King Midas

HOME TESTED RECIPES

BREAD
ROLLS
BISCUITS
CAKES

HOME ECONOMICS DEPARTMENT
KING MIDAS FLOUR MILLS
MINNEAPOLIS, MINNESOTA
KING MIDAS FLOUR is manufactured only in Minnesota from the choicest, highly glutenous and nutritious northwestern spring wheat. It is made under the most sanitary conditions in modern, spotlessly clean mills where every kernel of wheat is thoroughly washed and scoured before grinding.

King Midas is truly a selected flour. It contains only the many-times sifted, daintiest particles of the mill flour stream. That's why King Midas is the ideal all-purpose flour and will assure you of the same excellent results whether you are baking bread, rolls, cakes or pastries.

Although King Midas costs a few cents more than ordinary flour, you practice true economy by using it. Notice particularly that every sack of King Midas flour produces more baked goods, and you will be delighted to find that your King Midas bakings will retain their freshness much longer.

The name "KING MIDAS" together with the little King Midas girl is more than a trade mark. It is a pledge of the highest possible quality — worthy of the King Midas slogan: "The Highest Priced Flour in America And Worth All It Costs."
WHITE BREAD

Home Made Bread

2 cups Milk (scalded)                  2 cups Water
2 tablespoons Sugar                   1 tablespoon Salt
2 tablespoons Sugar
2 cakes Compressed Yeast             2 tablespoons Shortening
2 1/2 quarts (10 cups) sifted
KING MIDAS FLOUR

1. Dissolve yeast in lukewarm milk and water. Add sugar, salt, and melted shortening. Stir so ingredients are thoroughly mixed. Add flour (medium soft dough).
2. Place in greased bowl, cover, and let rise 2 hours.
3. Knead down. Replace in bowl, cover, and let rise one hour.
4. Knead again and let stand 20 minutes.
5. Shape in loaves, place in greased bread tins and let rise until double in bulk (about one to 1 1/2 hours).
6. Bake 45 to 60 minutes. Temperature: 400° for 10 minutes, 375° remaining baking period.

Straight Dough—Quick Method

2 cakes Compressed Yeast
1 quart lukewarm liquid (water or half milk and half water)
2 tablespoons Sugar
2 1/2 quarts (10 cups) sifted
KING MIDAS FLOUR
2 tbsp. melted Shortening
1 tablespoon Salt

1. Dissolve yeast in lukewarm liquid. Add sugar, shortening, and half the flour.
2. Beat until smooth. Add salt and remaining flour.
3. Knead until smooth and elastic. Place in greased bowl, cover, and keep warm and free from draught until light (about 1 1/2 hours).
4. Knead and mould into loaves. Place in well greased bread pans, filling them half full.
5. Cover and let rise until double in bulk (about 1 hour).
6. Bake 45 to 60 minutes. Temperature: 400° for 10 minutes, reduce to 375° for rest of baking time.
Easy Bread Method

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>3 cakes Compressed Yeast</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups lukewarm Water</td>
<td></td>
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<tr>
<td>1 tablespoon Sugar</td>
<td></td>
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<tr>
<td>4 quarts sifted KING MIDAS FLOUR</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons Salt</td>
<td></td>
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<tr>
<td>1 tablespoon Sugar</td>
<td></td>
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<tr>
<td>2 tablespoons melted Shortening</td>
<td></td>
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<tr>
<td>3 cups warm Milk (scalded and cooled to lukewarm)</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups warm Water</td>
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1. Crumble yeast into warm water with sugar. Cover and let stand in warm place for 15 minutes.
2. Sift flour in warm bowl. Make a hollow center and add other ingredients and dissolved yeast. Stir gradually with spoon.
3. When dough can be handled, put in greased bowl and cover with a warm bread board. Let rise in moderately warm place for 35 minutes.
4. Take out dough, regrease bowl, return dough to bowl, butter top, and let rise until double in bulk.
5. Make into four loaves, place in well greased bread pans and let rise until double in bulk.
6. Bake one hour. Temperature: 400° 10 minutes, 375° 50 minutes.

Over-night Sponge Method

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 dry Yeast Cake in</td>
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<tr>
<td>1/4 cup lukewarm Water</td>
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<tr>
<td>1 quart liquid (water or water and milk)</td>
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<tr>
<td>2 tablespoons Sugar</td>
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<tr>
<td>2 1/2 quarts (10 cups) sifted KING MIDAS FLOUR</td>
<td></td>
</tr>
<tr>
<td>1 1/4 tablespoons Shortening</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tablespoons Salt</td>
<td></td>
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</table>

1. Add dissolved yeast to sugar and lukewarm liquid. (If milk is used, must be scalded and cooled to lukewarm.) Add about half the flour. Beat thoroughly. Cover and place in moderately warm place. Allow to stand over night.
2. In morning, add salt, shortening and balance of flour. Knead until smooth. Place in greased bowl, cover, and let rise until double in bulk.
3. Punch down and allow to stand 15 minutes.
5. Bake 45 to 60 minutes. Temperature: 400° 15 minutes, 375° remainder of baking period.
Milk Bread

1. Scald milk and when lukewarm dissolve yeast and sugar in it.
2. Add \( \frac{1}{2} \) the flour (5 cups) and beat well. Put in greased bowl, cover, and let rise until double in bulk (about 1\( \frac{1}{2} \) hours).
3. Add shortening and remainder of flour and salt. Knead 10 minutes. Place in greased bowl and let rise 1\( \frac{1}{2} \) hours.
4. Knead and shape in loaves. Let rise until double in bulk (about 1 hour).
5. Bake 45 to 60 minutes. Temperature: 400° 15 minutes, 375° remainder of baking time.

Overnight Potato Bread

1. Scald 3 tablespoons of flour with scalded potato water (about \( \frac{1}{3} \) cup). Add dissolved yeast, sugar, lukewarm potato water and one-half the flour. Beat thoroughly. Cover and let stand over night in moderately warm place.
2. In morning add shortening, salt and remainder of flour. Knead until smooth. Place in greased bowl, cover and let rise until double in bulk.
3. Punch down and let stand 15 minutes.
5. Bake 45 to 60 minutes. Temperature: 400° 15 minutes, 375° remainder of baking period.
Raisin and Nut Bread

1 cake Compressed Yeast  5 tablespoons Butter
1 tablespoon Sugar  3 Egg yolks
¼ cup lukewarm Water  1½ teaspoons Salt
2 cups Milk (scalded)  ½ cup Raisins
8 cups sifted KING MIDAS FLOUR  ¼ cup Nuts

1. Dissolve yeast in lukewarm water. Add to lukewarm milk with sugar. Add ½ the flour. Let rise until double in bulk (about 1½ hours).
2. Add soft butter, egg yolks, remaining flour, and salt. Knead and let rise until double in bulk.
3. Divide in two. To one half knead in raisins. To the other half the nuts. Form loaves and place in greased bread pans. Let rise until double in bulk.
4. Bake 45 to 50 minutes. Temperature: 400° 10 minutes, 350° 35 to 40 minutes.

RYE BREAD

1 cake Compressed Yeast  4 cups KING MIDAS WHITE FLOUR
¼ cup lukewarm Water  1 tablespoon Sugar
1 tablespoon Sugar  3 cups KING MIDAS RYE FLOUR (Amount of rye flour may be increased or decreased to suit individual taste.)
2 cups lukewarm Water  ¼ cup Dark Molasses
¼ cup Dark Molasses  1 tablespoon Shortening
1 tablespoon Shortening

1. Dissolve yeast in ¼ cup lukewarm water, add sugar and allow it to stand 20 minutes.
2. Now add 2 cups lukewarm water, molasses, melted shortening and 3½ cups flour, mix well.
3. Let rise and when light, add remainder of flour, keeping out ½ cup white flour for kneading.
4. Knead well, return to greased bowl and let rise.
5. When light, shape into loaves, put in greased tins and let rise until double in bulk.
6. Bake 50-60 minutes. Temperature: 400° 15 minutes, 350° remainder of baking period. This recipe makes two loaves.
WHOLE WHEAT BREAD

Recipe No. 1

1 teaspoon Sugar  1/4 cup lukewarm Water
1 teaspoon Salt  2 1/4 cups KING MIDAS WHOLE WHEAT FLOUR
1 cup Milk (scalded)  1/2 cup compressed Yeast
1/2 cup Milk (scalded)  1 cup KING MIDAS WHOLE WHEAT FLOUR

1. Put sugar and salt into bowl and add scalded milk.
2. When lukewarm, add yeast dissolved in lukewarm water.
3. Add half the flour and beat well.
4. Add remainder of flour and knead several minutes.
5. Place in greased bowl, moisten top of dough and let rise.
6. When light, punch down, remove from bowl and knead well.
7. Shape into loaves, place in greased pans and let rise until light.

Recipe No. 2

1 cake Yeast  1 1/2 teaspoons Salt
1 tablespoon Sugar  1 1/2 cups KING MIDAS WHOLE WHEAT FLOUR
1/4 cup lukewarm Water  1 cup KING MIDAS FLOUR
1 cup scalded Milk
1 tablespoon Lard

1. Dissolve yeast in 1/4 cup lukewarm water, add sugar and let stand 15 minutes.
2. When scalded milk is lukewarm, add yeast mixture to it, also add salt, melted shortening and the white flour.
3. Add Whole Wheat flour and knead (use white flour on the board).
4. Place in greased bowl, cover and let stand until almost double in size.
5. Punch down and allow to rise again.
6. Form into loaves and place in greased pans.
7. Let rise until double in size.
8. Bake 1 hour. Temperature: 425° 15 minutes, 380° 45 minutes. This makes one loaf.
COFFEE CAKE

2 cakes Compressed Yeast
in
\( \frac{1}{2} \) cup lukewarm Water
2 tablespoons Sugar
1 quart Milk (scalded and cooled)

10 cups sifted
KING MIDAS FLOUR
6 Eggs
\( \frac{3}{4} \) cup Shortening
1 cup Sugar
1 tablespoon Salt

1. Dissolve yeast in lukewarm water with sugar (2 tablespoons).
2. Add lukewarm milk and one-half the flour. Place in greased bowl and let rise until double in bulk.
3. Add eggs, shortening, sugar, salt, and remainder of flour. Knead until smooth. Let rise again until double in bulk (about 1\( \frac{1}{2} \) hours).
4. This is a basic recipe and will make four coffee cakes, which may be treated in the following ways:

**Raisin Coffee Cake**

\( \frac{1}{4} \) basic recipe. Knead in 1 cup raisins and \( \frac{1}{2} \) teaspoon cinnamon. Shape in loaf. Let rise. Bake 350° 1 hour.

**Apple Cake**

\( \frac{1}{4} \) basic recipe. Roll to fit 10-inch round pan. Cover with sliced apples. Sprinkle with \( \frac{1}{4} \) cup sugar, \( \frac{1}{2} \) teaspoon cinnamon. Dot with butter. Let rise. Bake 375° 45 minutes.

**Streusel**

\( \frac{1}{4} \) basic recipe. Roll about \( \frac{1}{4} \) inch thick to fit oblong pan. Top with 4 tablespoons flour, 2 tablespoons butter, \( \frac{1}{2} \) cup sugar, \( \frac{1}{2} \) teaspoon cinnamon (worked together). Let rise. Bake 375° 45 minutes.

**Cinnamon Coffee Cake**

\( \frac{1}{4} \) basic recipe. Roll to fit oblong pan. Sprinkle with \( \frac{1}{2} \) cup sugar and 1 teaspoon cinnamon. Dot well with butter. Let rise. Bake 375° 45 minutes.
• POPOVERS

1 cup sifted KING MIDAS FLOUR  1/2 teaspoon Salt
1 cup Milk  2 Eggs

1. Add one-half the milk, one-half the flour, and salt to well-beaten eggs. Beat until very light.
2. Add remainder of milk and flour.
3. Fill warm muffin pans one-half full.
4. Bake 35 to 45 minutes. Temperature: 450°  25 minutes, 325° remainder of baking time.

• MUFFINS

4 teaspoons Baking Powder  3/4 cup Milk
1/4 teaspoon Salt  1 Egg
1/4 cup Sugar  1/2 cup Butter
2 cups sifted KING MIDAS FLOUR

1. Mix and sift dry ingredients together.
2. Add milk and beaten egg and melted butter.
3. Fill muffin tins half full.

• BAKING POWDER BISCUITS

2 cups sifted KING MIDAS FLOUR  3 tablespoons Shortening
4 teaspoons Baking Powder  1/4 cup Milk and Water (half of each)
1/2 teaspoon Salt

1. Mix and sift dry ingredients.
2. Cut in shortening and add milk.
3. Roll to 1/2 inch thickness on floured board. Cut.
4. Bake 15 minutes. Temperature: 400° to 450° hot oven. When baked remove from pan at once.
Basic Sweet Roll Recipe

| 1 cake Compressed Yeast | 2 tablespoons melted Butter |
| 1 cup Milk (scalded and cooled to lukewarm) | 2 Eggs |
| 1 teaspoon Salt | 3 1/2 cups sifted KING MIDAS FLOUR |
| 2 tablespoons Sugar | |

1. Dissolve yeast in 1/4 cup lukewarm water 20 minutes.
2. Add to milk (lukewarm) and 2 cups flour and sugar. Mix thoroughly. Cover and let rise until double in bulk.
3. Add rest of flour and remainder of ingredients. Knead well and place in greased bowl. Let rise until double in bulk.
4. Now ready to shape into rolls.

Quick Rolls

(One hour from start to finish)

| 1 cake Compressed Yeast | 3 cups sifted KING MIDAS FLOUR |
| 1 tablespoon Sugar | 3/4 teaspoon Salt |
| 1 cup Milk (scalded and cooled to lukewarm) | 4 tablespoons Butter |

1. Dissolve yeast and sugar in lukewarm milk.
2. Add 1 cup flour and beat five minutes.
3. Add 3 tablespoons soft butter and beat one minute.
4. Add 1 1/2 cups flour with salt sifted in.
5. Turn on board with remainder of flour and knead.
6. Place in greased bowl, cover, and let rise 30 minutes.
7. Roll dough to 1/4 inch thick, spread with rest of butter.
8. Cut with 2-inch biscuit cutter, fold over, and pinch with finger and thumb.
9. Place on baking sheet 1 inch apart. Let rise 9 minutes.
**BISCUIT MIXTURE**

Ready to use. Store in cool place.

- 8 cups sifted KING MIDAS FLOUR
- 1/2 cup Baking Powder
- 1 tablespoon Salt
- 1 1/2 cups Shortening

1. Sift dry ingredients five times.
2. Cut in shortening.
3. Store in cool place.
4. Use as any prepared biscuit mixture.

**SOUR MILK BISCUITS**

- 2 cups sifted KING MIDAS FLOUR
- 1/2 teaspoon Salt
- 1 teaspoon Baking Powder
- 1/2 teaspoon Soda
- 2 tablespoons Shortening
- 1/8 cup Sour Milk

1. Mix and sift dry ingredients.
2. Cut in shortening and add milk.
3. Roll to 1/2 inch thickness on floured board. Cut.
4. Bake 15 minutes. Temperature: 400° to 450° hot oven. When baked remove from pan at once.

**COLD WATER PIE CRUST**

- 1 1/2 cups sifted KING MIDAS FLOUR
- 3/4 teaspoon Salt
- 1/2 cup Shortening
- 4-6 tablespoons Cold Water

1. Sift dry ingredients.
2. Cut in shortening.
3. Add water, cutting in to soft dough.
4. Toss on slightly floured board, pat and roll out.
5. This makes two crusts.
**HOT WATER PIE CRUST**

1  1/2 cups sifted KING MIDAS FLOUR
1/2 cup Shortening
1/2 teaspoon Salt
1/2 cup boiling Water
1/2 teaspoon Baking Powder

1. Pour boiling water over shortening.
2. Beat until creamy.
3. Cool slightly, add flour, salt and baking powder.
4. Mix to soft dough and roll out.

**CAKES**

**Plain Butter Cake**

1  1/2 cups sifted KING MIDAS FLOUR
1/2 cup Butter
1 cup Sugar
1/2 cup Milk
1/2 teaspoon Salt
1 teaspoon Vanilla
2 teaspoons Baking Powder
2 Eggs

1. Cream butter well, then add sugar and cream together.
2. Add well beaten eggs.
3. Add milk and flour sifted with baking powder and salt.
4. Add vanilla.
5. Place in paper lined layer pans or one oblong cake pan.

**Variations on Plain Butter Cake Recipe**

1. Nut Cake: Add 1/2 cup cut nut meats.
2. Spice Cake: 1/2 teaspoon cinnamon, 1/2 teaspoon cloves and nutmeg combined.
3. Chocolate Cake: 2 squares chocolate, 3 tablespoons less flour.
4. White Cake: Use 4 egg whites.
Sponge Cake

\[
\begin{align*}
\frac{3}{4} \text{ cup sifted} & \quad \text{1 tablespoon Lemon Juice} \\
\text{KING MIDAS FLOUR} & \quad \text{1/2 teaspoon Baking Powder} \\
6 \text{ Eggs} & \quad \text{1/4 teaspoon Salt} \\
1 \text{ cup Sugar} & \quad \text{1/2 teaspoon Cream of Tartar} \\
\frac{1}{2} \text{ grated Lemon Rind} & \\
1. & \text{ Beat egg yolks until thick. Add sugar gradually.} \\
2. & \text{ Add lemon juice and rind. Beat well.} \\
3. & \text{ Beat egg whites with salt and cream of tartar.} \\
4. & \text{ Sift flour 5 times with baking powder.} \\
5. & \text{ Fold in part of egg whites.} \\
6. & \text{ Add flour, folding in carefully.} \\
7. & \text{ Then add remainder of egg whites.} \\
8. & \text{ Bake 1 hour.} \\
9. & \text{ Temperature: 325°.} \\
10. & \text{ Invert pan and let cool.}
\end{align*}
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Devil's Food Cake

\[
\begin{align*}
\frac{3}{4} \text{ cup Shortening} & \quad \frac{1}{2} \text{ cup Cocoa, or} \\
2 \text{ cups Brown Sugar} & \quad 2 \text{ squares melted Chocolate} \\
4 \text{ Eggs} & \quad \frac{1}{2} \text{ cup boiling Water} \\
1 \text{ cup Sour Milk} & \quad 1 \text{ teaspoon Vanilla} \\
2\frac{1}{2} \text{ cups sifted} & \quad 2 \text{ teaspoons Soda} \\
\text{KING MIDAS FLOUR} & \\
1. & \text{ Cream shortening, then add brown sugar and blend together.} \\
2. & \text{ Add unbeaten eggs one at a time, beating after each addition.} \\
3. & \text{ Add sour milk.} \\
4. & \text{ Then add flour (sifted with cocoa if cocoa is used) and soda.} \\
5. & \text{ If chocolate is used, add at this point.} \\
6. & \text{ Add boiling water and vanilla.} \\
7. & \text{ Bake: If layers, 25-30 minutes; if loaf, 1 hour.} \\
8. & \text{ Temperature: For layers, 375°; for loaf, 325°.}
\end{align*}
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Angel Food

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\begin{align*}
\frac{3}{4} \text{ cup sifted} & \quad \text{KING MIDAS FLOUR} \\
1 \frac{1}{4} \text{ cups Egg Whites} & \quad 1 \text{ teaspoon Flavoring} \\
\frac{1}{2} \text{ teaspoon Salt} & \quad 1 \text{ teaspoon Cream of Tartar} \\
1 \frac{1}{4} \text{ cups Sugar} & \quad 1 \text{ teaspoon} \\
\end{align*}
\]

1. Add salt to egg whites and beat. When partly beaten, add cream of tartar.
2. When stiff, add sugar gradually. Then add flavoring.
3. Fold in flour sifted 5 times.
4. Place in tube pan.
5. Bake 1 hour.
6. Temperature: 35 minutes, 250-275°; 25 minutes, 325°.
7. Let cool in inverted pan before removing.

Toasted Spice Cake

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\begin{align*}
\frac{3}{4} \text{ cup Shortening} & \quad 2 \frac{1}{2} \text{ cups sifted} \\
2 \text{ cups Brown Sugar} & \quad \text{KING MIDAS FLOUR} \\
2 \text{ Egg Yolks} & \quad 1 \text{ teaspoon Baking Powder} \\
1 \text{ teaspoon Soda} & \quad 1 \text{ teaspoon Cloves} \\
1 \frac{1}{4} \text{ cups Sour Milk or} & \quad 1 \text{ teaspoon Cinnamon} \\
\text{Buttermilk} & \quad \frac{1}{4} \text{ teaspoon Salt} \\
1 \text{ teaspoon Vanilla} & \quad \\
\end{align*}
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1. Cream shortening, add sugar gradually and cream until light and fluffy.
2. Add unbeaten egg yolks, one at a time, beating after each addition.
3. Mix soda with sour milk or buttermilk and add to first mixture.
4. Fold in sifted dry ingredients and vanilla.
5. Pour into paper lined pan, spread with topping.
6. Bake 45-50 minutes.
8. Topping:
   1. Beat 2 egg whites until stiff.
   2. Fold in 1 cup light brown sugar and ½ cup chopped walnuts.
   3. Spread on cake mixture before baking.
New England Chocolate Cake

1/2 cup Butter
1 1/2 cups Sugar
4 squares Chocolate (melted)
with
5 tablespoons Sugar and
3 tablespoons hot Water
3 Eggs
1 1/4 cups sifted
KING MIDAS FLOUR
2 teaspoons Baking Powder
1/2 cup Milk

1. Cream butter, add sugar and cream again. Add chocolate mixture.
2. Add 3 eggs beaten until light, then add flour (sifted with baking powder) alternately with the milk.

Frosting

Cream 1 1/2 tablespoons butter with 1 3/4 cups powdered sugar. Add 1/3 cup heavy cream and 3 squares melted chocolate.

*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 2/8 cups powdered sugar equal to 1 pound.
4 tablespoons salt equal 1 ounce.
1 1/2 tablespoons granulated sugar equal 1 ounce.
2 pounds brown sugar equal 2 3/4 cups.
1 pound fine bread crumbs equal 2 cups.
REMEMBER

When you purchase KING MIDAS FLOUR you are entitled to the best quality that can be manufactured. If, after several bakings, you are not satisfied in every respect, your dealer is authorized to cheerfully return your full purchase price.