QUICK BREAD RECIPES
(THICK, MEDIUM AND POUR BATTERS)

RUSSELL-MILLER MILLING CO.
General Offices
MINNEAPOLIS, MINN.
Quick Breads
Thin - - - Medium
Batters

Successful preparation depends on:
A good recipe
Good ingredients
Accurate measurements
Careful combining of ingredients
Careful baking—correct oven temperatures

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
2 cups = 1 pint 4 cups = 1 quart

Equivalents
3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
4½ ounces OCCIDENT Flour (Unsifted) = 1 Cup
3¾ ounces OCCIDENT Flour (Sifted) = 1 Cup

Use ½ teaspoon soda to each cup of sour milk.
Use 2 teaspoons baking powder to each cup flour.
### Standard Proportions For Batters

<table>
<thead>
<tr>
<th></th>
<th>Liquid</th>
<th>Flour</th>
<th>Fat</th>
<th>Egg</th>
<th>Sugar</th>
<th>Baking Powder</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>THIN</strong></td>
<td><strong>or</strong></td>
<td><strong>POUR</strong></td>
<td><strong>Fritters</strong></td>
<td><strong>Timbales</strong></td>
<td><strong>Griddle Cakes</strong></td>
<td><strong>Waffles</strong></td>
<td><strong>Muffins</strong></td>
</tr>
<tr>
<td><strong>BATTER</strong></td>
<td>1 cup milk</td>
<td>1 cup</td>
<td>½ cup</td>
<td>1</td>
<td></td>
<td></td>
<td>½ teaspoon</td>
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<td></td>
<td>1 cup water</td>
<td>1 cup</td>
<td>¾</td>
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<td>1 teaspoon</td>
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<td></td>
<td>1 cup milk</td>
<td>1 cup</td>
<td>1 tablespoon</td>
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<td>1 cup</td>
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<td>1 tablespoon</td>
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<td></td>
<td>1 cup</td>
<td>1½ cups</td>
<td>1 tablespoon</td>
<td>1</td>
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<td>3 teaspoons</td>
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<td>1 cup</td>
<td>1½ cups</td>
<td>2 tablespoons</td>
<td>2</td>
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<td>2 teaspoons</td>
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<td></td>
<td>1 cup</td>
<td>2 cups</td>
<td>2-4 tablespoons</td>
<td>1-2</td>
<td></td>
<td></td>
<td>4 teaspoons</td>
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### Method of Combining Ingredients

**THIN BATTERS**


**MEDIUM BATTERS**

Mix and sift dry ingredients. Add the liquid and egg well beaten to the dry ingredients. Beat thoroughly. Add melted shortening.

### Score Card

<table>
<thead>
<tr>
<th>Rating</th>
<th>General Appearance</th>
<th>Baking</th>
<th>Texture</th>
<th>Flavor</th>
<th>Lightness</th>
</tr>
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<tbody>
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<td></td>
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<tr>
<td>Total</td>
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|          | 15                  | 25     | 20      | 20     | 20        |
| Total    | 100                 |        |         |        |           |
Thin or Pour Batter

**Popovers**

<table>
<thead>
<tr>
<th>1 cup OCCIDENT Flour</th>
<th>1/2 teaspoon salt</th>
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<tbody>
<tr>
<td>1 cup milk</td>
<td>2 eggs</td>
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**METHOD**—Add to well beaten eggs one-half the milk, salt, and one-half the flour. Beat until very light, about 10 minutes. Add remainder of milk and flour. Fill warm, well greased muffin pans or cups one-half full and bake in a hot oven (for the first 10 minutes 400° F.) and decrease heat to moderate oven to finish baking. Bake about 35 minutes. Do not open oven door for first 15 minutes. Makes 8 popovers.

**Variations of Popovers**

**TIMBALES**

<table>
<thead>
<tr>
<th>1 1/2 cups OCCIDENT Flour</th>
<th>1/2 teaspoon salt</th>
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<tbody>
<tr>
<td>1 cup milk</td>
<td>1 egg</td>
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**METHOD**—Mix dry ingredients, add milk gradually, and well beaten egg. Thoroughly mix ingredients. To fry timbales put batter into tea cup, heat timbale iron in fat, and when hot enough to cause the batter to adhere drop the iron into the cup of batter to within 1/2 inch of the top, then drop iron into the hot fat and fry until the timbale slips from the iron.

**FILLING FOR TIMBALES**

Minced chicken, turkey, or veal with white sauce makes good filling. Tomato sauce may be used instead of white sauce.

**CREAM PUFFS**

<table>
<thead>
<tr>
<th>1 cup OCCIDENT Flour</th>
<th>1 cup boiling water</th>
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<tr>
<td>1/2 cup butter</td>
<td>4 eggs</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td>1/2 teaspoon salt</td>
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**METHOD**—Put butter and water in sauce pan and place on front of range. As soon as boiling point is reached, add flour, sifted with salt, all at once and stir vigorously. Remove from fire as soon as mixed, cool, and add unbeaten eggs one at a time. Beat well after adding each egg. Drop by spoonfuls on a buttered sheet 1 1/2 inches apart, shaping with handle of spoon as nearly circular as possible, having mixture piled in center.

**BAKE**—30 minutes in a hot oven. Cool. With a sharp knife make a cut in each large enough to admit cream filling. This recipe makes 18 small cream puffs. If cream puffs are removed from oven before being thoroughly cooked, they will fall. Use whipped cream or cream filling.

**CREAM FILLING**

<table>
<thead>
<tr>
<th>3 tablespoons OCCIDENT Flour</th>
<th>1 egg</th>
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<tr>
<td>6 tablespoons sugar</td>
<td>1 cup scalded milk</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td>1/2 teaspoon vanilla</td>
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Beat egg slightly. Add dry ingredients and add gradually scalded milk. Cook 15 minutes in a double boiler, stir constantly, until mixture thickens and afterward occasionally. Cool and flavor.

**ECLAIRS**

Make cream puff batter and press it through a pastry bag on to a greased tin, forming strips 3 1/2 inches long and 1 inch wide. Keep the strips a little distance apart. Bake and cool as directed for cream puffs, then split lengthwise, and fill with cream filling or whipped cream. Frost the top half of the eclairs by dipping while hot into boiled frosting, flavored with chocolate, vanilla, or coffee.
Medium Batter

**GRIDDLE CAKES**

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

1 egg
1 cup milk
1 tablespoon shortening

**METHOD**—Mix and sift dry ingredients together. Add milk and well beaten egg. Beat thoroughly and add melted shortening. Drop batter by spoonfuls on hot, greased griddle.

**NOTE:** In any recipe calling for sweet milk and baking powder, sour milk may be substituted if soda is added. Use 1/2 teaspoon soda for each cup sour milk. Subtract 2 teaspoons baking powder for each 1/2 teaspoon soda added.

**Suggestions For Frying Griddle Cakes**

1. Let fat begin to smoke before cooking cakes.
2. Pour mixture from pitcher or tip of spoon.
3. When puffed full of bubbles and cooked on edges turn and cook on other side.
4. If large bubbles form at once on top of cakes, the griddle is too hot.
5. If top of cake stiffens and appears dull and crusty before under side is cooked, the griddle is not hot enough.

**Variations of Griddle Cakes**

**SOUR MILK GRIDDLE CAKES**

Sour milk may be substituted for sweet milk. Add 1/2 teaspoon soda and subtract 2 teaspoons baking powder.

**BLUEBERRY GRIDDLE CAKES**

Add to batter 2 teaspoons sugar and 1/2 cup fresh blueberries. Save out a little of the flour to mix with the berries.

**RICE GRIDDLE CAKES**

1 1/2 cups OCCIDENT Flour
1 cup boiled rice
2 cups milk
1/2 teaspoon salt

1 tablespoon sugar
1 tablespoon shortening
2 teaspoons baking powder
1 egg

Put the cooked rice to soak with 1 cup of milk and in the morning add the salt, sugar, shortening, flour, and baking powder. Beat the egg and add with the other cup of milk. Bake on a hot greased griddle.

**MEAT GRIDDLE CAKES**

1. Use bacon fat as shortening and add 2 tablespoons chopped crisp bacon.
2. Add 1/4 cup finely chopped boiled ham to batter.
3. Add 1/2 cup finely chopped chicken or veal to batter.

**BREAD GRIDDLE CAKES**

1/2 cup OCCIDENT Flour
1 1/2 cups OCCIDENT Bread Crumbs
1 1/2 cups scalded milk

2 eggs
3 1/2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons melted butter

**METHOD**—Add milk and butter to crumbs and soak until crumbs are soft. Add eggs well beaten, then flour, salt, and baking powder mixed and sifted. Mix well.
FRENCH PANCAKES

1/2 cup OCCIDENT Flour
3 eggs
1 teaspoon sugar
1/2 teaspoon salt
1 cup milk
1 tablespoon shortening

Separate the eggs. To the beaten yolks add the sugar, salt, and 1/2 cup of milk. Stir in the sifted flour, the other half cup of milk, the melted shortening, then fold in the stiffly beaten whites of the eggs. When mixed baked on a hot griddle making the cakes slightly larger than usual. Spread each cake with tart fruit jelly and roll while hot. Place all on a platter, side by side, with the lapped edge of the roll touching the bottom of the platter to keep the cake from spreading. Dredge with sugar and if desired burn lines on the sugared surface with a red hot wire toaster. This gives an attractive appearance and a slight flavor of burnt sugar.

POTATO PANCAKES

2 tablespoons OCCIDENT Flour
2 cups grated potato
1 egg

Scrub and pare the potatoes and grate into cold water to keep them from dis-coloring. Drain well and add the egg well beaten, the flour, and sufficient milk to make a stiff batter. Season with salt, pepper, and onion juice. Cook in a frying pan with hot fat to the depth of about 1/2 inch. A large spoonful of batter makes a good-sized cake. Cook until well browned and crisp and serve as a vegetable with meat and gravy. Especially good with a stew.

CORN MEAL GRIDDLE CAKES

2 cups OCCIDENT Flour
1/2 cup corn meal
4 teaspoons baking powder
1 1/2 teaspoons salt
2 tablespoons melted butter

Add meal to boiling water and boil five minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook same as other griddle cakes.

ENTIRE WHEAT GRIDDLE CAKES

1 cup OCCIDENT Flour
1/2 cup entire wheat flour
3 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons sugar
1 egg
1 cup milk
1 tablespoon melted butter

Prepare and cook same as basic recipe for griddle cakes.

BUCKWHEAT GRIDDLE CAKES

1/3 cup fine bread crumbs
2 cups scalded milk
1/2 teaspoon salt
1 1/4 cups buckwheat flour
1/4 teaspoon soda
1/4 cake compressed yeast
1/4 cup lukewarm water
1 tablespoon molasses

Pour milk over crumbs and soak thirty minutes. Add salt, yeast cake dissolved in lukewarm water, and buckwheat to make a batter thin enough to pour. Let rise over night. In the morning stir well, add molasses, soda dissolved in one-fourth cup lukewarm water, and fry same as griddle cakes. Save out one-half cup of batter for another mixing, instead of using a yeast cake.
APPLE GRIDDLE CAKES

1/2 cup OCCIDENT Flour
1/2 cup milk
1/4 teaspoon salt
1 tablespoon melted shortening
1 teaspoon baking powder
2 teaspoons sugar

Sift the dry ingredients together and add the milk. Then add the shortening. Drop a small spoonful of the batter on a griddle. Cover with thin slices of apple, cover with batter, and cook as pancakes.

Standards For Griddle Cakes

Tender, light, bread-like in texture, not fat-soaked or sticky, golden brown in color, good flavor.

Medium Batter

Waffles

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


BAKE—On hot, well greased waffle irons. Do not grease electric or aluminum waffle irons.

SOUR CREAM WAFFLES

2 cups OCCIDENT Flour
2 cups sour cream
1 teaspoon soda
2 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
2 eggs

Sift the dry ingredients together, add the beaten egg yolks and the sour cream. Mix together lightly and fold in the beaten egg whites.

PECAN WAFFLES

Use basic recipe. Add batter to waffle iron and sprinkle over top of batter 1 tablespoon pecan meats, in halves.

BACON WAFFLES

Use basic recipe. One tablespoon raw diced bacon may be added to top of batter before baking or strips of raw bacon may be placed across batter.

FRUIT WAFFLES

Use basic recipe and mix in before folding in the beaten egg whites 1/2 cup of fruit, either grated pineapple, mashed or sliced bananas, or any fruit desired.

CHOCOLATE WAFFLES

Use basic recipe and add 4 tablespoons cocoa per cup when measuring flour.
Drop Batter Muffins

BASIC RECIPE FOR MUFFINS

| 1 1/2 cups OCCIDENT Flour | 1/2 teaspoon salt |
| 2 tablespoons sugar | 1 cup milk |
| 3 teaspoons baking powder | 1 egg |
| 3 tablespoons fat |

METHOD—Mix and sift dry ingredients together. Add milk and well beaten egg to the dry ingredients and mix thoroughly. Add the melted fat. Half fill warm, well greased muffin tins. Sugar may be omitted.

BAKE—In hot oven (400° F.) 25 to 30 minutes. Makes 12 muffins.

Variations of Plain Muffins—Use Basic Recipe.

BACON MUFFINS

Omit fat in recipe and add 2 tablespoons bacon fat and 2 tablespoons chopped crisp bacon.

SOUR MILK MUFFINS

Substitute sour milk, or buttermilk, for the sweet milk. Use 2 instead of 4 teaspoons baking powder and 1/2 teaspoon soda.

DRIED FRUIT AND NUT MUFFINS

Add 3/4 cup currants, chopped raisins, dates, or broken nutmeats to the batter. Reserve a little of the flour to mix with the fruit. This keeps the fruit from sinking to the bottom of the tin.

FRESH FRUIT MUFFINS

Use only 3/4 cup milk. Add 1 cup blueberries or cut cranberries. Reserve 3/4 cup flour to mix with the berries. Add fruit last.

CHEESE MUFFINS

| 1 1/2 cups OCCIDENT Flour | 3/4 teaspoon salt |
| 1/2 cup grated cheese | 1 cup milk |
| 1 egg | 3 teaspoons baking powder |


BAKE—In moderate oven (400° F.) 20 minutes.

CRANBERRY MUFFINS

| 2 cups OCCIDENT Flour | 1/4 teaspoon salt |
| 1/2 cup butter | 3/4 cup milk |
| 1/4 cup sugar | 4 teaspoons baking powder |
| 1 egg | 1 cup cranberries |

METHOD—Cream butter, add sugar, beaten egg, and salt. Add milk and flour and baking powder alternately. Cut cranberries in half and add last. Drop in hot, well greased pans and bake at 400° F. for 25 minutes.
RICE MUFFINS

2 1/4 cups OCCIDENT Flour
1/4 cup sugar
3/4 cup boiled rice
1 egg
2 tablespoons shortening
1 cup milk
5 teaspoons baking powder
1 teaspoon salt

Mix sugar, boiled rice, egg, melted shortening, and milk. Sift baking powder, salt, and flour together, and add. Bake in greased muffin pans in a hot oven 400° - 425° F. for thirty minutes.

FRIED MUFFINS

3/4 cup OCCIDENT Flour
3/4 cup OCCIDENT 100% Whole Wheat Flour
1/2 cup milk
1/4 teaspoon salt
1/2 tablespoons sugar
1 1/2 tablespoons baking powder
1 egg

Beat egg until light, add the milk, then the dry ingredients well mixed, and beat with the spoon. Have fat hot as for doughnuts. Dip a tablespoon in the fat, then take up a spoonful of dough and put into the hot fat. Let each muffin cook about ten minutes. Be careful that they neither burn nor become too brown. Drain and serve while hot.

DATE CORNMEAL MUFFINS

1 cup OCCIDENT Flour
1 cup cornmeal
2 tablespoons brown sugar
1 teaspoon salt
2 tablespoons melted shortening
1 1/2 cups milk
2 tablespoons shortening
1/2 cup chopped dates
4 teaspoons baking powder
1 egg

Mix the cornmeal, sugar, salt, and melted shortening. Scald the milk, pour it over the mixture, and let it stand until the meal swells. When cool add the flour sifted with the baking powder, the well beaten egg, and the dates. Mix thoroughly and bake in greased muffin tins in a hot oven 400° - 425° F.

DATE MUFFINS

2 eggs
1/2 cup milk
1 1/2 teaspoons baking powder
1/2 cup chopped dates

Beat the egg yolks until light, add the milk and sifted dry ingredients. Add the melted butter and the floured dates. Fold in the stiffly beaten whites. Bake one-half hour at 400° F.

RAISIN BRAN MUFFINS

3/4 cup OCCIDENT Flour
1 cup bran
4 teaspoons baking powder
1/2 teaspoon salt
1 1/2 tablespoons molasses
1 egg
1 tablespoon melted shortening
1/2 cup seeded raisins
1/2 cup milk

Mix and sift the flour, baking powder, and salt, stir in the bran, add the molasses, the melted shortening, raisins, and the milk gradually. Then add the well beaten egg and bake in muffin tins in a hot oven at 400° - 425° F. for 30 minutes.
TWIN MUFFINS
2 cups OCCIDENT Flour
1/4 cup butter
1/4 cup sugar

Cream the butter, add sugar and egg well beaten. Sift baking powder with the flour and salt and add to the first mixture alternately with the milk. Bake in buttered muffin pans about 25 minutes at 450° F.

HEALTH MUFFINS
1 cup OCCIDENT Flour
1/2 cup raisins
3 tablespoons melted shortening
1 egg
3/4 teaspoon soda
1 teaspoon baking powder

Beat egg slightly and add molasses and sour milk. Sift dry ingredients and add the raisins and bran. Add to above mixture and then add melted shortening. Bake in hot oven or at 425° F. for about 15 minutes.

STUFFED OLIVE MUFFINS
Use basic recipe for muffins and fold in last 1/2 cup stuffed olives (diced and drained).

OATMEAL MUFFINS
1 1/2 cups OCCIDENT Flour
1 cup cooked oatmeal
2 tablespoons sugar
4 teaspoons baking powder

Mix and bake as Rice Muffins.

BERKSHIRE MUFFINS
1/2 cup OCCIDENT Flour
1/2 cup cornmeal
1/2 cup cooked rice
2 tablespoons sugar

Turn scalded milk on meal and let stand five minutes; add rice. Mix and sift remaining dry ingredients. Add yolk of egg well beaten, butter, and white of egg beat stiff. Bake at 425° F. about 15 minutes.

SURPRISE MUFFINS
1 1/2 cups OCCIDENT Flour
1 tablespoon sugar
2 tablespoons shortening

Sift dry ingredients, add milk, well beaten eggs, and melted shortening. Place in center of oiled muffin pans one teaspoon of batter. Drop in center of each one teaspoon of currant, apple, or other jelly or fresh or stewed fruit. Cover with batter and bake in a hot oven (425° F.) 20 minutes.

Standards For Muffins
Tender, fine, even texture, no tunnels, light golden brown in color, uneven surface, good flavor.

Causes For Failure
Heavy—too much baking powder, too much mixing.
Tunnels—too much mixing.
Cracked surface—too much flour or too hot an oven.
Heavy crust—too hot an oven.