



MASTER MIX

The following recipe is for Master Mix, an all-purpose baking mix that can be made ahead of time, stored easily, and used to make many dishes. Small families may wish to half the mix and large families may wish to double it.

Nutritional Information for Master Mix

Enriched flour is high in carbohydrates, iron, and three B vitamins: thiamine, riboflavin, and niacin.

Carbohydrates supply energy for our bodies.

Iron carries oxygen to all cells of the body.

B vitamins are important for nerves, digestion, appetite, and healthy skin.

Nonfat dry milk is high in protein, calcium, and riboflavin.

Protein builds and repairs body tissues and increases resistance to disease.

Calcium is important for growth and maintenance of bones and teeth.

Iodized salt is an important source of the mineral iodine.

Iodine helps regulate the body's metabolism.

Canola oil is low in unsaturated fat. Eating a lot of saturated fat increases your risk of heart disease.

Master Mix Baking Tips to Remember

Preheat oven 5-10 minutes before baking.
Biscuits turn out best when baked in a hot oven.

Reduce heat 25 degrees if you use a glass pan.

Save on the electric or gas bill. Remember to turn the oven off after baking.

MASTER MIX

Pancakes, Biscuits, Muffins

Basic Master Mix

4 cups all-purpose flour
4 cups whole wheat flour*
1½ cups nonfat dry milk
¼ cup baking powder
1 teaspoon salt
1½ cups vegetable shortening
or margarine

Stir dry ingredients together until well mixed. Cut in vegetable shortening or margarine until well mixed. Store in closed, covered jar or can. Refrigerate if margarine is used or to keep longer than 1 month. Stir lightly before using in recipes.

*If whole-wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole-wheat flour.

Lower-Fat Master Mix

This recipe is good for pancakes, pizza, Snackin' Cake, and brownies. Traditional biscuits will not be as tender as those made from Basic Master Mix.

4 cups all-purpose flour
4 cups whole wheat flour*
1½ cups nonfat dry milk
¼ cup baking powder
1 teaspoon salt
¾ cups vegetable shortening or margarine

Follow directions for Basic Master Mix.



Master Mix with Oil

This recipe is good for all products except Snackin' Cake.

4 cups all-purpose flour
4 cups whole wheat flour*
1½ cups nonfat dry milk
¼ cup baking powder
1 teaspoon salt

Stir dry ingredients together until well mixed. Store in closed, covered jar or can.

To use: add oil when mixing recipes. Use 2 tablespoons oil for every cup of Master Mix in the recipe. Recipes also need 1-2 tablespoons of extra water.

Biscuits

Makes 10 biscuits, 2 inches each

2 cups Master Mix
½ cup water

Preheat oven to 400°F. Add water to the dry mix. Stir about 20 times. Turn dough onto a lightly floured board or table top. Knead 2-5 strokes. Roll or pat to ¾-inch thickness. Cut with a biscuit cutter or cut into squares with a knife. Bake on ungreased pan for 12-15 minutes.

To vary, add one of these to the dry mix:

⅓ cup grated, sharp cheese
¼ cup minced, crisp-cooked bacon
⅓ cup raisins and 1 tablespoon sugar

Calories: 147 for one biscuit
Excellent source of B vitamins

Pancakes

Makes about 12 medium-sized pancakes

2 cups Master Mix
1 cup water
2 eggs, beaten

Put all the ingredients in a bowl. Stir just enough to moisten dry ingredients. Drop by teaspoons onto a hot, greased skillet. A skillet is hot when water dances on it. Cook slowly until the surface is covered with bubbles. Turn and cook until second side is well browned.

Calories: 136 for 1 pancake
Excellent source of B vitamins

Pizza

Makes 4 to 6 servings or one 12- to 14-inch pizza

Crust

2 cups Master Mix
½ cup water

Preheat oven to 425°F. Knead 5-6 times. Spread dough on a baking sheet. Turn up edges. Select topping and bake according to directions.

Taco Topping

½ pound ground beef
½ cup water
1 package taco seasoning
1 can (16 ounces) refried beans
½ onion, chopped
½ cup cheese
2 cups chopped lettuce
1 chopped tomato

Brown ground beef in a skillet. Add water, seasonings, and beans. Heat through. Spread mixture on dough. Add onion and cheese. Bake about 20 minutes until edges are brown. Sprinkle lettuce and tomatoes on pizza. Serve right away.

Calories: 711 for ¼ taco pizza

Cheese Topping

1 can (8 ounces) tomato sauce
2-3 tablespoons minced onion
8 ounces mozzarella cheese, shredded

Spread tomato sauce on dough. Sprinkle with cheese. Bake 20 minutes until edges are brown.

Calories: 542 for ¼ cheese pizza

Brownies

Makes one 8-inch square pan

1 cup Master Mix 2 eggs 1 cup sugar
1 teaspoon vanilla ⅓ cup cocoa

Preheat oven to 350°F. Grease 8-inch square pan. Mix dry ingredients together. Add eggs and vanilla and mix well. Pour into pan. Bake about 25 minutes.

Calories: 156 for 2-inch square brownie

Snackin' Cake

Makes one 8-inch square cake

1½ cups Master Mix
½ teaspoon vanilla

1 egg
½ cup water

⅓ cup sugar

Preheat oven to 350°F. Grease 8-inch square pan. Mix sugar into Master Mix. In another bowl, beat water, egg, and vanilla until frothy. Stir water-egg mixture into mix. Beat until smooth. Spread batter into greased pan. Bake for 25 minutes or until firm when touched.

Calories: 186 for a 3-inch square serving
Good source of B vitamins

For Coffee Cake: Mix ¼ cup sugar, 2 tablespoons flour, and 2 tablespoons margarine together. Sprinkle over batter. Bake for about 25 minutes.

For Upside Down Cake: Mix batter and set aside. Melt ¼ cup margarine in cake pan. Add ¼ cup brown sugar. Arrange pineapple or peach slices in sugar. Pour batter over fruit. Bake about 25 minutes. Cool slightly. Place a plate upside down over cake pan. Hold plate and cake pan together and turn upside down so cake pan is on top. Cake should drop from pan onto plate. Cut and serve.

Shopping Hints

Watch for specials on flour.

Compare costs of nationally known brands, plain labels, or store brands. Plain labels usually are less expensive.

Read Labels

Enriched all-purpose flour has B-vitamins and iron added. It is usually the least expensive.

Whole-wheat flour has wheat germ and bran. It has fiber and a few more nutrients than all-purpose flour.

Graham flour is the same as whole-wheat flour, but more expensive.

Self-rising flour has salt and baking powder added. It is more expensive than adding your own salt and baking powder.

The Dietary Guidelines for Americans recommends a diet that is low in saturated fat and cholesterol and moderate in total fat. Master Mix with oil has less saturated fat. Reduced Fat Master Mix has less total fat. They are healthier choices than Basic Master Mix or boxed biscuit mixes.



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