

## Quick Bread Recipes

### **Baking Powder Biscuits**

*prep: 20 minutes    Bake: 10 minutes    Oven 450°*  
2 cups flour  
1 tbs. baking powder  
1/4 tsp. salt  
1/3 cup shortening  
3/4 cup milk

1. In a medium mixing bowl stir together flour, baking powder, and salt. Using a pastry blender, cut in shortening till mixture resembles coarse crumbs. Make a well in the center of the dry mixture. Add the milk all at once. Using a fork, stir just till moistened.
2. Turn dough out onto a lightly floured surface. Quickly knead dough by gently folding and pressing dough 10 to 12 strokes or till nearly smooth. Pat or lightly roll dough to 1/2-inch thickness. Cut dough with a floured 2 1/2-inch biscuit cutter.
3. Place biscuits 1 inch apart on an **ungreased** baking sheet. Bake in a 450° oven for 10 to 12 minutes or till golden. Remove biscuits from baking sheet and serve hot. Makes 10 biscuits.

### **Biscuits Supreme**

*Prep: 20 minutes    Bake: 10 minutes    Oven 450°*  
2 cups flour  
1 tbs. baking powder  
2 tsp. sugar  
1/2 tsp. cream of tartar  
1/4 tsp. salt  
1/2 cup shortening  
2/3 cup milk

1. Stir together flour, baking powder, sugar, cream of tartar and salt. Cut in shortening till mixture resembles coarse crumbs. Make a well in center. Add milk all at once; stir till moistened.
2. Turn dough out onto a lightly floured surface. Quickly knead dough by gently folding and pressing dough 10 to 12 strokes or till nearly smooth. Pat or lightly roll dough to 1/2-inch thickness. Cut dough with a floured 2 1/2-inch biscuit cutter.
3. Place biscuits 1 inch apart on an **ungreased** baking sheet. Bake in a 450° oven for 10 to 12 minutes or till golden. Remove biscuits from baking sheet and serve hot. Makes 10 biscuits.

### **Nut Biscuit Spirals**

**Oven 450°**

2 cups flour	1 beaten egg
2 tbs. sugar	1/2 cup milk
1 tbs. baking powder	1 tbs. butter or margarine
1/2 tsp. salt	(melted)
1/2 cup butter or margarine	1 /4 cup chopped nuts
	3 tbs. brown sugar

In a mixing bowl stir together flour, 2 Tbs. sugar, baking powder, and salt. Cut in 1/2 cup butter or margarine till mixture resembles coarse crumbs. Make a well in the center. Combine egg and milk; add all at once to dry mixture. Stir just till dough clings together. Knead gently on a lightly floured surface for 12 to 15 strokes.

Roll dough into a 15X8-inch rectangle. Brush with 1 tbs. melted butter or margarine. Combine nuts and 3 tbs. brown sugar; sprinkle over dough. Fold dough in half lengthwise to make a 15X4-inch rectangle. Cut into fifteen 1-inch-wide strips. Holding a strip at both ends, carefully twist in opposite directions twice, forming a spiral. Place on a lightly greased baking sheet, pressing both ends down. Bake in a 450° oven about 10 minutes or till golden brown. Serve warm. Makes 15 spirals.

**Strawberry Shortcake**

*Prep: 25 minutes    Bake 15 minutes    Cool: 10 minutes*

**Oven 450°**

1 pkg. frozen strawberries (6 cups), unsweetened	
1/2 cup sugar	1/2 cup butter
2 cups flour	1 beaten egg
2 tsp. baking powder	2/3 cup milk
1 pkg. Dream Whip, or 1 cup whipping cream; sweetened, whipped	

1. In a small bowl stir together the berries and *1/4 cup of the sugar*; set aside. Stir together remaining sugar, flour and baking powder. Cut in the butter till mixture resembles coarse crumbs. Combine the egg and milk; add to dry mixture. Stir just to moisten. Spread the batter into a **greased** 8X1 1/2-inch round baking pan.
2. Bake in a 450° oven for 15 to 18 minutes or till a wooden toothpick inserted near center comes out clean. Cool in pan for 10 minutes. Remove from pan. Cut and serve on a plate. Spoon berries and whipped cream over each piece. Serve immediately. Makes 8 servings.

**Muffins**

*Prep: 10 minutes    Bake: 20 minutes    Oven 400°*

1 3/4 cup flour  
1/3 cup sugar  
2 tsp. baking powder  
1/4 tsp. salt  
1 beaten egg  
3/4 cup milk  
1/4 cup cooking oil

1. Grease twelve 2 1/2-inch muffin cups or line with paper bake cups; set aside. In a medium mixing bowl combine flour, sugar, baking powder, and salt. Make a well in center of dry mixture; set aside.
2. Add egg mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy).
3. Spoon batter into prepared muffin cups, filling each 2/3 full. Bake in a 400° oven 20 minutes or till golden. Remove from pans; serve warm. Makes 10 to 12 muffins.

### **Pancakes**

*Prep: 10 minutes    Cook: 4 minutes per pancake*

1 cup flour  
1 tbs. sugar  
2 tsp. baking powder  
1/4 tsp. salt  
1 beaten egg  
1 cup milk  
2 tbs. cooking oil

1. In a medium mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center of the dry mixture; set aside.
2. In another medium mixing bowl combine the egg, milk, and cooking oil. Add egg mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy).
3. For standard-size pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet. For dollar-size pancakes, pour about 1 tablespoon batter onto a hot, lightly greased griddle or heavy skillet. Cook over medium heat about 2 minutes on each side or till pancakes are golden brown, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry. Serve warm. Makes 8 to 10 standard-size (4-inch) or 36 dollar-size (2-inch) pancakes (8 servings).

### **Waffles**

*Prep: 10 minutes    Bake: per waffle baker directions*

1 3/4 cups flour

1 tbs. baking powder  
1/4 tsp. salt  
2 egg yolks  
1 3/4 cup milk  
1/2 cup cooking oil  
2 egg whites

1. In a medium mixing bowl stir together flour, baking powder, and salt. Make a well in the center of dry mixture; set aside.
2. In another medium mixing bowl beat egg yolks slightly. Stir in milk and oil. Add egg yolk mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy).
3. In a small mixing bowl beat egg whites till stiff peaks form (tips stand straight). Gently fold beaten egg whites into flour and egg yolk mixture, leaving a few fluffs of egg white. **Do not overmix.**
4. Pour 1 to 1 1/4 cups batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly; do not open till done. Bake according to manufacturer's directions. When done, use a fork to lift waffle off grid. Repeat with remaining batter. Serve warm. Makes 12-16 (4-inch) waffles.

### **Banana Nut Bread**

1 1/2 cup margarine  
1 cup sugar  
2 eggs  
1 cup mashed bananas  
1/4 cup milk  
1 tsp. lemon juice

#### **Oven 350°**

2 cups flour  
1 1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/2 cup chopped nuts

Cream margarine and sugar. Add eggs and beat. Add bananas, milk, and lemon juice. Sift dry ingredients and add to mixture. Add nuts. Bake in well-greased 8X4X3-inch loaf pan for 1 hour at 350°. Makes 1 loaf.

### **Coffee Cake**

1/4 cup salad oil  
1 beaten egg  
1/2 cup milk  
1 1/2 cup flour

3 /4 cup sugar  
2 tsp. baking powder  
1/2 tsp. salt

**Spicy Topping:**     *Combine 1/4 cup brown sugar, 1 tbs. flour,  
1 tsp. cinnamon, 1 tbs. melted butter and  
1/2 cup broken nuts (optional)*

Combine salad oil, egg and milk. Sift together dry ingredients; add to milk mixture; mix well. Pour into greased 9X9X2-inch pan. Sprinkle with spicy topping. Bake at 375° for about 25 minutes.