Occident Recipes

Muffins
The basis of these recipes is OCCIDENT SPECIAL PATENT FLOUR. Occident, because of its unusual purity and strength, absorbs more liquid than any other flour. Scant cups of Occident equal full cups of other flour. Always measure Occident Flour after sifting. All measurements given in Occident Recipes are level.

**MUFFINS**

**Batters**

<table>
<thead>
<tr>
<th>Thin or Pour Batters</th>
<th>Medium Batters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popovers</td>
<td>Griddle Cakes</td>
</tr>
<tr>
<td>Cream Puffs</td>
<td>Waffles</td>
</tr>
<tr>
<td>Fritters</td>
<td>Muffins</td>
</tr>
<tr>
<td>Timbales</td>
<td></td>
</tr>
</tbody>
</table>

**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.

**BASIC RECIPE FOR MUFFINS**

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

**METHOD**—Mix and sift dry ingredients together. Add milk and well beaten egg to the dry ingredients and beat thoroughly. Add the melted fat. Half fill warm, well-greased muffin tins.

**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.

{2}
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 1/4 cup flour to mix with the berries. Add fruit last.

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


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

CRANBERRY MUFFINS
2 cups OCCIDENT Flour
1/2 cup butter
1/4 cup sugar
1 egg
1/4 teaspoon salt
3/4 cup milk
4 teaspoons baking powder
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.

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

Suggestions for Cooking 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 underside is cooked, the griddle is not hot enough.
7. Grease pan and repeat.

**GRIDDLE CAKES**

\[
\begin{align*}
1 \frac{1}{4} & \text{ cups OCCIDENT Flour} \\
\frac{1}{2} & \text{ teaspoon salt} \\
3 & \text{ teaspoons baking powder} \\
1 & \text{ egg} \\
1 & \text{ cup milk} \\
1 & \text{ tablespoon shortening}
\end{align*}
\]

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 \(\frac{1}{2}\) teaspoon soda for each cup sour milk. Subtract 2 teaspoons baking powder for each \(\frac{1}{2}\) teaspoon soda added.

**Variations of Griddle Cakes**

**RICE GRIDDLE CAKES**

Add \(\frac{1}{2}\) cup cooked rice to batter.

**MEAT GRIDDLE CAKES**

1. Use bacon fat as shortening and add 2 tablespoons chopped crisp bacon.
2. Add \(\frac{1}{4}\) cup finely chopped boiled ham to batter.
3. Add \(\frac{1}{2}\) cup finely chopped chicken or veal to batter.

**BREAD GRIDDLE CAKES**

\[
\begin{align*}
\frac{1}{2} & \text{ cup OCCIDENT Flour} \\
1 \frac{1}{2} & \text{ cups OCCIDENT Bread crumbs} \\
3 \frac{1}{2} & \text{ teaspoons baking powder} \\
\frac{1}{2} & \text{ teaspoon salt} \\
1 \frac{1}{2} & \text{ cups scalded milk} \\
2 & \text{ eggs} \\
2 & \text{ tablespoons melted butter}
\end{align*}
\]

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. Beat well.

**SOUR MILK GRIDDLE CAKES**

1 cup sour milk may be substituted for 1 cup sweet milk. Add \(\frac{1}{2}\) teaspoon soda and subtract 2 teaspoons baking powder.
BLUEBERRY GRIDDLE CAKES

Add to batter 2 teaspoons sugar and ½ cup fresh blueberries. Save out a little of the flour to mix with the berries.

Standards for Griddle Cakes

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

WAFFLES

1 ¾ 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.

POPOVERS

1 cup OCCIDENT Flour
½ cup milk
2 eggs
½ teaspoon salt

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

1 ½ cups OCCIDENT Flour
1 cup milk
1 egg
½ teaspoon salt

METHOD—Mix dry ingredients, add milk gradually, and one well-beaten egg. Thoroughly mix ingredients. To fry timbales put batter into teacup, heat timbale iron in fat, and when hot enough to cause the batter to adhere drop the iron into the cup of batter to with in ½ 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

1 cup OCCIDENT Flour
1/2 cup butter
1 cup boiling water
4 eggs

METHOD—Put butter and water in sauce pan and place on front of range. As soon as boiling point is reached, add flour all at once and stir vigorously. Remove from fire as soon as mixed, cool, and add unbeaten eggs one at a time. 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

1/3 cup OCCIDENT Flour
3/4 cup sugar
1/6 teaspoon salt
2 eggs
2 cups scalded milk
1 teaspoon vanilla

Mix dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk. Cook 15 minutes in a double boiler, stir constantly, until mixture thickens and afterward occasionally.

SURPRISE MUFFINS

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

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.