees F.

ANGEL FOOD

9 large or 10 small eggs, whites only 1 scant teaspoon cream tartar
Pinch salt 1 teaspoon vanilla
1 1/4 cups granulated sugar 1 cup King Midas Flour
1 tablespoon water

Beat whites of eggs with one tablespoon water, pinch of salt, half, add sugar gradually, then the vanilla and beat until smooth, add cream tartar and flour last and fold in lightly.

Bake 45-50 minutes, 325 degrees F.
SPONGE CAKE

6 eggs separated  2 1/2 cups King Midas Flour
1 teaspoon vanilla  Pinch of salt
2 cups sugar  1 heaping teaspoon baking powder
1 cup boiling water

Beat yolks, add 1 cup of sugar and cream very fine. Add vanilla, add 1 cup boiling water, add 2 1/2 cups flour with 1 teaspoon baking powder, beat whites of eggs with a pinch of salt, add 1 cup of sugar and beat well, turn the yolks of the eggs into the whites, fold in very lightly. Bake in loaf 1 hour or bake in layers 35-40 minutes, 325 degrees heat.

Butter tins, three layers.

SPICE CAKE

1 cup granulated sugar  1 teaspoon cinnamon
3/4 cup butter  1 teaspoon nutmeg
3 eggs  1 teaspoon cloves
3 tablespoons sour cream  2 cups King Midas Flour
1 teaspoon soda  3/4 cups nuts chopped

Cream butter and sugar, add egg yolks, then the cream, cinnamon, nutmeg and cloves, then the flour with the soda added to the flour, add nuts, and last add whites.

Bake slow in loaf cake 40-45 minutes, 325 degrees F.

BUTTER COOKIES

1 lb. butter  1/2 lb. chopped almonds
1 lb. sugar  2 eggs
1 lb. King Midas Flour  1 teaspoon baking powder

Cream butter and sugar, add eggs and beat, add flour and baking powder last. Bake slow with 325 degrees F.
BUTTERSCOTCH COOKIES

2 cups brown sugar
1 teaspoon soda
1 scant tablespoon butter
and lard mixed
1 teaspoon vanilla

2 eggs
4 cups King Midas Flour
1 cup nuts
1 teaspoon cream tartar

Mix all ingredients, cream butter and shortening then the eggs, and vanilla, lastly fold in the flour, let stand over night, in the morning slice and bake. Bake with 325 degrees.

MUEBETEIG

6 oz. butter, 3 tablespoons powdered sugar, cream it, add 2 yolk's of eggs, 2 cups of King Midas Flour, 1/2 teaspoon baking powder, pinch of salt, line spring form like pie crust, and fill.

NEVER FAIL FROSTING

Put in double boiler, 1 egg white, 4 tablespoons cold water, 1 cup of sugar. Have boiling water in lower part, put over a steady low flame, and beat with beater 7 minutes by the clock. Then take from the fire, beat until partly cooled, add 1 teaspoon vanilla and beat, then spread on the cake. For a large cake use double quantity.

BUTTER FROSTING

2 1/4 cups confectioners sugar, 1 teaspoon vanilla, 1/4 lb. butter, enough cream to make a smooth paste then cream until smooth. Spread on each layer and decorate top.
With weights and measures just and true,
With stoves of even heat,
With buttered tins and quiet nerves,
Success will be complete.

A Table of Weights and Measures

3 teaspoons equal 1 tablespoon.
16 tablespoons dry material equal 1 standard cup.
16 tablespoons liquid equal 1 standard cup.
2 cups equal 1 pint.
1 pound eggs (approximate) equal 9 eggs.
4 cups flour equal 1 pound.
2 cups granulated sugar equal 1 pound.
$2\frac{3}{4}$ cups powdered sugar equal to 1 pound.
4 tablespoons equal 1 wineglassful.
2 gills make 1 teaspoonful.
4 tablespoons salt equal 1 ounce.
1$\frac{1}{2}$ tablespoons granulated sugar equal 1 ounce.
2 pounds brown sugar equal $2\frac{3}{4}$ cups.
1 pound fine bread crumbs equal 2 cups.
King Midas Flour

"The Highest Priced flour in America and Worth All It Costs"