Occident
Family Recipes
Russell-Miller Milling Co.
Minneapolis, Minn.
The OCCIDENT Family Recipe service may be used either in loose leaf book form, or the individual sheets may be cut into standard 3x5 index cards, each sheet making three index cards. All recipes given are based upon the use of OCCIDENT, an extra strong, high patent flour.

Russell-Miller Milling Co.
General Office
MINNEAPOLIS, MINN.
**OCCIDENT FAMILY RECIPES**

**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

1 tsp.—teaspoon
tbsp.—tablespoon

**ABBREVIATIONS**
1 c.—1 cup

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**EQUIVALENTS**
5 eggs = 1 cup
8 whites = 4 eggs in cake
7 yolks and 1 egg = 4 eggs in cake
1 cup nuts = 3/4 cup butter
1 cup chocolate = 3/4 cup butter
3/4 to 3/2 cup "OCCIDENT" Flour = 1 cup pastry flour.

Use soda with chocolate to secure reddish brown color.
Use 1/2 tsp. soda to 1 c. molasses
Use 1/2 tsp. soda to 1 c. sour milk

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### Standard Proportions for Batters

<table>
<thead>
<tr>
<th>Thin or Pour Batter</th>
<th>Liquid</th>
<th>Flour</th>
<th>Fat</th>
<th>Egg</th>
<th>Sugar</th>
<th>B. P.</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poppers</td>
<td>1 c. milk</td>
<td>1 c.</td>
<td>1/2 c.</td>
<td>1</td>
<td>3-4</td>
<td>1 tsp.</td>
<td>1/2 tsp.</td>
</tr>
<tr>
<td>Cream Puffs</td>
<td>1 c. water</td>
<td>1 c.</td>
<td>1 tsp.</td>
<td>1</td>
<td>1-2</td>
<td>1 tsp.</td>
<td></td>
</tr>
<tr>
<td>Fritters</td>
<td>1 c. milk</td>
<td>1 c.</td>
<td>1 tsp.</td>
<td>1</td>
<td>1-2</td>
<td>1 tsp.</td>
<td></td>
</tr>
<tr>
<td>Timbales</td>
<td>1 c.</td>
<td>1 c.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MEDIUM BATTERS**

| Griddle Cakes       | 1 c.     | 1 1/2 c. | 1 tbsp.| 1     | 3 tsp.|
| Waffles             | 1 c.     | 1 1/2 c. | 2 tbsp.| 2     | 2 tsp.|
| Muffins             | 1 c.     | 2 c.      | 2-4 tbsp.| 1-2   | 1 tsp.|

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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.

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### Standard Proportions for Doughs

<table>
<thead>
<tr>
<th>Soft Doughs</th>
<th>Liquid</th>
<th>Flour</th>
<th>Fat</th>
<th>Egg</th>
<th>Sugar</th>
<th>B. P.</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>B. P. Biscuits</td>
<td>3/4-1 c. milk</td>
<td>2 c.</td>
<td>3 tbsp.</td>
<td>4 tsp.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dumplings</td>
<td>1 c. milk</td>
<td>2 c.</td>
<td>1 tbsp.</td>
<td>4 tsp.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short Cake</td>
<td>1 c. milk</td>
<td>2 c.</td>
<td>1/2 c.</td>
<td>4 tsp.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Stiff Dough**

| Pastry       | Cold Water | 3/4 c. | 1/2 tsp.|

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### Standard Proportions for Cake Batters

<table>
<thead>
<tr>
<th>Un-Shortened</th>
<th>Liquid</th>
<th>Butter</th>
<th>Sugar</th>
<th>Eggs</th>
<th>Flour</th>
<th>B. P.</th>
<th>Flavor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sponge</td>
<td>1 tsp.</td>
<td></td>
<td>1 c.</td>
<td>5</td>
<td>3/4 c.</td>
<td>1 tsp.</td>
<td></td>
</tr>
</tbody>
</table>

**Shortened**

<table>
<thead>
<tr>
<th>Feather</th>
<th>1 c.</th>
<th>1/2 c.</th>
<th>1 c.</th>
<th>2-3</th>
<th>1 1/2 c.</th>
<th>4 tsp.</th>
<th>1 tsp.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>1 c.</td>
<td>1 c.</td>
<td>2 c.</td>
<td>5</td>
<td>2 1/2 c.</td>
<td>4-6 tsp.</td>
<td>1 tsp.</td>
</tr>
</tbody>
</table>

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**Method of Combining Ingredients**

**Unshortened Cakes**
Beat egg yolks until thick. Add liquid and salt.
Beat egg whites until stiff, not dry.
Cut and fold a part of the egg whites into the yolks.
Gradually cut and fold in the flour and sugar which have been sifted together five times.
Cut and fold in the rest of the egg white.

**Shortened Cakes**
The sugar may be creamed with the egg yolks.
Do not beat unshortened cake batters.
Sift flour before measuring.
Mix and sift dry ingredients.
Cream shortening, add sugar gradually.
Beat well.
Add beaten egg yolks.
Add flour and milk alternately.
Fold in the stiffly beaten egg whites.
Add flavoring.
WHITE BREAD (Quick Method)

(Makes 4 loaves)
Add scalded liquid to sugar and salt. When lukewarm, add dissolved yeast and 1/2 the flour. Add shortening. Beat thoroughly. Add remainder of flour or enough to make a soft dough. Mix well. Knead on slightly floured board until dough is elastic. Place in greased bowl, cover tightly with clean towel and plate. Allow to rise at a temperature of 80° to 82° F. until double in bulk—about 2 1/2 hours. Punch dough down and allow to rise a second time. Mold into loaves of a size to half fill the pan. Place in oiled pans and allow to rise until double in bulk. Bake in hot oven 45 to 50 minutes. Oven temperature 400° F. Remove from pans and cool.

OCCIDENT YEAST BREAD VARIATIONS

Either the quick or sponge process for OCCIDENT White Bread Dough may be followed. Use 1/4 of OCCIDENT White Bread recipe.

RAISIN, CURRANT, or NUT BREAD
From 1/2 to 3/4 cup of raisins, currants, or nuts may be added to the bread dough just before first kneading. Proceed as for white bread.

HOT CROSS BUNS
Prepare dough as for raisin or currant bread, using 1/4 of OCCIDENT White Bread recipe. When dough is risen a second time shape in form of large biscuits. Place in buttered pans about 1 inch apart. Cut cross on top with quick cut. Brush cut with melted butter. When risen bake in moderate oven (380° F.), 20 to 25 minutes. Fill cross with powdered sugar icing. Makes 12 rolls.

French or Finger Rolls
Use 1/4 of OCCIDENT White Bread recipe. When dough is risen ready to shape, pinch off pieces about the size of a small egg. Roll each piece between palm of hands until round. Roll with hand on board until six inches long and slightly tapering toward the ends. Place about one inch apart on a greased sheet. Let rise until double in bulk, brush with milk. Bake in hot oven (400° F.) about 20 minutes. Makes 24 rolls.

BREAD STICKS
Use 1/4 of OCCIDENT White Bread recipe. Take small balls of risen OCCIDENT Bread Dough, roll on board with hands until 4 to 6 inches in length. Keep of uniform size and rounded ends. Place far apart on buttered baking sheet. Let rise until very light. Start baking in a hot oven, reducing the heat that sticks may be crisp and dry. Bake in hot oven (480° F.) 15 minutes. Glaze with butter or white of egg and water. Makes 24 sticks.
WHITE BREAD (Overnight Sponge Method)

(Makes 4 loaves)

12 cups "OCCIDENT" Flour (sifted)
4 cups liquid (water or water and milk)
2 tablespoons shortening
1 tablespoons sugar
1 1/2 tablespoons salt
1 yeast cake dissolved in 1/2 cup lukewarm water

Add the scalded liquid to sugar.
When lukewarm, add dissolved yeast and about 1/2 the flour, or enough to make a good sponge.
Beat well. Cover and place in moderately warm place (65° to 70° F.) to rise overnight.

APPLE CAKE

Spread dough in buttered cake pan.
Brush with melted butter.
Pare, core, quarter, and slice good baking apples.
Cut slits in dough with scissors and insert slices of apple in each slit.
Sprinkle with cinnamon and sugar.
Currants may be added if desired.
Cover and let rise.
Bake in moderate oven (380° F.) 30 minutes.

COFFEE CAKE

Use OCCIDENT bread dough.
Place in square or round baking pan a layer of dough about 3/4 to 1 inch thick.
Cover top with:
2 tablespoons butter
3 tablespoons sugar
1 tablespoon cinnamon
Let rise until very light.
Bake in moderate oven (380° F.) 25 minutes.
Raisins or nuts may be added to the dough after first kneading.

BREAD FRITTERS

Use 1/4 of OCCIDENT White Bread recipe.
When dough is risen ready to shape roll out to 1/2 inch thickness.
Cut into inch squares.
Let rise until very light and then drop them into hot fat.
Temperature for frying should be 360° to 370° F.
When brown on one side, turn and brown on other. (Delicious to serve with salad or soup.)
Makes 20 fritters.

ENGLISH CRUMPETS

3 cups "OCCIDENT" Flour (sifted)
1 pint milk 1/4 cup butter
1/2 cake compressed yeast
Scald the milk.
When lukewarm add salt and flour. Beat well.
Add dissolved yeast, melted butter, and beat thoroughly.
Cover and set in warm place until very light.
Drop the batter into hot, well-greased muffin tins—one half full.
Let stand 20 minutes.
Bake in moderate oven (380° F.) Serve hot.
Makes 18 crumpets.
FANCY YEAST BREAD

PARKER HOUSE ROLLS
Roll risen dough \( \frac{3}{4} \) inch thick. Cut with small cookie cutter. Brush lightly with melted butter. Crease with handle of silver knife. Fold larger half over smaller. Place in greased pan \( \frac{1}{2} \) inch apart, cover with clean towel. Allow to rise until light—about 25 minutes. Bake in a moderately hot oven (400° F.) 20 to 25 minutes. Makes 20 rolls.

SWEET ROLL DOUGH
4 cups "OCCIDENT" Flour (sifted)
1 cup milk (scalded and cooled)
1 1/2 cake compressed yeast

Add sugar, beaten eggs, salt and \( \frac{1}{2} \) the flour. Mix well and add melted butter. Beat thoroughly. Add balance of flour, or enough to make a soft dough. Knead well. Cover and let rise until double in bulk. Knead down and let rise 45 minutes.

CINNAMON ROLLS
Use either \( \frac{1}{2} \) of OCCIDENT Bread Dough Recipe, or Sweet Roll Dough Recipe.
Roll risen dough to \( \frac{1}{4} \) inch in thickness. Spread with melted butter, sprinkle with sugar and cinnamon. Add currants or raisins and nuts. Roll as for jelly roll. Cut pieces \( \frac{3}{4} \) to 1 inch thick. Place in well greased pan. Let rise to 3 times the original size. Bake in moderate oven (380° F.) 25 to 30 minutes. Makes 18 rolls.

BUTTERSCOTCH ROLLS
Prepare dough in same manner as for Cinnamon Rolls. Use brown sugar instead of white. Place cut surface of roll in a greased pan covered with a layer \( \frac{1}{2} \) inch thick of butter, brown sugar and chopped nuts. Bake in a moderate oven (380° F.) 30 minutes. Invert pan on plate or oiled paper and leave pan over rolls for a few minutes. Vary these rolls by using different kinds of nuts and dried fruits. Makes 18 rolls.

WASHINGTON ROLLS
6 cups "OCCIDENT" Flour (sifted)
2 cups milk (scalded)
4 tablespoons melted shortening
1 tablespoon sugar

Add dissolved yeast and sugar to lukewarm water. Add half of flour and beat vigorously. Beat into batter, salt, shortening and beaten egg. Add flour to make soft dough and knead well. Place in bowl, cover and let rise in warm place until double in bulk. Shape into small rolls by forming into balls, then rolling 2 inches long. Place close together in greased pan. Let rise to three times their size. Bake in moderate oven (400° F.) for 15 to 20 minutes. When half baked brush with melted butter. Makes 60 rolls.
CLOVER LEAF ROLLS

Use either 1/4 of OCCIDENT Bread Dough Recipe, or Sweet Roll Dough Recipe.

Form dough into small balls.
Place 3 or 4 balls together in greased muffin pan.
Brush rolls with melted butter and allow to rise until very light.
Bake from 20 to 25 minutes in hot oven (400° F.).
Makes 20 rolls.

Recipe for Sweet Roll Dough
on other side of this card.

LUNCHEON ROLLS

Recipe, or Sweet Roll Dough Recipe.

Pinch off piece of risen dough about size of small egg.
Round up each small ball.
Roll with hand on board to about 2 inches long.
Place close together in well greased pan. Let rise until double in bulk.
Brush with butter and bake about 20-25 minutes in moderate oven (380° F.).
When baked, brush top with melted butter.
Makes 30 rolls.

SWEDISH TEA RINGS

Use either OCCIDENT Bread Dough or Sweet Roll Dough.

Roll dough to 1/4 inch thickness.
Spread with melted butter.
Sprinkle with sugar and cinnamon.
Add fruit and nuts desired.
Roll like a jelly roll. Cut a piece from each end.
Place on buttered pan.
Form ring by joining cut ends together.
Cut slices 1/2 inch thick nearly through the roll and entirely around the ring using scissors.
Let rise. Brush top with melted butter or slightly beaten egg diluted with one tablespoon cold water.
Bake in moderate oven (380° F.), 20 to 25 minutes.

VARIATIONS OF ROLLS

Many other variations in rolls may be had by shaping the dough into different forms—crescents, finger rolls, or twists, or by adding currants, raisins, chopped nuts, or sugar and cinnamon. The rolls may also be glazed with sugar dissolved in milk or with a thin icing of white of egg and sugar.

RAISED DOUGHNUTS

3 1/2 cups "OCCIDENT" Flour (sifted)
1 cup milk (scalded and cooled)
1/2 cup sugar
1 yeast cake
Pour scalded milk over sugar, salt and fat—cool to lukewarm—add yeast and stir until well mixed. Add egg beaten light and enough flour to make a soft dough. Knead 10 to 12 minutes. Cover and let rise over night. In morning roll into sheet one-half inch thick, cut into rounds and let stand until double in bulk. Fry in deep fat. Before serving, heat and roll in granulated sugar. When frying put the raised side of the doughnut down in the fat—1/2 teaspoon of grated nutmeg may be added if desired.
Makes 24 doughnuts.

RAISED MUFFINS

3 1/2 cups "OCCIDENT" Flour (sifted)
1 teaspoon salt
1 yeast cake (soften in 4 tablespoons shortening)
1 egg
Water
Add the scalded milk to the sugar, salt and shortening.
When mixture is lukewarm, add yeast and 1/2 of the flour.
Beat thoroughly.
When very light, add the beaten egg and the remaining flour.
Mix well and let rise until double in bulk.
Shape in balls and put in well-greased muffin pans.
Brush top with melted butter.
Let rise until very light and bake in moderate oven (380° F.).
Makes 12 muffins.
MUFFINS

Muffins should be served hot. If they are not to be served immediately, allow them to remain in pan covering with a napkin.

[For variations of this recipe see other side of this card.]

1 1/2 cups "OCCIDENT" Flour (sifted)
2 tablespoons sugar
3 tablespoons melted butter
1 egg

1 cup milk
1/2 teaspoon salt
4 teaspoons baking powder

Note: Sugar may be omitted.

Heat muffin pans before greasing. Mix and sift dry ingredients together. Add milk and well beaten egg gradually to the dry ingredients and beat thoroughly.

Add melted shortening. Half fill greased muffin tins.

Bake in hot oven (400° F.) 25 to 30 minutes.

Makes 12 muffins.

GRIDDLE CAKES

1 1/2 cups "OCCIDENT" Flour (sifted)
3/4 teaspoon salt
3 teaspoons baking powder
1 egg

1 cup milk
1 tablespoon shortening

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. Serve hot.
Never turn cakes twice.
Don’t grease electric, or aluminum griddles.

[For variations of this recipe see other side of this card.]

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.

POPOVERS

1 cup "OCCIDENT" Flour (sifted)
1 cup milk
3/2 teaspoon salt
2 eggs

Heat baking cups or gem pans before greasing.

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 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 MUFFINS

(Use basic recipe on other side of this card)

SOUR MILK MUFFINS
Substitute sour milk, or buttermilk, for the sweet milk. Use 2 instead of 4 teaspoons baking powder and add \( \frac{1}{2} \) teaspoon soda.
Makes 12 muffins.

FRESH FRUIT MUFFINS
Use only \( \frac{3}{4} \) cup milk. Add 1 cup blueberries or cut cranberries. Reserve \( \frac{1}{4} \) cup flour to mix with the berries. Add fruit last.
Makes 12 muffins.

DRIED FRUIT AND NUT MUFFINS
Add \( \frac{3}{4} \) 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.
Makes 12 muffins.

VARIATIONS of GRIDDLE CAKES

WAFFLES
1\( \frac{1}{2} \) cups "OCCIDENT" Flour (sifted)
3 teaspoons baking powder
2 eggs
2 tablespoons shortening

Mix and sift dry ingredients.
Add gradually milk and beaten egg yolks.
Add melted shortening.
Cut and fold in stiffly-beaten egg whites.
Bake on hot, well-greased waffle irons.
Do not grease electric or aluminum waffle irons.

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 \( \frac{1}{2} \) cup fresh blueberries. Save out a little of the flour to mix with the berries.

VARIATIONS of POPOVERS

TIMBALES
1\( \frac{1}{2} \) cups "OCCIDENT" Flour (Sifted)
1 cup milk
\( \frac{3}{4} \) teaspoon salt

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 within one-half inch of the top, then put into the hot fat and fry until the cup slips from the iron.

FILLING FOR TIMBALES
Minced chicken, turkey or veal with white sauce make good fillings. Tomato sauce may be used instead of white sauce.
BAKING POWDER BISCUITS

2 cups "OCCIDENT" Flour (sifted)
4 tablespoons baking powder
3 tablespoons shortening
½ teaspoon salt
⅔ to 1 cup milk

Sift dry ingredients together twice.
Cut in shortening. Add milk gradually, until mixture is soft, spongy dough.
Turn on slightly floured board. Pat or roll lightly to ⅜ in. thickness. Shape with biscuit cutter.
Bake in a very hot oven (425° to 430° F.).
Time 12 to 15 minutes.
Makes 15 small biscuits

FRUIT PUFS

Use OCCIDENT Baking Powder Biscuit Dough.

4 tablespoons cut raisins
4 tablespoons chopped nuts
4 tablespoons sugar
⅔ teaspoon cinnamon
2 tablespoons butter

Roll dough one half inch thick.
Spread with melted butter. Sprinkle with fruit, nuts, sugar and cinnamon. Roll as for cinnamon rolls. Cut in pieces ¼ inch thick.
Place in pan and bake.
Makes 15 puffs

DUTCH APPLE CAKE

Use OCCIDENT Baking Powder Biscuit Dough.

Roll dough one half inch thick. Place dough on greased pan.
Spread melted butter on dough and press sliced apples in dough in rows until top of dough is covered with apples.
Mix cinnamon and sugar and spread over top.
Bake in moderately hot oven about 30 minutes.
Peaches or other fruit may be used in place of apples. Serve with sugar and cream or with pudding sauce.
Makes 10 servings.
Use OCCIDENT Baking Powder Biscuit Dough.

**CHEESE BISCUIT**

3/4 cup grated cheese.
Roll dough to 3/4 inch in thickness.
Sprinkle cheese over half of mixture.
Fold over remaining half. Pinch edges together and roll again.
Cut out biscuits and bake.
Makes 15 small biscuits.

**WHITE SAUCE**

2 tablespoons "OCCIDENT" Flour
1 cup milk
2 tablespoons butter
1/2 teaspoon salt
Melt butter, add flour and salt and blend. Add the milk all at once. Stir constantly until it boils thoroughly. It will then be smooth and of the consistency of thin gravy.

**MEAT ROLLS**

1 cup cooked chopped meat moistened with a little soup stock or gravy.
Roll biscuit dough 3/4 inch thick. Cut as for biscuits.
Butter 3/4 of each side. Spread with meat mixture. Fold over and press edges together.
Bake in hot oven. Serve hot.
Makes 15 small rolls.

**FISH ROLL**

Make exactly like meat roll, substituting 1 cup of fish for the meat. Besides fresh fish, canned tuna fish or canned salmon may be used.

**FRUIT DUMPLINGS**

Use OCCIDENT Baking Powder Biscuit Dough.

**FRUIT DUMPLINGS**

Roll dough 3/4 inch thick.
Cut in five or six equal portions. Place in center of each, the apples 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 the surface, brush the outside of the dumpling with melted butter and sugar.
Makes 15 dumplings.

**LEMON SAUCE**

2 tablespoons "OCCIDENT" Flour
1/2 cup sugar
1 cup boiling water
1/2 teaspoon nutmeg
Juice of 1 lemon
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.

**PEANUT BUTTER ROLLS**

Make exactly like cinnamon rolls, excepting that the filling is made as follows:
1 cup peanut butter
1/2 cup sugar
3/4 cup milk
2 tablespoons sugar

**SHORT CAKE**

Use OCCIDENT Baking Powder Biscuit Recipe, using twice as much shortening for richer dough.

**SHORT CAKE**

Roll dough 3/4 inch thick.
Shape as biscuits or in two layers and spread butter between layers. Bake in hot oven, (400° F.). Time—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.

**CINNAMON ROLLS**

2 cups biscuit dough
1 teaspoon cinnamon
1/2 cup sugar
4 tablespoons melted butter
1/2 cup raisins
Make the dough as directed. Spread 3/4-inch thick upon the breadboard.
Mix the sugar, cinnamon, and melted butter into a paste.
Spread this over the biscuit dough. Cut in strips about 3/4-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 to 20 minutes in a hot oven.
**GINGER BREAD**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/4 cups &quot;OCCIDENT&quot; Flour (sifted)</td>
<td>1 cup sugar</td>
</tr>
<tr>
<td></td>
<td>1/2 cup N. O. molasses</td>
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<tr>
<td></td>
<td>1/2 cup butter</td>
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<tr>
<td></td>
<td>1 cup boiling water</td>
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<tr>
<td></td>
<td>2 eggs</td>
</tr>
</tbody>
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**CHOCOLATE PUDDING**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/4 cups &quot;OCCIDENT&quot; Flour (sifted)</td>
<td>3 tablespoons shortening</td>
</tr>
<tr>
<td></td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td></td>
<td>5/8 cup sugar</td>
</tr>
<tr>
<td></td>
<td>1 egg</td>
</tr>
<tr>
<td></td>
<td>1 cup milk</td>
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</tbody>
</table>

Cream the shortening and sugar. Add well beaten egg. Mix and sift dry ingredients. Add milk and dry ingredients alternately. Add melted chocolate. Turn into greased mold. Cover and steam 2 hours. Serve with cream or with Pudding Sauce. Makes 10 servings.

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**CREAM SAUCE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup butter</td>
<td>1/2 teaspoon vanilla</td>
</tr>
<tr>
<td>1 cup powdered sugar</td>
<td>1/4 cup heavy cream</td>
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</tbody>
</table>

Cream the butter, add sugar gradually, vanilla and whipped cream.

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**STEAMED DUMPLINGS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups &quot;OCCIDENT&quot; Flour (sifted)</td>
<td>4 teaspoons baking powder</td>
</tr>
<tr>
<td></td>
<td>2 teaspoons butter</td>
</tr>
<tr>
<td></td>
<td>1/3 teaspoon salt</td>
</tr>
<tr>
<td></td>
<td>5/4 cup milk</td>
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</tbody>
</table>

Mix and sift dry ingredients. Cut in butter with knife. Add milk gradually, cutting into mixture. Toss on floured board, pat or roll to 3/4 inch thickness. Shape with biscuit cutter. Place in buttered steamer—steam 15 minutes. Makes 12 dumplings.

**NOTE:** Using a little more milk, the dumpling mixture may be dropped by spoonfuls and cooked in stew.
NUT BREAD
(Makes 2 loaves)
4 cups "OCCIDENT" Flour (sifted)
2 eggs 1 cup walnuts
2 cups milk ¼ cup sugar
4 teaspoons baking powder 1 teaspoon salt

Beat eggs and add sugar.
Mix and sift dry ingredients.
Combine mixtures, adding milk and dry ingredients alternately.
Add coarsely rolled nuts.
Place in 2 well greased bread pans.
Let stand in warm place until it rises to top of pans.
Bake in moderate oven (380° F.) one hour.

ORANGE BREAD
2 cups "OCCIDENT" Flour (sifted)
4 teaspoons baking powder ¼ cup shortening
1 teaspoon sugar Grated rind of one orange
1 teaspoon salt

Mix dry ingredients.
Add milk and melted shortening.
Roll dough to ½-inch thickness and spread with orange filling. Roll it up like Jelly Cake Roll.
Cut in small pieces and bake in greased muffin tins in moderate oven (380° F.).

STEAMED APPLE PUDDING and CORN BREAD
APPLE DUMPLING
2 cups "OCCIDENT" Flour (sifted)
4 teaspoons baking powder ¼ cup milk
¾ teaspoon salt 4 apples cut in eighths

Mix and sift dry ingredients.
Cut in butter with knives.
Add milk gradually, mixing with knife.
Toss on floured board, pat or roll out.
Place apples on middle of dough and sprinkle with 1 tablespoon sugar mixed with ¼ teaspoon each of salt and nutmeg.
Bring dough around apples and lift into buttered molds. Cover closely and steam one hour and twenty minutes.
Serve with Pudding Sauce or whipped cream.

CORN BREAD
1 cup "OCCIDENT" Flour (sifted)
1 cup corn meal ¼ cup sugar
½ teaspoon salt 1 egg
½ teaspoon soda 1 cup sour milk
1 teaspoon baking powder 2 tablespoons melted butter

Mix and sift the dry ingredients.
Add the beaten egg with the sour milk, then the melted butter.
Spread about ½-inch thick in a shallow pan, and bake 35 minutes in a hot oven.

FRUIT PUDDING
2½ cups "OCCIDENT" Flour (sifted)
1 teaspoon soda 1 cup molasses
½ teaspoon nutmeg 1 cup milk
½ teaspoon salt ¼ cup raisins
½ teaspoon cinnamon (seeded)
½ cup beef suet (chopped)
¾ cup currants

Mix and sift dry ingredients.
Add other ingredients in order given.
Pour in buttered mold and steam 2½ hours.
If in small molds, steam 1½ hours.
Serve with Pudding Sauce.
Makes 10 servings.

PUDDING SAUCE
1 egg 1 tablespoon butter
Confectioners sugar

Beat egg thoroughly, and add the butter and enough sugar to make a stiff mixture.