Quick Breads

Quick breads are those breads or rolls in which other leavening agents besides yeast, usually baking powder or soda, are used.

These breads are best when served warm. Often combined with fruit or meat or as an accompaniment to a salad, they serve as a complete luncheon dish. Hence, quick breads and luncheon dishes are classed together.

Soft Doughs

Successful preparation of these depends upon
- Good recipe
- Quality of ingredients
- Accurate measurements
- Careful combining of materials
- Baking—oven temperature

Measurements

All measurements given in OCCIDENT Recipes are level.

Flour should always be sifted before measuring.

- 4 cups OCCIDENT Flour = 1 pound
- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup

Use \( \frac{1}{2} \) teaspoon soda to each cup of sour milk

Use 2 teaspoons baking powder to each cup of flour

Use \( \frac{1}{2} \) teaspoon soda to each cup of flour

Standard Proportions For Doughs

<table>
<thead>
<tr>
<th></th>
<th>Liquid</th>
<th>Flour</th>
<th>Fat</th>
<th>Baking Powder</th>
<th>Salt</th>
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<td>SOFT B.P. Biscuits</td>
<td>( \frac{3}{4} ) c. milk</td>
<td>2 c.</td>
<td>3 tbsp.</td>
<td>4 tsp.</td>
<td>1 tsp.</td>
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<tr>
<td>DOUGH Dumplings</td>
<td>1 c. milk</td>
<td>2 c.</td>
<td>1 tbsp.</td>
<td>4 tsp.</td>
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<tr>
<td>Short Cake</td>
<td>1 c. milk</td>
<td>2 c.</td>
<td>( \frac{1}{2} ) c.</td>
<td>4 tsp.</td>
<td>( \frac{1}{2} ) tsp.</td>
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## Score Card For Judging

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<tr>
<td>Texture</td>
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<tr>
<td>Flavor</td>
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<td>Lightness</td>
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<td><strong>Total</strong></td>
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## General Suggestions

In any of the following Quick Bread recipes, sour milk or buttermilk and soda may be substituted for sweet milk (or water) and baking powder.

- Use ½ teaspoon soda for every cup of sour milk.
- Have all materials cold before combining.
- Mix as quickly as possible.
- Roll, cut, and place in pans immediately.
- May allow breads to stand in pans before baking if kept in a cool place.
- Correct temperature assures correct baking.

**POINTS TO REMEMBER:**

- Sift dry ingredients thoroughly.
- Cut fat into flour mixture until it is evenly distributed in large pieces.
- Handle the dough as little as possible.
- Have a very hot oven.

## Standards for Biscuits

- Flaky, fine, fluffy texture, tender, rough surface, golden brown in color, good flavor.
Baking Powder Biscuit Dough

BASIC RECIPE FOR BISCUIT DOUGH

2 cups OCCIDENT Flour
1 teaspoon salt


BAKE—Hot oven about 400° - 450° F. for 15 minutes. When baked remove from pan immediately.

Variations

Use basic recipe for the following:

CINNAMON ROLLS

1 teaspoon cinnamon
1/4 cup sugar

1/2 cup raisins
4 tablespoons melted butter

METHOD—Spread dough 1/4 inch thick on bread board. Mix sugar, cinnamon, and melted butter into a paste. Spread this over biscuit dough. Add raisins. Roll and seal as jelly roll and cut in pieces 1/4 inch wide. Place rolls in a baking pan, just touching each other.

BAKE—15-20 minutes in a hot oven 400° - 425° F.

BUTTERSCOTCH ROLLS

These are made exactly like cinnamon rolls except that the filling is made as follows:

4 tablespoons light brown sugar
1/4 cup melted butter

Chopped dates or nuts may be used instead of raisins in either cinnamon rolls or butterscotch rolls.

Prepare pan for baking by oiling well and adding a layer of melted butter and brown sugar, enough to cover bottom of pans. Cut rolls as cinnamon rolls. Bake in individual muffin pans or 1 square tin. Bake 15 to 20 minutes at 425° F.

PEANUT BUTTER ROLLS

Make and bake exactly like cinnamon rolls, except that the filling is made as follows:

1 cup peanut butter

2 tablespoons sugar
1/4 to 1/2 cup milk or orange juice

ORANGE ROLLS

2 cups OCCIDENT Flour
4 teaspoons baking powder
1 teaspoon salt

1 teaspoon sugar
Grated rind of 1 orange
1/2 cup shortening
1/4 cup milk

METHOD—Sift dry ingredients together. Cut in shortening. Add orange rind and milk. Handle as little as possible. Pat on floured board in rectangular sheet 1/2 inch thick—spread with orange filling. Roll as jelly roll and cut in 1/4 inch strips. Place in greased muffin pans.

BAKE—About 20 minutes in hot oven 425° F.
ORANGE FILLING

2 tablespoons OCCIDENT Flour
4 tablespoons orange juice

METHOD—Melt butter, add flour, orange juice, and rind. Cook until very thick. Remove from fire. Add sugar and beat well. Cool.

LUNCHEON BISCUITS WITH CHEESE

2 cups OCCIDENT Flour
3 tablespoons butter
3/4 cup milk
3/2 teaspoon salt
4 teaspoons baking powder

METHOD—Sift the dry ingredients together and cut in the butter. Add the milk and mix to a soft dough. Roll out to 1/2 inch thickness, cut into rounds, brush one-half of each round with melted butter, and fold the other half over the buttered half. Set in a baking pan and brush over the tops with melted butter.

BAKE—At 450°F for about 15 minutes. Remove from the oven, split in halves, and fill with the following mixture:

1/2 cup butter
1/2 cup cream cheese
1 teaspoon lemon juice
1/2 green pepper, chopped
Onion juice

Beat the butter to a cream and gradually beat in the cream cheese, green pepper, and flavorings. Serve with a fruit or vegetable salad as a main luncheon course.

CHEESE BISCUITS

Since cheese should be baked at a low temperature, it is better to place a layer of cheese inside the biscuit rather than mix the cheese throughout the dough. The cheese in the crust gets baked very hard and is difficult to digest. However, if this type of biscuit is desired add 1 cup finely grated cheese to the recipe for biscuit dough. The cheese is mixed through the flour mixture just before the milk is added. Or place a layer of cheese between two small biscuits and bake at a low temperature.

FRUIT DUMPLINGS

Use OCCIDENT Baking Powder Biscuit Dough. Roll dough 1/4 inch thick. Cut in squares (equal portions). Place in center of each apple or other fruit, pared, cored, and sliced or whole. Sprinkle with cinnamon and sugar. Moisten edges of dough with cold water and fold neatly about the fruit. Bake or steam until fruit is tender. To glaze surface, brush the outside of the dumplings with melted butter and sugar. Serve with cream or lemon sauce.

LEMON SAUCE

2 tablespoons OCCIDENT Flour
1/2 cup sugar
1 cup boiling water

Mix sugar and flour, add the water, stirring constantly. Boil 5 minutes, remove from the fire, add the butter, lemon juice, and nutmeg. Serve hot.

FRUIT PUFFS

Use OCCIDENT Baking Powder Biscuit Dough.

2 tablespoons butter
4 tablespoons cut raisins
4 tablespoons chopped nuts

RAISIN ROLLS
Use OCCIDENT Baking Powder Biscuit recipe. Mix sugar, butter, and raisins. Pat or roll dough until 1/2 inch thick and spread the filling over it. Roll like jelly roll, cut in 1 inch strips. Place in buttered pan and bake in hot oven 450° F. about 20 minutes.

DATE BISCUITS
Use OCCIDENT Baking Powder Biscuit Dough and add 1/2 cup dates, stoned and quartered.

FRUIT ROLLS
2 cups OCCIDENT Flour
2 tablespoons butter
2 tablespoons sugar

METHOD—Put together as baking powder biscuit dough. Roll 1/4 inch thick, brush with melted butter, sprinkle with fruit and sugar, and roll as a jelly roll. Cut in pieces 1/4 inch.

BAKE—For 15 minutes at 400° - 425° F.

SHORT CAKE
Use OCCIDENT Baking Powder Biscuit Recipe using twice as much shortening for richer dough. Roll dough 3/4 inch thick. Shape as biscuits or in two layers and spread butter between layers. Bake in hot oven 400° F. for 20 minutes. Split with fork after baking. Spread layers with butter and fill with sweetened fruit. Place thick layer of fruit on top. Use strawberries, peaches, cherries, or any dried, canned, or fresh fruit as desired. Serve with whipped cream.

MEAT ROLL
Use OCCIDENT Baking Powder Biscuit recipe. Use 2 cups of left-over meat chopped or ground. Roll or pat the dough until about 1/2 inch thick. Mix the chopped meat with 1 cup thick white sauce seasoned. Spread this mixture over one-half the biscuit dough, fold other half over, and press edges together. Bake in quick oven about 425° F. Make a white sauce of 2 cups milk, 2 tablespoons OCCIDENT Flour, and 2 tablespoons of butter, season, and add 1/4 cup chopped meat. Serve this sauce over the hot meat roll.

CHICKEN PIE
Stew chicken. Thicken with 2 tablespoons OCCIDENT Flour mixed with 1/2 cup cream. Season well. Put in casserole. Cover top with small baking powder biscuits and bake in a hot oven 450° F. until biscuits are thoroughly baked and slightly browned.

NUT BREAD
4 cups OCCIDENT Flour
2 eggs
1 teaspoon salt

METHOD—Sift dry ingredients and add nuts. Beat the eggs, add the milk, and stir the wet mixture into the dry. Put in well greased bread tins. Let stand 30 minutes to rise.

BAKE—45 minutes in a moderate oven 350° - 400° F. Makes 2 small loaves.
GINGER BREAD

2 1/2 cups OCCIDENT Flour
1 cup sugar
1/2 cup butter
2 eggs

1 tablespoon ginger
1/2 cup N. O. molasses
1 cup boiling water
1 teaspoon soda

METHOD—Mix and sift flour, soda, and ginger. Cream butter and sugar. Add molasses and dry ingredients. Add boiling water and mix well. Add well beaten eggs.

BAKE—In well greased shallow pan 30 minutes in moderate oven 350 - 400° F.

SOUR MILK GINGER BREAD

1 cup OCCIDENT Flour
1/4 cup sugar
3/4 cup molasses
1/4 cup sour milk

1/4 teaspoon soda
4 teaspoons butter
1 egg
3/4 teaspoon ginger
3/4 teaspoon cinnamon

METHOD—Mix the melted butter with the sugar. Mix the molasses, sour milk, and soda together. Beat the egg, add to second mixture, and then combine mixtures. Add flour with which the spices have been mixed.

BAKE—In moderate oven 350° F. about 30 minutes.

DUTCH APPLE CAKE

2 cups OCCIDENT Flour
1/2 teaspoon salt
3 teaspoons baking powder
1 egg

4 teaspoons butter
3/4 cup milk
1/4 teaspoon cinnamon
2 sour apples
2 tablespoons sugar

METHOD—Mix and sift dry ingredients, except sugar and cinnamon. Cut in the butter. Add the milk to the beaten egg and add to the dry ingredients. Handle as little as possible. Spread 1/2 inch thick on a shallow pan. Pare and cut apples in sections lengthwise and set in rows on the dough with the sharp edges pressed into dough. Sprinkle top with sugar and cinnamon which have been mixed together.

BAKE—25 to 30 minutes in a hot oven 400° - 425° F. May be served hot with lemon sauce.

ORANGE BREAD

3 cups OCCIDENT Flour
1 cup milk
1 egg

1 1/4 cups orange syrup
3 teaspoons baking powder
1/2 teaspoon salt

Syrup

1 teaspoon salt
1 cup sugar
3/4 cup water

METHOD—Sift the dry ingredients together. Beat the egg and add the milk to it. Add the egg and milk mixture and the orange syrup to the dry ingredients all at once and fold together. To make the orange syrup cook the rinds in the salt and cup of water until tender. Drain off water and throw it away. Chop the rind fine and cook again in the 3/4 cup water and the sugar.

BAKE—In a bread tin at 350° F. for one hour.
LUNCHEON CARAWAY BREAD

1 1/2 cups OCCIDENT Flour
1/2 cup butter
3/4 cup sugar
1 egg
1/4 teaspoon salt
1 tablespoon baking powder
3/4 cup milk
1 tablespoon caraway seeds
3/4 teaspoon vanilla

METHOD—Cream butter and add sugar gradually. Add well beaten egg, mix and sift flour and baking powder and add alternately with milk to first mixture; then add caraway seeds, vanilla, and salt. Turn into a buttered and floured cake pan, sprinkle with sugar.

BAKE—Moderate oven 35 minutes at 350° F. Remove from pan, cut in squares, and serve hot.

BREAKFAST PUFFS

1 cup OCCIDENT Flour
1/2 cup milk
1/2 cup water

METHOD—Mix milk and water, add gradually to flour, and beat with egg beater until very light. Turn into hissing-hot buttered iron gem pans.

BAKE—About 30 to 35 minutes in hot oven 425° - 450° F.

CREAM WAFERS

Mix and sift 1 1/4 cups OCCIDENT Flour and 1 teaspoon salt. Add, gradually, heavy cream to make a dough, the quantity required being a scant half-cup. Toss on a slightly floured board, pat, and roll as thin as possible. Prick with a fork and shape with a small round or fancy cutter, first dipped in flour. Arrange on a buttered sheet and bake at 350° F. until delicately browned.

OATMEAL BISCUITS

1 1/2 cups OCCIDENT Flour
1/2 cup butter
1/4 cup sugar
1 cup oatmeal
1 cup milk
2 teaspoons baking powder
1/4 teaspoon salt

METHOD—Sift together the flour, baking powder, and salt, cut in the butter, add the oatmeal, sugar, and milk, roll, cut, and bake as biscuits.

SALLY LUNN

2 cups OCCIDENT Flour
1/2 cup shortening
1/4 cup sugar
1 egg
1 cup milk
4 teaspoons baking powder

METHOD—Cream the shortening with the sugar. Mix and sift together the flour and baking powder and add to the creamed mixture, alternating with the milk. Add the beaten egg and bake in a loaf or in muffin pans in a moderate oven at 350° - 400° F.

SCONES

2 cups OCCIDENT Flour
2/3 cup milk
4 tablespoons shortening
4 teaspoons baking powder
1 teaspoon salt

METHOD—Mix and sift the flour, baking powder, and salt, and cut in the shortening. Add sufficient milk to make a soft dough. Toss on a floured board and roll into a sheet 1/2 inch thick. Shape with a small round cookie cutter.

BAKE—On a griddle, turning so that both sides are cooked to a delicate brown. Split and butter while hot.
SOUTHERN BEATEN BISCUITS

2 cups OCCIDENT Flour
1/2 cup shortening
1 teaspoon salt

METHOD—Sift the flour with the salt. Cut in the shortening and moisten to a stiff dough with equal quantities of milk and water mixed. Place on floured board and beat with rolling pin for at least one-half hour, folding the dough every few minutes. Roll to one-third inch thick, shape with a biscuit cutter about 2 inches in diameter, prick with fork and place on greased baking sheet or inverted dripping pan.

BAKE—20 minutes in a hot oven 400° - 425° F. They should be light, of even grain, and should crack at the edges like crackers.

DATE NUT BREAD

3 cups OCCIDENT Flour
4 tablespoons butter
2 cups sugar
2 eggs
1/2 cup nut meats

METHOD—Cream the butter and sugar. Add the beaten eggs to this mixture. Save out 1/4 cup of flour for dredging the nuts and dates and sift the remaining flour and dry ingredients, except the soda, together. Add the soda to the boiling water or coffee and add alternately with the sifted dry ingredients. Fold in the floured nuts and dates and add the vanilla last.

BAKE—In two loaf pans at 375° F. for 45 to 50 minutes. The flavor improves with age. This bread is very nice served just with butter or as sandwiches with cream cheese and pimiento.

DATE BRAN BREAD

2 tablespoons melted shortening
2 cups OCCIDENT Flour
2 cups bran
1 1/2 cups milk
1 egg

METHOD—Sift the dry ingredients together, add the dates, toss lightly together, and add the milk. Mix well and add beaten egg and melted shortening. Turn into a greased pan or mold and cover with oiled paper. Steam for 3 hours.

NEW ENGLAND CORN BREAD

1 cup milk
1 cup OCCIDENT Flour
1 cup corn meal
1 egg

METHOD—Mix and sift the dry ingredients. Beat the egg light, add the milk, shortening, and syrup. Stir into the dry mixture and beat well. Pour into a well greased shallow pan.

BAKE—At 400° F. for 25 to 30 minutes.

HONEY SANDWICH BREAD

1 egg
1/2 cup chopped walnuts
1/2 cup bran
4 teaspoons baking powder
1/2 teaspoon salt

METHOD—Mix and sift the dry ingredients together. Add the nuts, mix, and add milk, honey, and beaten egg. Mix thoroughly. Pour into a greased oblong bread pan.

BAKE—One hour at 400° F.
BACON BREAD

2 eggs  
1 tablespoon bacon fat  
1 cup bacon, cooked and cut fine  
3 teaspoons baking powder  

METHOD—Mix and sift the dry ingredients. Beat the eggs, add the milk, and combine with the dry ingredients. Fold in the pieces of cooked bacon and the melted bacon fat. Bake in a bread pan.

BAKE—1 hour at 350° F.

STEAMED BROWN BREAD

1 cup OCCIDENT Flour  
3½ cups milk  
1 teaspoon salt  

METHOD—Sift dry ingredients together and mix with liquids. Steam for 3 hours.

STEAMED CORN BREAD

1 cup OCCIDENT Flour  
2 cups sour milk  
1½ cups shortening  

METHOD—Mix the flour, sugar, cornmeal, and salt together, and stir into the sour milk. Melt the shortening and stir that in very thoroughly. Lastly add the soda mixed with a tablespoon of flour and mix it well. Put into a greased pudding mold and steam 3 hours. If sweet milk is used leave out the soda and add 3 teaspoons of baking powder.

STEAMED DUMPLINGS

2 cups OCCIDENT Flour  
4 teaspoons baking powder  
1 cup milk  
4 teaspoons butter  
1½ teaspoons salt  

METHOD—Mix and sift the dry ingredients. Cut in butter with knife. Add milk gradually, cutting into mixture. Toss on floured board, pat or roll to ½ inch thickness. Shape with biscuit cutter. Place in buttered steamer—steam 15 minutes.

NOTE—Using a little more milk the dumpling mixture may be dropped by spoonful and cooked in a meat stew. Makes 12 dumplings.

BISCUIT CRISPS

OCCIDENT Flour  
1 cup buttermilk  
½ teaspoon baking powder  

METHOD—Have buttermilk cold and mix with it the salt, soda, and shortening. Add enough flour to make a dough stiff enough to knead without flour, knead until it becomes elastic. Roll ½ inch thick, cut as biscuits.

BAKE—In a hot oven at 425° F. for 12 to 15 minutes.

BISCUIT BARS FOR SOUP

Make same as biscuit crisps except cut in strips.
**Luncheon Dishes**

**White Sauce**

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<th>Thin</th>
<th>Medium</th>
<th>Thick</th>
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<tr>
<td>OCCIDENT Flour</td>
<td>1 tbsp.</td>
<td>2 tbsp.</td>
<td>3 tbsp.</td>
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<tr>
<td>Salt</td>
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<tr>
<td>Butter</td>
<td>1 tbsp.</td>
<td>2 tbsp.</td>
<td>3 tbsp.</td>
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<tr>
<td>Milk</td>
<td>1 cup</td>
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Melt butter, add flour and salt. Add the milk slowly. Stir constantly.

**Uses**

- Thin: Soups
- Medium: Escaloped dishes, creamed meats or vegetables, and gravies
- Thick: Turbats—meat rolls, etc.

**Points to be Observed in Making White Sauce**

1. Flour used as a thickening agent should be cooked long enough to swell and soften the starch.
2. A boiling temperature (212° F.) is best to insure thorough cooking of the starch.
3. Particles of flour must be separated to avoid a lumpy finished product.
   - Separate by:
     a. flour and enough liquid to make thin paste.
     b. Combine flour with sugar or fat before adding liquid.
4. Double boiler most convenient. Prevents sticking and burning of white sauce.

**Methods of Combining Flour With Liquids**

1. *When little or no fat is used.* Use just enough of the liquid to make a thin paste with the flour. Heat remaining liquid. Mix flour paste until smooth and free from lumps. Stir into the hot liquid. Continue stirring until the mixture is thickened. Add fat and seasoning last.
2. *When using fat in equal amounts or more.* Melt fat, add flour, and blend well. Stir in a small amount of liquid—then enough to thin, stirring, and add remainder of liquid. Cook until thick.

**Standard For White Sauce**

Thoroughly cooked, smooth, no lumps, well seasoned, and of the proper consistency for use desired.

**Foundation Recipe**

**CROQUETTES**

4 tablespoons OCCIDENT Flour  
2 tablespoons shortening  
1 cup milk  
Seasoning as desired  
1/2 teaspoon salt  
1 to 2 cups cooked food

METHOD—Melt butter, add flour, and when bubbling blend in the milk. Add salt and cook until thick. Mix all other ingredients with white sauce and spread on plate to cool. Shape, dip in fine crumbs, egg, and crumbs again. Fry in deep fat. Place on absorbent paper to drain. Temperature of fat should be 370° F. Serves 6.
HAM AND MACARONI CROQUETTES

1 cup diced cold ham
1 cup cooked macaroni
1/2 cup grated cheese
Few grains cayenne
1 tablespoon lemon juice
Few grains mace

METHOD—Mix these ingredients with white sauce and proceed as with Standard Croquettes.

SALMON CROQUETTES

1 1/2 cups flaked salmon
1/2 cup finely chopped celery
1 tablespoon finely chopped parsley

METHOD—Add to the white sauce and proceed as in Standard Croquettes.

BEET CROQUETTES

6 tablespoons OCCIDENT Flour
2 good size beets
1 cup milk
3 tablespoons butter
1 teaspoon onion juice
1 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon mace

METHOD—Make the butter, flour, and milk into a sauce, put in the seasoning. Chop the beets fine, moisten with the sauce. Form into croquettes, let cool, coat, and fry in deep fat. Serve with sauce.

CHICKEN CROQUETTES

1 1/2 cups ground cold cooked fowl
1/2 teaspoon salt
1 teaspoon lemon juice
1/2 teaspoon poultry seasoning

METHOD—Mix ingredients in order given and proceed as in Standard Croquettes.

HASHED BROWN POTATOES

Scatter one teaspoon of bread crumbs over a buttered omelet pan before putting the potatoes into it. Use white sauce to moisten the potatoes, but do not make too moist, season with salt and pepper. Fry until brown on the bottom and fold like an omelet.

CHICKEN A LA KING

2 tablespoons OCCIDENT Flour
2 cups cooked chicken
2 tablespoons butter
5 tablespoons pimiento cut fine
1/2 cup drained mushrooms
1 cup milk or cream
Salt and pepper
1 egg yolk

METHOD—Make a white sauce of shortening, flour, and milk. Season with salt and pepper. Add chicken, pimiento, and the mushrooms which have been sautéed in a little butter. Beat the egg yolk with two tablespoons of milk and add to mixture. Heat thoroughly and serve in patties, cream puff shells, or over baking powder biscuits.

MACARONI LOAF

2 tablespoons chopped parsley
1 green pepper or pimiento
2 1/4 cups cooked macaroni
1 cup milk scalded
3/4 cup grated cheese
1 tablespoon onion
1 1/4 cups fresh bread crumbs
1 teaspoon salt
3 eggs
1/4 cup butter

METHOD—Mix together lightly the chopped parsley, onion, green pepper, macaroni, bread crumbs, salt, and grated cheese. Fold in milk, then melted butter. Fold in lightly beaten eggs last, tossing together as lightly as possible. Line pan with oiled paper and bake in pan of water 1 hour at 350° F. Serve hot with medium white sauce to which is added 1/2 cup mushrooms.
POT PIE

3 cups OCCIDENT Flour
2 eggs
2 cups milk
2 teaspoons baking powder
1 teaspoon salt

METHOD—Cut veal, beef, or chicken into small pieces and place over it boiling water enough to cover. Lay two slices of salt pork on the top, cover closely, and boil one hour. Make the batter by beating the eggs, add the milk and the sifted dry ingredients stirring until smooth. Drop in separate spoonfuls onto the meat while boiling and cook six minutes.

ROAST BEEF YORKSHIRE PUDDING

3 cups OCCIDENT Flour
3 eggs
7 or 8 pounds beef
1 teaspoon salt
2 cups milk

METHOD—Roast a seven or eight pound loin of beef, basting it in its own fat, until brown and tender. After it has cooked for one hour season with salt, pepper, pinch cinnamon, allspice, cloves, and sage, and pour over it one quart of boiling water and cook until tender. Beat eggs, add milk and sifted dry ingredients, and stir until smooth. Pour into the dripping pan under the meat one-half hour before it is done.

YORKSHIRE PUDDING

3 cups OCCIDENT Flour
3 eggs
2 cups milk

METHOD—Beat the eggs until very light, add salt and milk. Pour one-half cup of the mixture over the flour and stir to a smooth paste, then pour the rest in and beat well. Bake in a hot gem pan 45 minutes or pour into the roasting pan under the meat, which rests on a rack, and bake.

CORNISH PASTIES

Make crust as for pie, only less rich. Roll very thin. Slice raw potatoes very thin, a very little onion, and ham same amount as potato, put in layers, season, turn crust over, and seal. Bake thirty-five or forty minutes in rather a slow oven, about 325° F. Each pastie should not be over four inches long and two or three inches wide.

HAM AND VEAL LOAF

1/2 cup OCCIDENT Bread crumbs
3/4 pound ground ham
1 pound veal or
2 pounds beef
1 egg
1/2 cup milk
1 teaspoon chopped parsley
1 small onion

METHOD—Mix all the ingredients. Place in well greased tin.
BAKE—1 hour in a moderate oven.

CHEESE FONDUE

1 cup scalded milk
1 cup soft OCCIDENT Bread Crumbs
2 cups grated cheese
Few grains pepper
1 tablespoon butter
1/2 teaspoon salt
3 eggs

METHOD—Mix all ingredients except eggs, add well beaten yolks. Cut and fold in the stiffly beaten whites. Pour into a buttered baking dish.
BAKE—In a moderate oven at 350° F. 20 minutes or until done.
SAUSAGE TIMBALES

1 1/2 tablespoons OCCIDENT Flour  Dash cayenne pepper
1 1/2 cups spaghetti  2 cups sausage meat
1 teaspoon salt  1/2 cup milk
1/4 teaspoon pepper  2 eggs

METHOD—Cook the spaghetti in boiling, salted water until tender. Drain and pour cold water through it. Add 1/2 teaspoon salt and the pepper. Line buttered timbale moulds or custard cups with this mixture and fill with the small pieces of cooked sausage. Cover the top of each mold with spaghetti and pour in as much of the following mixture as the molds will take up. Mix the flour with 1/4 cup milk, add the egg yolks beaten slightly, then add the rest of the milk, 1/2 teaspoon salt, and a dash of cayenne pepper. Fold this into the beaten whites of the eggs. Set the molds in a pan of hot water.

BAKE—At 350° F. for 30 minutes. Invert and serve with hot tomato sauce.

TOMATO SAUCE

2 tablespoons OCCIDENT Flour  2 tablespoons butter
1/2 teaspoon salt  1/2 cup canned tomato sauce

METHOD—Melt butter, add flour and salt. Add tomatoes slowly. Stir constantly.

STUFFED PEPPERS

10 large soda crackers  Seasoning
1/2 pound can salmon  Milk to moisten
1/2 cup celery cut fine  6 green peppers
2 tablespoons lemon juice  2 tablespoons butter

METHOD—Remove stems and seeds from green peppers, cut in half lengthwise, cook in boiling salted water 8 minutes. Remove and drain. Fill with a dressing made from the above ingredients. Place peppers in a shallow pan with just enough water to keep from burning. Bake in a moderate oven 30 minutes or until brown. Serve on toast with white sauce. Chicken, veal, or ham may also be used.

TUNA FISH A LA KING IN PATTY CASES

COOK—
1 large green pepper 2 minutes in boiling salted water to which has been added
1/2 teaspoon soda. Drain and cut in strips.

Cook 5 minutes in
1 1/2 tablespoons butter; remove pepper and to butter add 2 tablespoons OCCIDENT Flour; 3/4 cup highly seasoned chicken stock and 1/2 cup cream. Stir until sauce boils, add the peppers.
1 pound can tuna fish separated in flakes.
1 pimiento cut in strips.
Salt to taste and few drops of onion juice.

Peel.

1/2 pound mushroom caps, saute in 2 tablespoons butter, add to tuna fish.
Serve in patty cases. 2 cups cooked chicken cut in strips or 2 cups crab meat may be used instead of tuna fish.

CORN OYSTERS

3 tablespoons OCCIDENT Flour  Butter
1/2 pint grated corn  1 egg
1/2 teaspoon salt  1/2 cup milk

METHOD—Scrape or grate the corn from the cob. Sift the flour and salt and mix to a batter with the egg, milk, and butter.