Quick Breads
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.

QUICK BREADS

Successful preparation of quick breads depends on 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. Use 2 teaspoons baking powder to each cup of flour. Use \( \frac{1}{2} \) teaspoon soda to each cup of flour.

General Suggestions

In any of the following Quick Bread recipes, sour milk or butter-milk and soda may be substituted for sweet milk (or water) and baking powder. Use \( \frac{1}{2} \) teaspoon soda to every cup of sour milk. Have all materials cold before combining. Mix as quickly as possible. Roll or pat out with hand, cut, place in pans and bake. Correct oven temperature assures correct baking.

BASIC RECIPE FOR BISCUIT DOUGH

2 cups OCCIDENT Flour
1 teaspoon salt 4 tablespoons fat
4 teaspoons baking powder \( \frac{3}{4} \) cup milk

METHOD—Sift flour before measuring. Mix and sift dry ingredients thoroughly. Cut in fat. Add milk. Handle as little as possible. Pat out on a floured board \( \frac{1}{2} \) inch thick and cut.

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

Points to remember:
1. Sift dry ingredients thoroughly
2. Handle the dough as little as possible
3. Have a very hot oven.
CINNAMON ROLLS

2 cups biscuit dough  4 tablespoons melted butter
1 teaspoon cinnamon  ½ cup raisins
½ cup sugar

METHOD—Spread dough ¼ inch thick on breadboard. Mix sugar, cinnamon, and melted butter into a paste. Spread this over biscuit dough. Cut in strips about ¾ inch wide. Place a row of raisins down the middle of each strip. Roll up strips and place rolls in a baking pan, just touching each other.

BAKE—15-20 minutes in a hot oven (400-450°F.).

BUTTERSCOTCH ROLLS

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

4 tablespoons light brown sugar  ¼ cup melted butter
Chopped dates or nuts may be used instead of raisins in either cinnamon rolls or butterscotch rolls.

PEANUT BUTTER ROLLS

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

1 cup peanut butter  2 tablespoons sugar
¼-½ cup milk

ORANGE ROLLS

2 cups OCCIDENT Flour
4 teaspoons baking powder  Grated rind of one orange
1 teaspoon salt  ½ cup shortening
1 teaspoon sugar  ½ cup milk


BAKE—About 20 minutes in hot oven (425°F.).

ORANGE FILLING

2 tablespoons OCCIDENT Flour
4 tablespoons orange juice  1.5 tablespoons butter
Grated rind of one orange  ½ cup sugar

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

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 chopped cheese to the recipe for
biscuit dough. The cheese is mixed through the flour
mixture just before the milk is added.

**NUT BREAD**

<table>
<thead>
<tr>
<th>4 cups OCCIDENT Flour</th>
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<tr>
<td>2 eggs</td>
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<tr>
<td>1 teaspoon salt</td>
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<tr>
<td>8 teaspoons baking powder</td>
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**METHOD**—Sift dry ingredients and add nuts. Beat
the egg, add the milk, and stir the wet mixture into the
dry. Put in well-greased bread tins. Let stand 20
minutes to rise.

**BAKE**—45 minutes in a moderate oven (350-400°F.).

**AMOUNT**—Two small loaves.

**GINGER BREAD**

<table>
<thead>
<tr>
<th>2 ½ cups OCCIDENT Flour</th>
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<tr>
<td>1 cup sugar</td>
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<tr>
<td>½ cup butter</td>
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<tr>
<td>2 eggs</td>
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<tr>
<td>1 tablespoon ginger</td>
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**METHOD**—Mix and sift dry ingredients. 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**

<table>
<thead>
<tr>
<th>1 cup OCCIDENT Flour</th>
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<tr>
<td>¼ cup sugar</td>
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<tr>
<td>¼ cup molasses</td>
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<tr>
<td>¼ cup sour milk</td>
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<td>¼ teaspoon soda</td>
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**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.).

**DUTCH APPLE CAKE**

<table>
<thead>
<tr>
<th>2 cups OCCIDENT Flour</th>
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<tr>
<td>½ teaspoon salt</td>
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<tr>
<td>3 teaspoons baking powder</td>
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<tr>
<td>1 egg</td>
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<tr>
<td>4 teaspoons butter</td>
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**METHOD**—Mix and sift dry ingredients, except
to the beaten egg and add to the dry ingredients. Handle as little as possible. Spread \( \frac{1}{2} \) inch thick on a shallow pan. Pare and cut apples in sections lengthwise sugar and cinnamon. Cut in the butter. Add the milk 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 (400-450°F.). May be served hot with lemon sauce.

**LEMON SAUCE**

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

METHOD—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.

**CORN BREAD**

1 cup OCCIDENT Flour
1 cup corn meal
1/2 teaspoon salt
1/2 teaspoon soda
1 teaspoon baking powder

METHOD—Mix and sift dry ingredients. Add the beaten egg with the sour milk, then the melted butter. Spread about \( \frac{1}{2} \) inch thick in a shallow pan.

BAKE—35 minutes in a hot oven.

**LUNCHEON DISHES**

**WHITE SAUCE**

<table>
<thead>
<tr>
<th>OCCIDENT</th>
<th>Thin</th>
<th>Medium</th>
<th>Thick</th>
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<tbody>
<tr>
<td>Flour...</td>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
<td>3 tablespoons</td>
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<tr>
<td>Salt.....</td>
<td>1/2 teaspoon</td>
<td>1/2 teaspoon</td>
<td>1/2 teaspoon</td>
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<tr>
<td>Butter...</td>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Milk.....</td>
<td>1 cup</td>
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METHOD—Melt butter, add flour and salt. Add the milk slowly. Stir constantly.

USES

Thin......Soups
Medium....Escalloped dishes, creamed meats or vegetables, and gravies.
Thick.....Turbats, meat rolls, etc.

**Standard for White Sauce**

Thoroughly cooked, smooth, no lumps, well seasoned, and of the proper consistency for use desired.
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 1/2 teaspoons 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; 1/4 cup highly seasoned chicken stock and 1/8 cup cream. Stir until sauce boils, add the peppers. 1 pound can tuna fish separated in flakes 1 pimento cut in strips Salt to taste and few drops of onion juice. Peel.
1/2 pound mushroom caps, sauté 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.

STANDARD SOUFFLE
(For meat or vegetables)
3 tablespoons OCCIDENT Flour
3 tablespoons butter 1 cup milk or thin cream
1/4 teaspoon salt 3 eggs
1/8 teaspoon pepper 1 cup cooked meat or vegetable
1/8 teaspoon onion juice or salt table

METHOD—Melt butter, add flour and seasoning. When flour bubbles, add gradually the milk, stirring constantly. Cook white sauce until thickened. Add cooked meat or vegetable and well beaten egg yolks. Cook 1 minute longer. Remove from fire and cool slightly. Cut and fold in the stiffly beaten egg whites. Pour in a greased baking dish.

BAKE—In a moderate oven 325° F. for 45 minutes. Serves 6.

CHICKEN SOUFFLE
To Standard Souffle add the 1 cup diced chicken and 2 tablespoons finely chopped parsley, 1 hard cooked egg, finely chopped, may also be added and 1/4 teaspoon celery salt.

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

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  
1 teaspoon salt

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

**RICE CROQUETTES**

1 1/2 cups rice cooked in milk  
1/2 teaspoon butter

**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 salt  
1/2 teaspoon paprika  
1/2 teaspoon mace  
1 teaspoon onion juice

**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.

**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.

**CORN OYSTERS**

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

**METHOD**—Scrape or grate the corn from the cob. Sift the flour and salt and mix to a batter with the egg.
and milk. Stir the corn into the batter and drop by spoonfuls into a frying pan containing a little hot butter. When one side is brown turn and cook the other.

**PIGS IN THE BLANKET**

Use Standard Baking Powder Biscuit recipe. Partially cook link sausages. Roll biscuit dough to 1/2 inch in thickness, cut in rectangular pieces, and place a sausage on each. Roll and press edges together. Bake in a quick oven for about 20 minutes 450° F.

**SAUSAGE TIMBALES**

1 1/2 tablespoons OCCIDENT Flour  
1 1/2 cups spaghetti  
1 teaspoon salt  
1/4 teaspoon pepper  
Dash cayenne pepper

**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 1/3 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° for 30 minutes. Invert and serve with hot tomato sauce.

**TOMATO SAUCE**

2 tablespoons OCCIDENT Flour  
1/2 teaspoon salt  
2 tablespoons butter

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

**MEAT ROLL**

Use Standard 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°. Make a white sauce of 2 cups milk, 2 tablespoons OCCIDENT Flour, and 2 of butter, season, and add 3/4 cup chopped meat. Serve this sauce over the hot meat roll.
RAISIN ROLLS

Use Standard 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° about 20 minutes.

STUFFED PEPPERS

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

METHOD—Remove stems and seeds from green peppers, cut in half lengthwise, cook in boiling salt 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.

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.

BAKE—in hot oven 450° until biscuits are thoroughly baked and slightly browned.

HAM AND VEAL LOAF

3/4 pound ground ham  
1 pound veal or beef  
2 eggs  
1/2 cup OCCIDENT bread crumbs.  
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 20 minutes or until done.
CHICKEN a la KING

2 tablespoons OCCIDENT Flour
2 cups cooked chicken
2 tablespoons butter
2 tablespoons pimento cut
fine
½ cup drained mushrooms
or peas or celery

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, vegetable, 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.

YORKSHIRE PUDDING

2½ cups OCCIDENT Flour
3 eggs
2 cups milk
1 teaspoon salt

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.

DUMPLINGS

2 cups OCCIDENT Flour
1 cup milk
4 teaspoons butter
½ teaspoon salt
4 teaspoons baking powder

Mix the baking powder with part of the flour. Cut the fat into the remaining flour, add salt and baking powder. Add milk, stirring as little as possible. Flour the molding board, turn the dumplings on to it, and without kneading roll or cut into shape or drop into kettle from a spoon after covering surface with flour. Never cover the kettle.

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. Each pastie should not be over four inches long and two or three inches wide.