

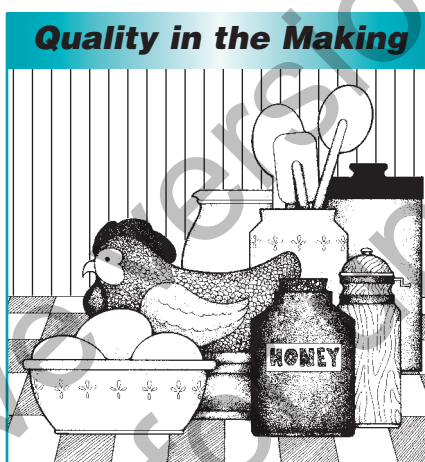


The New Missouri Mix

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Why a new Missouri Mix? For a healthier you! This all-purpose baking mix is lower in salt than the previous version. Also, whole wheat flour can be used in place of all-purpose flour to increase the fiber and nutrient content of the mix. The new Missouri Mix offers more versatility in the tested recipes provided.

The new Missouri Mix is as easy to use as a commercial all-purpose baking mix. In addition, it generally costs less to prepare mixes at home than to buy the commercial product. The main reason for the cost saving is that you supply the labor. Keep in mind that



sales on commercial mixes or the regular price of store brands or no-frills mixes may be less than the cost of

ingredients to make the mix at home. Use the chart in Table 1 to compare the cost of your homemade mix to a commercial all-purpose baking mix.

Large batch of Missouri Mix

(Requires a very large mixing bowl or tub for mixing)

- 5-pound bag of flour or 20 cups¹
 - ¾ cup baking powder
 - 2 tablespoons salt
 - 2½ cups nonfat dry milk powder
 - 3¾ cups shortening
- Makes 27 cups mix.*

¹All-purpose, whole wheat or any combination of both.

Smaller batch of Missouri Mix:

- 8 cups flour (all-purpose, whole wheat or any combination)
 - ¼ cup plus 1 tablespoon baking powder
 - 2 teaspoons salt
 - 1 cup nonfat dry milk powder
 - 1½ cups shortening
- Makes 11 cups mix.*

Combine dry ingredients in large bowl. Sift to assure even distribution of ingredients. Using a pastry blender, cut in shortening until mix is the consistency of cornmeal.

Table 1. Calculating the cost of Missouri Mix.

Large batch:

- a) Cost of one 5-pound bag of flour = \$ _____
- b) Cost of 24-ounce can baking powder x 0.174 = \$ _____
- c) Cost of 26-ounce box salt x 0.051 = \$ _____
- d) Cost of 64-ounce box dry milk powder x 0.094 = \$ _____
- e) Cost of 3-pound can shortening x 0.543 = \$ _____

Total cost = \$ _____
 Cost of one cup mix (total cost ÷ 27 cups) = \$ _____
 Compare to the cost of 1 cup of commercial all-purpose baking mix.

Example:

One 20-ounce box of commercial all-purpose baking mix costs \$1.50. Since 2 ounces of commercial baking mix is equivalent to ½ cup, 20 ounces equals 5 cups. Therefore: \$1.50 ÷ 5 = \$0.30 per cup. (Compare to the cost of 1 cup of Missouri Mix.)

Preparing and storing Missouri Mix

- Accurate measuring can mean the difference between a prize-winning product and a failure.
- Measure dry ingredients in standard dry measuring cups or standard measuring spoons. Spoon ingredients lightly into the cup and level with a spatula. Be careful not to hit the side of the measuring cup with the spoon causing dry ingredients to settle and measurements to be inaccurate.
- All ingredients to be measured should be lump-free. Sifting will remove lumps from baking powder.
- Solid ingredients, such as shortening, should be packed firmly into a flush-rim measuring cup so that no air pockets remain. A rubber spatula is useful to get all the shortening out of the cup.
- When the baking powder is added, stir mix at least one minute to thoroughly distribute.
- Always stir Missouri Mix before measuring to redistribute the ingredients. Spoon lightly into a cup and level with a spatula. Do not sift Missouri Mix before using.
- If stored in an airtight container in a cool, dry location, Missouri Mix will stay fresh for several months.
- Suitable storage containers for Missouri Mix include: glass jars, plastic containers and bags made for freezer use.
- The shelf-life of Missouri Mix can be extended by packaging in moisture- and vapor-proof containers and refrigerating or freezing.
- If whole wheat flour is used, Missouri Mix must be refrigerated to prevent flavor changes due to the higher level of fat in whole wheat flour.
- Before storing, label Missouri Mix with name of product, date pre-

pared, use-by date and other information you will need to use the Mix.

In addition to the recipes that follow, Missouri Mix can be used to make your own favorite recipes. Use 1½ cups of Missouri Mix for each cup of flour in your recipe. Leave out leavening, salt, milk and fat in the recipe because they are already included in the Mix.

Recipes using Missouri Mix

Basic Biscuits

<u>For 6 biscuits:</u>	<u>For 12 biscuits:</u>
1 cup Missouri Mix	2 cups Missouri Mix
¼ to ⅓ cup water	½ to ⅔ cup water

Gradually add water to mix, stirring with a fork. Use just enough water to make a soft, nonsticky dough. Turn onto floured board and knead about 10 times. Roll or pat out to ½-inch thickness. Cut out with floured biscuit cutter. Bake on baking sheet in a 450 degrees F oven 8 to 10 minutes, until lightly browned.

For drop biscuits: Increase water slightly to ⅓ cup for 6 biscuits, and to ½ cup for 12 biscuits. It is not necessary to knead or roll. Drop by spoonfuls onto a greased baking sheet.

Flavor variations for biscuits: Blend grated cheese, chopped parsley, chives or other herbs with the dough to add color and flavor.

Peanut butter refrigerator cookies

- 2 cups Missouri Mix
- ⅔ cup sugar
- 1 cup chunky peanut butter
- 1 egg, beaten
- 1 tablespoon water

Stir sugar and peanut butter into Mix. Combine water and egg and add to mix. Stir thoroughly. Shape into a roll. To bake now, slice the roll into

¼-inch thick sections. Shape into balls, place on ungreased baking sheets and flatten with a floured fork. Bake at 375 degrees F for 10 to 12 minutes. The rolled cookie dough can be wrapped airtight and refrigerated several days before baking. Makes 3½ dozen cookies.

Oatmeal drop cookies

- 1 cup Missouri Mix
- ½ cup sugar
- ¾ cup oatmeal
- ½ teaspoon cinnamon
- ½ teaspoon cloves
- 1 egg, beaten
- 3 tablespoons water
- ¼ cup chopped nuts
- ¼ cup raisins

Stir together mix, sugar, oatmeal and spices. Add water to egg and add to dry ingredients. Add nuts and raisins and stir. Drop by teaspoonfuls onto a greased baking sheet. Bake at 400 degrees F for 10 to 12 minutes, or until browned. Makes 24 medium-sized cookies.

Variations: omit spices and raisins and add 1 cup chocolate chips.

Basic cake

- 1½ cups Missouri Mix
- ½ cup sugar
- ½ cup water
- 1 egg
- ½ teaspoon vanilla flavoring

Grease and flour bottom of a 9-inch cake pan. Stir sugar into mix. Combine water, egg and vanilla. Add half the liquid ingredients to mix and beat 2 minutes at medium speed with an electric mixer or 200 strokes by hand. Add the other liquid and beat one minute. Pour batter into pan. Bake at 375 degrees F for about 25 minutes.

Basic cake variations

Applesauce Spice Cake: Leave water and vanilla out and add: ½ cup applesauce, ½ teaspoon cinnamon, ¼ teaspoon nutmeg and ½ teaspoon

cloves. Increase sugar to $\frac{2}{3}$ cup. Stir in $\frac{1}{2}$ cup raisins and $\frac{1}{4}$ cup nuts (optional).

Banana Cake: Reduce water to $\frac{1}{2}$ cup. Add $\frac{1}{2}$ to $\frac{2}{3}$ cup mashed banana (about 1 banana).

Upside-Down Cake

Mix up Basic Cake batter. If fruit juices are light-colored, they may be used for all or part of the liquid. Melt $\frac{1}{4}$ cup butter or margarine in a 9-inch skillet (use only oven-proof skillet). Sprinkle $\frac{1}{2}$ cup packed brown sugar over melted butter or margarine. Arrange $1\frac{1}{2}$ cups fruit over the sugar. (Drained sweet cherries, peaches, pineapple, apricots or other fruit may be used.) Spread cake batter over the fruit. Bake at 350 degrees F for 30 minutes until center springs back when lightly touched. Cool in pan for 10 minutes, then invert on a serving plate.

Apple cobbler

6 tablespoons sugar
2 tablespoons Missouri Mix
 $\frac{1}{8}$ teaspoon cinnamon
 $\frac{1}{4}$ cup water
3 cups peeled, thinly-sliced apples
2 teaspoons butter or margarine
Topping (see recipe below)

Combine sugar, mix, cinnamon and water. Add apples and stir. Pour into a greased 9-inch square baking pan. Dot with margarine or butter.

Topping:

1 cup Missouri Mix
2 tablespoons sugar
1 egg, well beaten
2 tablespoons water

Add 1 tablespoon sugar to Mix.

Combine egg and water and stir into Mix. Stir well. Spread topping over fruit. Sprinkle other tablespoon of sugar over topping. Bake at 350 degrees F for 30 minutes. Serve while warm. Makes 6 to 8 servings.

Variations: Prepare peaches, berries, cherries or other fruits as for a pie and

substitute for apples.

Gingerbread

$1\frac{1}{2}$ cups Missouri Mix
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{8}$ teaspoon cloves
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{3}$ cup molasses
 $\frac{1}{3}$ cup water
1 egg, beaten

Add spices to mix. Stir together brown sugar, molasses, water and egg. Add half of liquid to dry ingredients and beat on medium speed with an electric mixer for 2 minutes or 200 strokes by hand. Add remaining liquid and beat one minute at low speed. Pour batter into a greased 8-inch square baking pan lined with waxed paper. Bake 30 minutes at 350 degrees F. Makes 9 servings.

Corn bread

1 cup Missouri Mix
1 cup cornmeal
2 teaspoons sugar
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 egg, beaten
1 cup buttermilk

Mix dry ingredients. Add egg to buttermilk and blend with dry ingredients. Pour into a well-greased, 8-inch square pan. Bake at 425 degrees F for 25 to 30 minutes. Makes 9 servings.

Banana-nut bread

3 cups Missouri Mix
2 eggs, beaten
 $\frac{2}{3}$ cup sugar
1 cup mashed bananas (about 2 medium)
 $\frac{1}{2}$ cup nuts
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon vanilla flavoring
Preheat oven to 325 degrees F.

Grease one 9-by-5-inch loaf pan or two 7-by-3-inch loaf pans. In a medium

bowl, combine all ingredients, stirring to blend. Turn into prepared pan(s). Bake 50 to 60 minutes until a wooden toothpick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Cool right-side up on rack. Makes 1 or 2 loaves.

Variations

Pumpkin Bread: Preheat oven to 350 degrees F. Substitute 1 cup mashed, cooked pumpkin for bananas and add $\frac{1}{2}$ teaspoon each cinnamon, ground nutmeg and ground cloves. Stir to blend. Then stir in the $\frac{1}{2}$ cup chopped nuts and $\frac{1}{2}$ cup raisins. Bake 50 to 60 minutes.

Zucchini Bread: Preheat oven to 325 degrees F. Substitute 2 cups well-drained, grated, unpeeled zucchini for bananas, and add 3 tablespoons orange juice and 1 teaspoon grated orange peel. Bake 60 to 70 minutes.

Date-nut Bread: Preheat oven to 350 degrees F. Substitute 1 cup chopped dates for bananas and increase milk to $\frac{3}{4}$ cup. Raisins, chopped prunes or figs can be substituted for dates. Bake 50 to 60 minutes.

Basic muffins

2 cups Missouri Mix
2 tablespoons sugar
1 egg, beaten
1 cup water

Stir sugar into mix. Beat egg and add to the water. Add liquid to dry ingredients and stir 15 strokes or just enough to blend, leaving a few lumps. Bake in well-greased muffin tin at 400 degrees F for 20 minutes. Makes 10 to 12 medium muffins.

Variations

Apple muffins: Add $\frac{3}{4}$ cup peeled, finely-diced apples, $\frac{1}{4}$ teaspoon cinnamon and a dash of nutmeg to muffin batter.

Blueberry muffins: Add $\frac{1}{2}$ cup canned, fresh or frozen blueberries without juice to muffin batter.

Dried fruit muffins: Add $\frac{3}{4}$ cup raisins, finely chopped dates or apricots to the dry ingredients. Sprinkle with cinnamon and sugar before baking.

Banana muffins: Reduce water to $\frac{1}{2}$ cup and add $\frac{1}{2}$ cup mashed banana and $\frac{1}{4}$ teaspoon nutmeg to muffin batter.

Bran muffins: Reduce Mix to $1\frac{1}{2}$ cups and add $\frac{1}{2}$ cup all-bran type cereal to dry ingredients.

Cheese muffins: Add $\frac{1}{2}$ cup grated Cheddar cheese to dry ingredients.

Basic pancakes and waffles

2 cups Missouri Mix
1 teaspoon sugar
1 egg
1 cup water (more water may be added to thin batter)

Add sugar to mix. Beat egg slightly, then add to water and stir thoroughly. Add liquid to mix and stir about 25 strokes. Batter will not be smooth. Bake on a preheated griddle or skillet. Or follow directions for individual waffle makers. Makes about sixteen 4-inch cakes or 4 small waffles.

Variations

Bacon: Add three strips cooked, drained and crumbled bacon to batter.

Blueberry: Add $\frac{1}{2}$ cup canned, fresh or frozen blueberries without juice to batter. Blueberry juice can be used to make syrup.

Cornmeal: Substitute $\frac{1}{2}$ cup cornmeal for $\frac{1}{2}$ cup Mix in basic pancake/waffle recipe.

Pecan: Add $\frac{1}{4}$ cup chopped pecans to batter.

Cheesy-tomato pie

1 pound ground beef
 $1\frac{1}{2}$ cups chopped onion
 $1\frac{1}{2}$ cups milk
3 eggs
 $\frac{3}{4}$ cup Missouri Mix
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
2 tomatoes, sliced
 $1\frac{1}{2}$ cups shredded Cheddar cheese

Brown beef and onion; drain well.

Spread in a greased 10-inch pie plate. Combine milk, eggs, mix, salt and pepper, beat for 1 minute with a hand beater. Pour over ground beef. Bake for 25 minutes at 400 degrees F. Top with tomato slices and cheese. Bake 5 to 8 minutes or until a knife inserted in the center comes out clean. Makes 6 to 8 servings.